

RET QUICK REFERENCE COMPARISON CHART

<i>TECHNIQUE</i>	<i>What to Do</i>	<i>Ways to Use</i>	<i>Differences</i>
<i>Rapid Eye Emergency Process</i>	<ul style="list-style-type: none"> • Desensitize eye movement in Auditory only • Break state in fast auditory (eyes tight/open 3x) • Breathe to light (3x) 	<ul style="list-style-type: none"> • For medical crisis or emergencies • Slow down processing in a RET Session • Closing Processes in RET Session 	<ul style="list-style-type: none"> • Can be done with fingers or a want • Done in Auditory only so the client does not access any other issues
<i>Rapid Eye Self-Care Process</i>	<ul style="list-style-type: none"> • Zigzag eye movement between 2 points with tapping sequence & duplication with verbal repeat (“I trade in...”) • Break state in fast auditory (eyes tight open – 3x) • Breathe to light (3x) • Teach figure-eight with hands 	<ul style="list-style-type: none"> • Teaching large groups • Phone sessions • Demos • Client Self Care 	<ul style="list-style-type: none"> • Done on yourself with no want • Eye patch optional
<i>Rapid Eye IRT Immediate Release Technique</i>	<ul style="list-style-type: none"> • IRT coaching script • Zigzag eye movement with tapping sequence, duplication with verbal repeat (I trade in my <u>negative</u> for <u>positive</u>.) • Break state in fast auditory tight/open (3x) • Breathe it to light (3x) • End with Assessment, Figure 8, Burn Pattern Imagery, 3-Part Closing Imagery, grounding and Teach Self Care Patching 	<ul style="list-style-type: none"> • Can be a stand along session • Presenting issue anytime during RET Session • Quick release for trauma, panic, etc. • Phone Sessions Group Demos 	<ul style="list-style-type: none"> • Eyes zigzag through all modalities • Release & reframe together (polarity) • Language is “I trade in my (negative for (What I would rather have))” – duplication with verbal repeat • Same class of words (see Feelings List)
<i>Rapid Eye SSPT Single Situation Processing Technique</i>	<ul style="list-style-type: none"> • Skills for Life coaching • Set intent/zigzag movement. • Zigzag eye movement with Energy Realignment (“I release the fear of...”) • Scramble & Owing the Feeling. • Reframe with positive, same tapping sequ. • Hammer, Body Learning, Assessment, Figure 8 High Frequency • Burning the Patterns Imagery and 3-Part Closing Imagery • Ground • Energy Circle • Teach Self Care Patching 	<ul style="list-style-type: none"> • To focus on one issue only and go deeper • Slow down processing in a RET Session and get cognitive understanding • As a complete SSPT Session for special cases, i.e., medical conditions, seizures, early pregnancy, heart trouble, etc. • Client comes in for one session only 	<ul style="list-style-type: none"> • Stand-alone process for a full SSPT Session • Tool to be used anywhere in a full RET Session • Release & Reframe are separate • Language is “I release the fear of...” language for reframe is clients positive reframes Energy Realignment • More Want Movements