**ECM Trauma Technique**

Emotional Clearing Method (ECM) is a is an alternative therapeutic modality comprised of numerous emotional clearing techniques. The one that will be taught within this curriculum is the ECM Trauma Technique. You can use this in your integrative somatic practice. If you are interested in learning more ECM techniques, Integrative Wellness Academy (iwacoaching.com) offers an ECM practitioner certification course that can be found here:

<https://iwacoaching.com/emotional-clearing-method/>

ECM Trauma Script

\*\*\* Note, if a client shows physiological signs of experiencing the trauma, being traumatized, or upset or your client expresses feeling this during the ECM session simply direct them to float up higher and farther back from the trauma. Which can be directed by saying, ‘Go ahead and float up higher, float a mile, two miles or even as high as outer space until you are a safe distance from the traumatic event, now float a bit further into the past and let me know when you feel the negative feelings release’.

\*\*\*Note, if you have completed the ECM session and the client tells you that during the process or currently, they are feeling the trauma or feeling any negative emotions or negative physical symptoms let them know that they may have slipped into the traumatic event and what we want to do instead is to stay at a safe distance. Ask them if they would like to try to release it by making a few adjustments and trying it again. If they agree, then lead them through the process again, however when you get to the part where you have them imagine their time line tell them, ‘Go ahead and float a mile, two miles or even as high as outer space until you are a safe distance from your time line’. Then lead them through the process. During the process, when they go into the past and drop the ball into the originating spot on their timeline also direct them to, ‘float up even higher and farther from the traumatic event, now float a bit further into the past and let me know when you feel the negative feelings release’.

This technique is a completely unconscious technique, that means that whatever you experience or do not experience is ok. You may visualize something, just get a sense of it or only a feeling in your body. Any of those are normal and completely fine.

Before we begin, I want you to take a moment to ask yourself, to ask your unconscious mind if we have permission today to release any trauma. Just trust your gut and let me know if we have permission, yes, or no? (If no do not proceed, if yes, proceed)

I want you to think of anything that you would have considered a traumatic event in your life. It could be a pet, losing a pet or a loved one. It could be a physical injury. It could be something that was a violent act. It could be anything that you consider traumatic. And we’re not going to dive into the details in our memory or our mind, we are not going to go into that traumatic memory.

Now, I just want you to close your eyes and think of one trauma that you want to resolve, after you think of it, bring your attention back to now, back to the present. Now, I want you to imagine that your entire life is a timeline and that it stretches out all the way into the past and all the way out into the future.

Now, what I want you to do is I want you to imagine that you collect up any part of that traumatic event that's in your body, your mind, your emotions or in your spirit and pack it into the shape of a ball in your hands. You are just imagining this in your imagination. Once you’ve collected all of that up and you’ve imagined that you’ve packed it into your hands in the shape of a ball, I want you to now imagine that you float up above your timeline and then float all the way back into the past on your timeline. Hover a safe distance above that originating spot of when that trauma occurred. And then go ahead and drop that ball in your hands down on your timeline there. Imagine and trust that your unconscious mind will take you all the way back when that trauma first occurred, so again, go ahead and drop the ball down onto the timeline there into the originating spot. Continue to stay floating above at a safe distance.

Now once you've done that, I want you to go back into the past even further, even further back on your timeline before any attachment to that occurrence or anything that led up to the occurrence or that trauma happening, going all the way back into the past even further. And then I want you to imagine that you land on your timeline there.

Now, I want you to imagine that there's a light above your head, and this light is literally made up of healing. And just imagine that the crown of your head begins to open and that the healing light begins to flow into you. And it begins to fill your entire body. First it fills your feet, then your legs, then your torso, then your chest, then your arms. That healing light moves up your face, your whole head, until you can imagine your entire body is filled with this healing light.

And now I want you to imagine that that healing light begins to overflow out of you through your hands. Now, turn on your timeline towards the future so that that the ball, that ball of the traumatic event is in front of you. And in your imagination in your mind, go ahead and extend your hands towards that ball. Now imagine that the healing light that’s funneling down into you is flowing through your hands and it’s projecting out towards that ball. And that ball is going to get drenched in that light until it completely dissolves and disappears. Now I want you to imagine that you walk all the way forward up your timeline with the hands extended, with that healing light flowing or projecting out of your hands.

I want you to imagine that you move all the way forward in your timeline, all the way to the present, to now. Continue going all the way out into the future, projecting that healing light all the way out into the future. And when you feel that you've completed that, when you feel that whole process is complete, go ahead and bring yourself back into now, coming back into the present. Take a deep breath in through your nose and exhale through your mouth. Go ahead and open the eyes.

\* The script above is the ECM technique that is specifically used for traumatic events and for when someone has experienced a trauma or traumatic event. This is not to be used for repeated trauma that is currently happening or ongoing trauma, and this isn't to replace performing the entire Emotional Clearing Method for the full release from all the limiting beliefs and negative emotions. It is still very beneficial for your client to also do a full ECM session at a future date with someone trained and certified to conduct a full ECM session (the only practitioners certified to do this are Integrative Life Coaches and Emotional Clearing Method Practitioner’s certified through Integrative Wellness Academy).