Using RIM® for Organic Emotional Healing from Trauma

AI can’t help us avoid our feelings.

Our EOS (Emotional Operating System) can help us process and benefit from them.
“Healing and growth can be so much quicker and easier than we thought”

~ Dr. Deborah Sandella

WHO ARE THESE PEOPLE?

Dr Deb Sandella
& Michael J. Kline
HIGH LEVEL VIEW OF THE NEXT 90 MINUTES

- Explore a few questions
- Brief look at the roots of RIM
- Experience your own RIM journey
- Option to share your experience with partners
- Case studies & Concepts Supporting RIM
- Q&A

SOME THINGS TO PONDER...

- Do you ever have a client returning to old stories as a reason to stay stuck?
- Ever felt something was blocking your client’s success that you couldn’t figure out what it was?
- Who here has feelings?
- Who ever has feelings they want to have go away?
PAIR UP
RAISE YOUR HAND IF YOU DON’T HAVE A PARTNER

SENTENCE LEAD:
HOW I FEEL ABOUT WORKING WITH EMOTIONS...
(EITHER MY OWN OR MY CLIENTS)...

Presented by: Deborah Sandella, PhD, RN and Michael Kline
THE ROOTS OF RIM
The RIM Experience

• Group vs. 1 on 1
• Sharing Optional
• What we’ll do...

YOU’RE ALWAYS IN CHARGE & YOU CAN’T DO IT WRONG
PAIR UP

RAISE YOUR HAND IF YOU
DON’T HAVE A PARTNER
You are not your experiences

TWO MINDS THEORY
THE RIVER OF EMOTIONS

“What we resist, not only persists, but expands.”

~ Carl Jung

THE BODY CAN CHANGE THE SCORE

“The single most important issue for traumatized people is to find a sense of safety in their own bodies.”

—Bessel van der Kolk
The Subconscious is Like Jiggly Icons

The RIM Process:
- Finds negative subconscious memories
- Neutralizes them
- Regenerates new positive ones
- Anchors the new feeling in the body
- And is felt at a visceral level

Your own EOS is more powerful than you thought.
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