

Eye Movement Integration™ (EMI™) was first introduced by Robert Dilts in 1981 as “Eye Movement Pattern Interruption Therapy.” The term Eye Movement Integration™ (EMI™) was coined by Steve Andreas, M.S., in 1987. EMI™ is currently being used successfully by thousands of therapists in the U.S. and internationally. People often ask about the relationship between EMI™ and EMDR. To read what Dr. Randi Fredricks, Ph.D. writes about the relationship Between EMI™ and EMDR, click or copy the following link into your internet browser: <http://www.ahtainc.com/RelationshipEMI-EMDR.pdf>