

What is the Neuro Emotional Technique (NET)?

People used to think emotions resided entirely in their brain. However, modern research has now offered compelling evidence that emotions are physiological in nature and actually manifest throughout the body in the form of biochemicals called neuropeptides. It is human nature to have emotional responses to significant events in our lives. For example, most of us have probably had the experience of butterflies in our stomach before a speech or a lump in our throat before a difficult conversation. In most situations our bodies are able to deal normally with these responses and the physical sensations dissipate. However, sometimes the emotions become “stuck” and we develop conditioned response patterns that manifest as physical symptoms or persistent irrational beliefs.

NET - or Neuro Emotional Technique - is a mind-body methodology developed by Dr. Scott Walker that is used to find these stuck, negatively charged emotions that are stored in the body and to help release them. The skillful application of NET can normalize unresolved physical or behavioral patterns, which can facilitate improvement in your physical and mental health.

Muscle Response Testing is used to find and balance these stuck memory loops. NET removes energy blockages, using the principles of Oriental Medicine and the associated organs and meridians. It is a true mind-body approach.

For more descriptive information about the NET procedures and protocol, please check the official NET website: www.netmindbody.com/patients/net-explained.asp

What Can NET Treat?

NET Practitioners are able to address a wide variety of physical and behavioral/emotional conditions. For example, NET can be an effective treatment intervention for headaches and body pains of all types, phobias, general anxiety, self-sabotaging behaviors, and organ dysfunctions. NET can also be useful for treating unresolved trauma and for shifting emotional or behavioral patterns that are interfering with desired life transitions.

It is important to note that NET does not cure or “heal” the client. Rather, NET removes blocks, ALLOWING the body to repair itself. NET does not replace psychotherapy but rather provides a useful adjunct to enhance the therapeutic process. The NET process does include the use of non-invasive physical touch

NET does not make claims as to what may have happened in the past, nor does it tell people what their plan of action should be in the future.

About Jim Struve And NET

Jim Struve, LCSW has been trained in the Neuro Emotional Technique (NET) methodology. He is currently in the process of becoming a Certified NET Provider.

Jim uses NET as an adjunct to Psychotherapy or Mentoring. As identified in the preceding description, he uses NET in the treatment of unresolved trauma as well as to facilitate the treatment of anxiety, phobias, and addictions. NET frequently helps to transform beliefs and behaviors that are interfering with desired life transitions or that are intertwined with self-sabotaging behaviors and beliefs.

Please contact Jim if you would like to make an appointment to pursue healing work using the NET approach: 801-364-5700, Ext. 1.

[NOTE: Much of the above information on this page has been edited and summarized from the official NET website (www.netmindbody.com).]