

What is the Neuro Emotional Technique (NET)?

The Neuro Emotional Technique is a mind-body methodology developed by Dr. Scott Walker that is used to normalize unresolved physical and/or behavioral patterns in the body. NET practitioners are trained to assist the body's healing process by identifying and balancing unresolved emotional influences.

While the conventional wisdom holds that emotions are separate from the physical body and its functions, 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, and our bodies most often will deal normally with those responses at some point. However, sometimes the emotions become “stuck” and we develop conditioned response patterns that manifest as physical symptoms or persistent irrational beliefs.

The skillful application of NET can normalize unresolved physical or behavioral patterns. The correction uses Muscle Response Testing along with specific NET inquiries to identify these blocks and to release them. 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-xplained.asp.

What Can NET Treat?

NET Practitioners are able to address a wide variety of physical and behavioral/emotional conditions. Examples of conditions that NET Practitioners have helped include headaches and body pains of all types, phobias, general anxiety, self-sabotaging behaviors, and organ dysfunctions. NET can be a particularly valuable clinical intervention 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 patient. Rather, NET removes blocks, ALLOWING the body to repair itself.

Psychotherapists and health care practitioners of all disciplines use NET in tandem with their other techniques to quickly enhance their patients' results.

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.

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

Neuro Emotional Technique (NET) and Psychotherapy

NET is a mind-body technique that addresses a physiological dysfunction. Using NET in a psychotherapy setting means that you and your therapist have identified a specific belief or pattern of behavior that you would like to change and all the relevant information you have isn't helping to change it. Your therapist may suggest that you address the "stuck" belief or pattern on a physiological level using NET. Specifically, the therapist uses muscle testing and organ pressure points by touching your wrist and your forehead. Some clients will prefer not to use NET because it does involve touching.

Joanna Colrain has been trained in the Neuro Emotional Technique (NET) methodology. NET may either be the primary focus of or an adjunct to your psychotherapy or mentoring with Joanna. She uses NET to address phobias, beliefs and behaviors that are interfering with desired life transitions. She sometimes uses NET to work with unresolved trauma, but only in the context of psychotherapy.

Please contact Joanna if you would like to make an appointment to pursue healing work using the NET approach: 770-220-4059.