

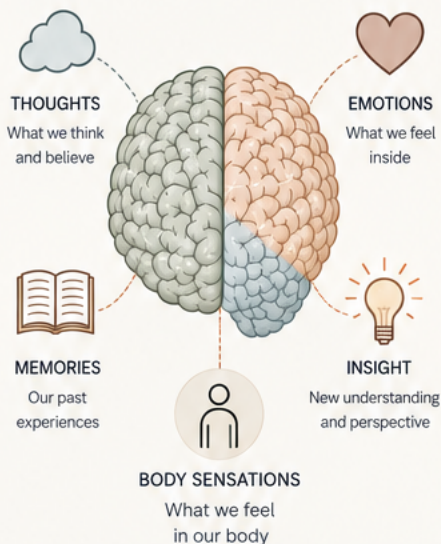
UNDERSTANDING OEI

OBSERVED EXPERIENTIAL INTEGRATION

OEI uses eye movements or other bilateral stimulation while you observe what's happening inside. It supports your brain as it naturally reconnects and integrates information so you can feel more balanced, connected, and in control.

YOUR BRAIN IS A NETWORK

Different parts of your brain are always communicating — thoughts, emotions, memories, body sensations, and more.



Stress and trauma can interrupt communication between these networks. Some pathways become overactive, while others become underactive or disconnected.

HOW OEI WORKS

OEI uses eye movements or other bilateral stimulation while you observe what's happening inside.



1 WE USE EYE MOVEMENTS

Your therapist guides your eye movements or other bilateral stimulation.



2 YOUR BRAIN PROCESSES

This helps different brain networks communicate and share information.



3 INTEGRATION HAPPENS

Your brain begins to organize experiences in a healthier, more connected way.

OEI supports your brain as it naturally reconnects these pathways, allowing information to flow more freely between different brain networks.

WHAT YOU MIGHT EXPERIENCE



Images



Emotions



Memories



Body sensations



Thoughts



Insights



There is no right or wrong experience. Your brain naturally moves toward greater integration.

WHAT CHANGES AFTER INTEGRATION?

- ✓ Better emotional balance
- ✓ More clarity and focus
- ✓ Improved relationships
- ✓ Increased sense of safety
- ✓ Greater connection to yourself and others
- ✓ More flexibility in how you respond to life

A GENTLE, NATURAL PROCESS

OEI is not about forcing change. It is a natural process that happens at your brain's pace. Your role is simply to observe with curiosity while your brain does the hard work of healing.



You stay present and observant.



Your brain processes.



Integration happens.



You move forward with greater ease.

WHAT TO EXPECT

- Sessions are usually calm and grounding.
- You are always in control.
- We go at a pace that feels comfortable for you.
- You can share as much or as little as you want.
- If emotions come up, we will work with them together in a safe way.

