

What is Neuro Emotional Technique (NET)?

Helping your body respond differently to stress

Neuro Emotional Technique (NET) is a gentle mind-body approach used within chiropractic care to explore how **stressful or emotionally significant experiences may be reflected in the body**.

When we experience stress, our body responds physically. The nervous system can influence muscle tension, breathing, heart rate, digestion, posture and the way we move. Sometimes, after a stressful or significant experience, the body can continue to respond as though the stress is still present—even when we consciously feel that we have moved on.

NET is designed to help identify and address these **physical patterns associated with stress**.

How does NET work?

NET combines aspects of chiropractic assessment, muscle testing and neurological principles to identify areas where the body may be holding a persistent stress response.

Your practitioner may ask you to briefly focus on a particular stressful experience, thought or situation while assessing specific physical responses in your body.

This does not mean that the emotion itself needs to be “fixed.” **Emotions are a normal part of being human.** Instead, NET looks at the physical response that may have become associated with that experience.

Once a pattern has been identified, a gentle chiropractic or acupressure-based technique may be used to help your nervous system recognise and respond to the experience differently.

The mind and body are connected

Our thoughts, emotions and physical body are closely connected through the nervous system.

For example, when you feel stressed, you may notice:

- Increased muscle tension
- Changes in breathing
- A faster heartbeat
- Changes in digestion
- Jaw or shoulder tension
- Changes in posture or movement
- Difficulty relaxing

These are normal physical responses to stress.

However, sometimes the body can develop a **learned or conditioned response** to a particular person, situation, thought or past experience. NET aims to help identify these patterns and support the body in returning towards a more balanced state.

What is a Neuro Emotional Complex?

NET uses the term **Neuro Emotional Complex (NEC)** to describe a combination of physical and emotional responses that can become associated with a particular stressful experience.

An NEC may involve a combination of:

- A specific physical or spinal pattern
- Muscle tension or changes in muscle response
- A particular emotional response
- A stressful or significant memory
- Nervous system and meridian responses

The purpose of identifying this pattern is not to analyse or change the memory. Instead, NET focuses on the **physical and neurological response associated with it**.

Is NET counselling or psychotherapy?

No.

NET is not psychotherapy, counselling or talk therapy. You do not need to discuss or analyse your life experiences in detail.

Your practitioner may ask you to briefly identify or think about an experience so that the associated physical response can be assessed. The focus remains on the **body's response**, rather than providing psychological counselling.

If your concerns would benefit from psychological or mental-health support, we believe in working alongside other healthcare professionals and can recommend an appropriate referral when necessary.

What might NET help with?

NET may be considered when **stress appears to be contributing to physical tension, discomfort or recurring patterns in the body**.

People may seek NET when they feel that a physical issue is connected with stress or a significant life experience, or when they notice that certain situations repeatedly trigger a physical response.

Some people report feeling more relaxed, less physically tense or more at ease following NET. Responses vary from person to person, and NET is not a treatment for psychological or psychiatric conditions.

A gentle mind-body approach

NET may be incorporated into your chiropractic care when we feel that stress-related physical patterns could be relevant to your presentation.

By considering the relationship between your **nervous system, muscles, spine, stress responses and emotional experiences**, NET provides another way of looking at how your body may be responding.

The goal is to support your body's ability to **adapt, regulate and return towards a more balanced state**.

NET is a complementary body-based approach and does not replace psychological or medical care. If you are experiencing significant emotional distress, trauma-related symptoms or a mental-health condition, we recommend appropriate assessment and support from a qualified mental-health professional.