



Trauma Tapping Technique

(Healing wounded hearts
Resolving traumatic reactions)

Purpose

Defuses and desensitizes traumatic memories and reactions.

Use when:

- After a shocking or traumatizing experience
- When feeling upset or emotional distress
- For post-traumatic stress: anxiety, flashbacks, insomnia, etc

Common experiences

- Feeling emotional discharge and release
- Shifts in perception & greater clarity
- Feeling more balanced, relaxed, here & now

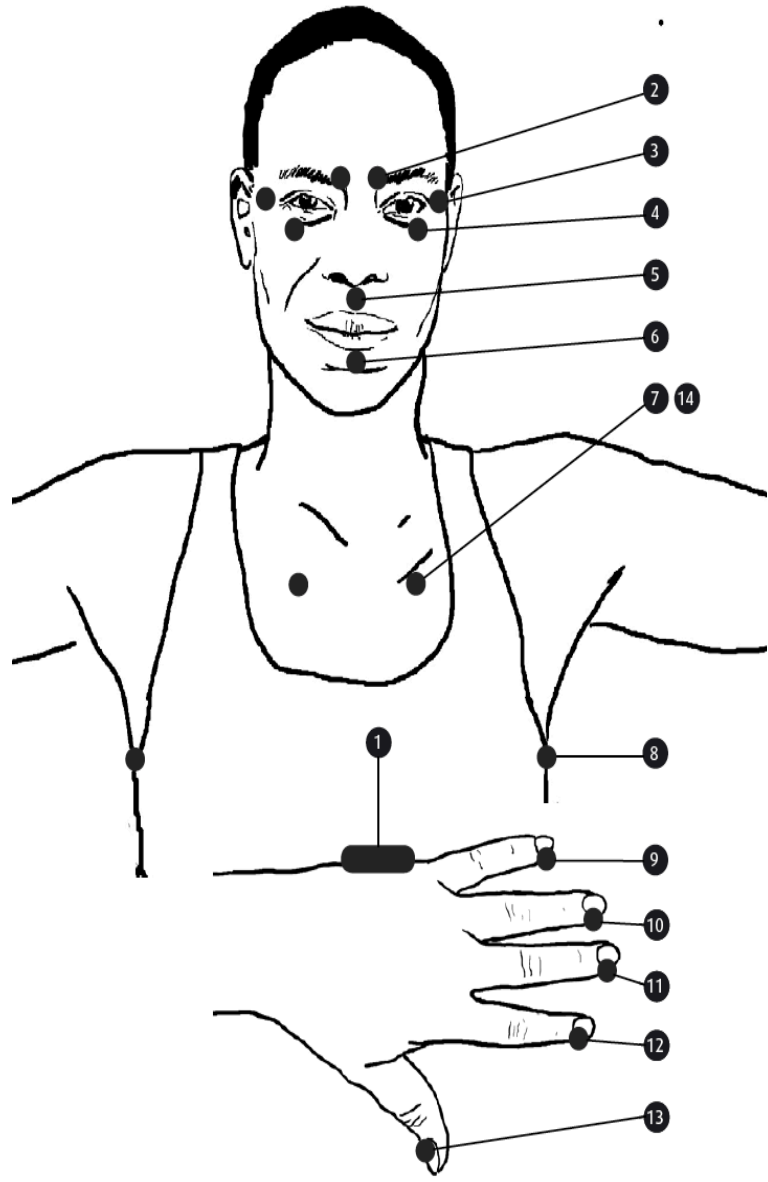
Steps

1. Make contact with your partner, (or with yourself).
2. Select an upsetting memory to focus on.
3. Think of the upsetting memory just a little bit, not too deeply.
4. Tap the Sequence of Points (see next page)
5. Breathe two deep breaths.
6. Tap the Sequence of Points again.
7. Again breathe two deep breaths.
8. What do you notice now?
9. Usually people notice that the upset has changed or greatly diminished. If there is only a small change do the treatment again.
10. Acknowledge yourself for the shifts and changes you've experienced.

The sequence of treatment points

Tap 10-15 times on the following points in the following order. Tap gently, but firmly, with two or three fingers:

- 1) The karate chop point /side of the hand
- 2) Beginning of eyebrow/s
- 3) Outside of the eye/s (flat area outside the outer corner of the eye)
- 4) Under the eye/s (on the upper edge of the ocular bone, below the pupil)
- 5) Under the nose
- 6) Under the mouth
- 7) Under the collarbone (Just below the bony 'knob' of the collarbone, and approx. 1" outside the sternum) and all over the chest – like a gorilla!
- 8) Under the arm/s (4-6" below the armpit, parallel to the breast or on the seam of your shirt or blouse - if it has a seam on the side!)
- 9) The little finger (at the bottom corner edge of the nail, on the side closer to the midline of your body)
- 10) The ring finger -"- (all these finger points are at the bottom corner edge of the nail, on the side closer to the midline of the body)
- 11) The middle finger
- 12) The index finger
- 13) The thumb
- 14) Under the collarbone again and all over the chest



Note:

During this treatment the mind will relax and so will the body. Surprisingly, for many people the problem will decrease or disappear. When you try to re-connect with the original memory, it will probably feel 'different.' A faint memory of the trauma remains, but the suffering is gone. The healing is usually permanent.

This technique may be done alone, or with a partner.

For more information, view these videos

Trauma Tapping introduction: <https://www.youtube.com/watch?v=UcyaudlgkGo>

Tapping somebody : <https://www.youtube.com/watch?v=fV6-dSX8VyA>

The **tapping song** "Two Fingers": <https://www.youtube.com/watch?v=SI0AkZfRGNE>

The **cartoon of self-tapping** for refugees: <https://vimeo.com/142566005>

Sierra Leone Song: <https://www.youtube.com/watch?v=IEti2qNbsaA>

(Gunilla Hamne and Ulf Sandstrom, Peaceful Heart Network)

If you need more assistance, please contact a mental health provider.

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