



# FREA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Trauma Tapping technique (TTT)

(Gunilla Hamne and Ulf Sandstrom, Resolving Yesterday, p.45)

### WHEN TO USE IT

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- Just experienced a stressful or traumatic event
- Keep replaying a stressful or traumatic event
- Daily events activate the memory as if it is happening again
- Cannot calm down or relax
- Experiencing strong emotions like anger, anxiety, depression, and shame

### COMMON RESULTS

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- Calms the nervous system and releases the emotional charge from the event
- Increases ability to manage daily stress and to be present
- Releases the person from the past and impact of the trauma/event
- Calms strong emotions and relaxes the body
- Clarifies thinking and helps in production problem solving

### STEPS

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- Connect with the stressful or traumatic event and the associated emotions lightly.
- Tap 15 times, firmly but gently – on the points (1 - 14 below)
- Take two deep breaths – breathe in, hold the breath, then release through mouth
- Repeat steps 1 – 14
- Take two deep breaths – breathe in, hold the breath, then release through mouth
- Relax and breathe normally
- Stop tapping if you are feeling calm and event does not trigger an emotional response when you think about it
- If you still are feeling emotional or stressed repeat the process: tapping 1-14, breathing, and tapping 1-14 pattern above until you feel calm

*See Tapping Points on next page >>>*

## TAPPING POINTS

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1. Side of the hand ("Karate Point")



2. Beginning of the eyebrow



3. Outside the eye on the bone



4. Under the eye



5. Under the nose



6. Under the mouth



7. Under the collarbone & on the whole upper chest, like drumming

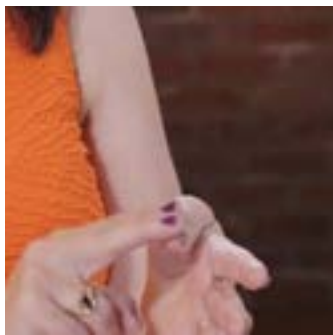


8. Under the arm, on the side of the chest

## Trauma Tapping technique (TTT)



9 - 12. The inside tip of each finger closest to the thumb



13. The outside tip of the thumb



14. Repeat under the collarbone & on the upper chest