



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Calming Head Hold technique

Adapted from Terrence Bennett's Touch for Health Neuro/Vascular Points

WHEN TO USE IT

- Are stressed, confused
- Have racing thoughts
- Have difficulty calming and integrating thoughts
- Have head ache
- Need to release a strong emotion like fear or anger



COMMON RESULTS

- Calms the mind
- Helps you relax
- Brings the blood out of the core of the brain, so stops the fight and flight response
- Helps new thoughts to be integrated
- Slows brain wave frequencies in the back of the head and speeds up frequencies in the front, improving the ability to think and be present

STEPS

- Place one hand across the forehead with the little finger across the eyebrows and the thumb up by the hairline.
- Cup the back of the head with the other hand, the thumb at the base of the skull, holding the rounded portion of skull.
- Hold this position lightly for several minutes until you can feel the heart beat or pulses in both spots, there is a sense that they are synchronized, and you have a sense of relaxation.
- Can do this while focusing on stressful emotion or event to calm thoughts and emotions or the focus can be neutral and just on the sensations in the head, hands, and internal experience as the systems calms and the thoughts slow.

