

Trauma Tapping Technique

Created by Gunilla Hamne and Ulf Sandstrom, the Trauma Tapping Technique is considered first aid for trauma. It is easy to learn and has the advantage of being primarily non-verbal. The process is a neurological intervention that helps the body quickly re-regulate itself should it get triggered or activated. This technique has been successfully used in areas that have experienced extreme violence such as Rwanda and South Sudan and in places that have had natural disasters such as the wild fires in California and tornados in Nepal. This is a tool you can use whenever you find yourself experiencing intense emotion.

The Trauma Tapping Technique (TTT)

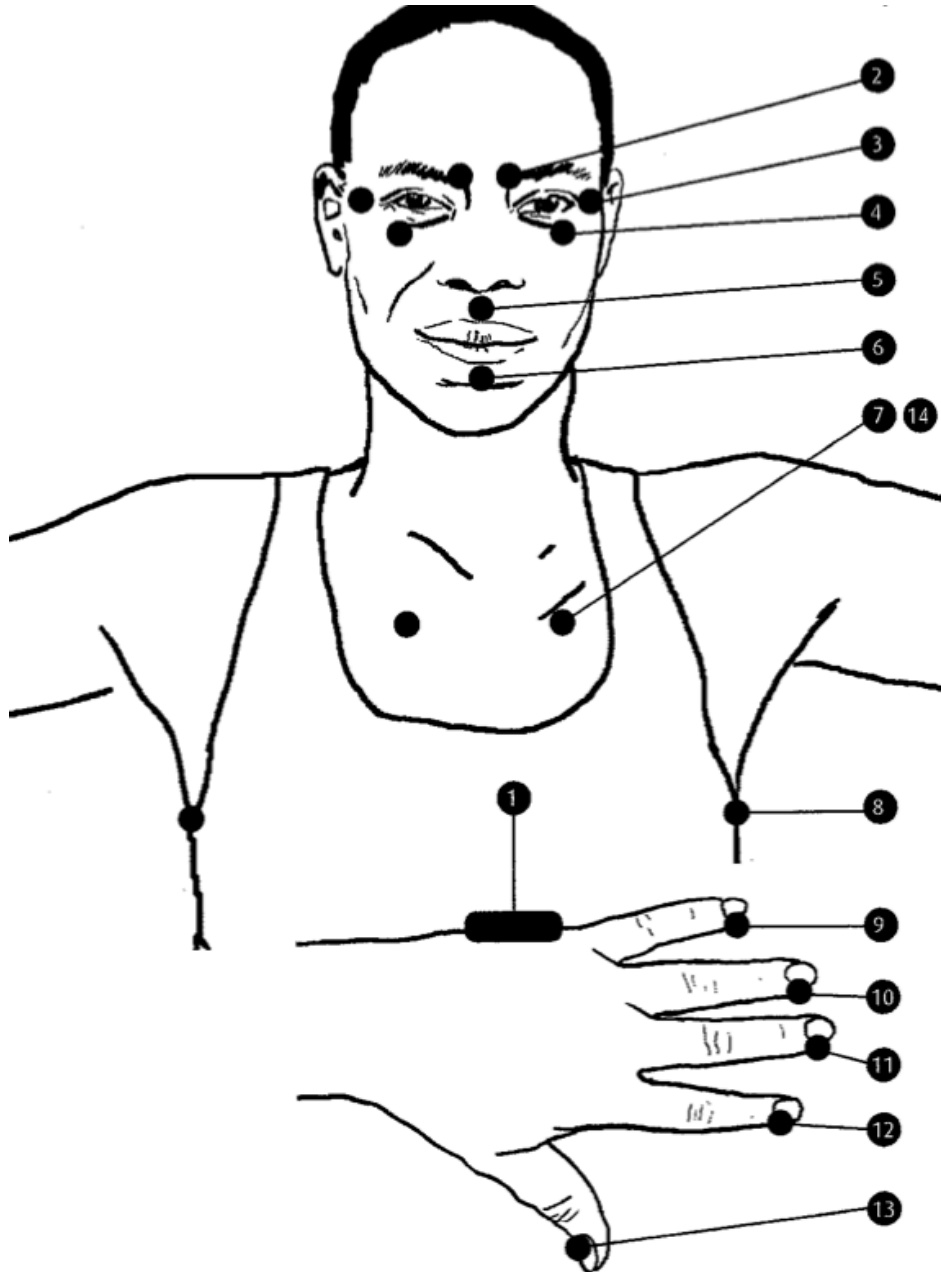
This is how Trauma Tapping is done. There is more to it, but we want you to know the basic technique before you read further. You can apply this technique to yourself or to somebody else.

1. Connect to the emotion that bothers you, ever so slightly
2. Tap 15 times, firmly but gently – on the points in the picture
3. Take two deep breaths – short in and long out
4. Repeat the tapping procedure as described above
5. Take two deep breaths – short in and long out
6. Relax and breathe normally
7. When treating somebody else finish by holding their hand between yours and wait for them to be ready. You can ask them to observe any change.

Points

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 and on the whole chest, like drumming
8. Under the arm, on the side of the chest
9. The inside tip of the little finger
10. The inside tip of the ring finger
11. The inside tip of the middle finger
12. The inside tip of the index finger
13. The outside tip of the thumb
14. Under the collarbone and on the whole chest, like drumming

Trauma Tapping Technique



Tapping Somebody Step by Step

Connect to the emotion, then tap firmly and precisely 15 times on each point using two fingers, at a fairly fast rate. Ask the person to take two deep breaths and repeat.



1



2



3



4



5



6

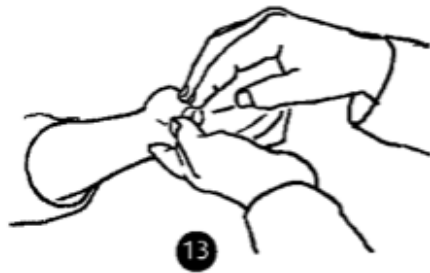
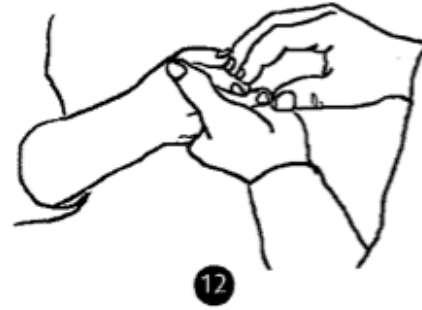
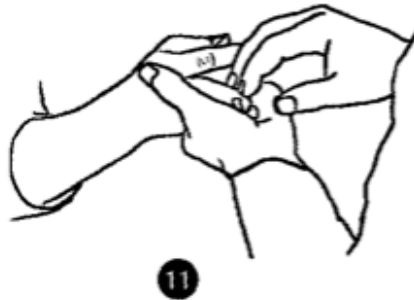
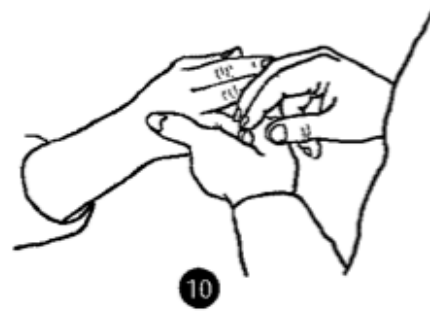
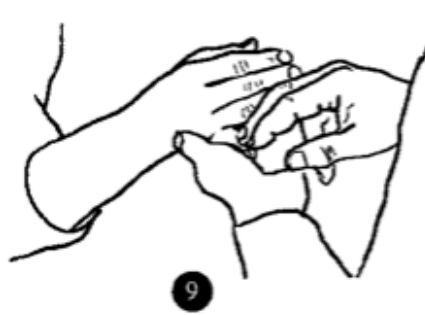


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Trauma Tapping Technique

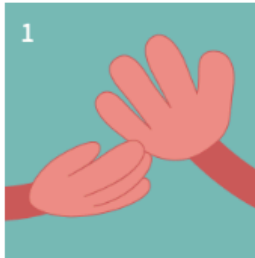


Ask the person to take two deep breaths while holding the hand, between both rounds, and after.

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Think lightly about whatever bothers you, and tap firmly and rhythmically, approximately 15 times on each point shown below using two fingers, at a fairly fast rate. Take two deep breaths, relax and repeat the whole sequence on the opposite side. Take two deep breaths and relax again when done. Repeat until calm.



1
Using two fingers, tap the outer side of the hand.



2
Tap the inner edges of the eye-brows, closest to the bridge of the nose with two fingers.



3
Tap the hard area between the eye and the temple with two fingers.



4
Tap the hard area under the eye, in line with the pupils using two fingers.



5
With one hand, tap under the nose using two fingers.



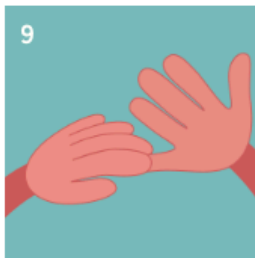
6
Tap the chin with two fingers.



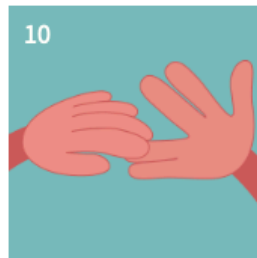
7
Tap just below the hard ridge of your collarbone with four fingers.



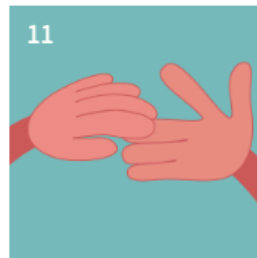
8
Using four fingers, tap your side, just beneath the armpit.



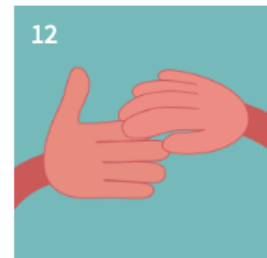
9
Tap the inside of your pinky finger, using two fingers.



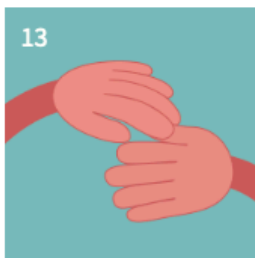
10
Tap the inside of the ring finger.



11
Tap the inside of the middle finger.



12
Tap the inside of the index finger.



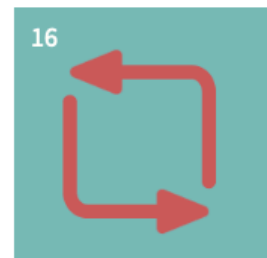
13
Tap the outside of the thumb.



14
Tap just below the hard ridge of your collarbone with four fingers.



15
Take 2 long, deep breaths.



16
Repeat the whole sequence, on the opposite side.

Visit www.SelfHelpForTrauma.com for an instruction video and to learn about the project.