

Breakthrough First Aid method for emotional stress

We cannot eliminate memories of traumatic experiences, but now we can release stressful emotions associated with them. A technique using your fingers to tap 14 specific points on your body together with a specific breathing exercise can resolve this in a single session.

Trauma Tapping Technique - TTT - is simple enough for a child to learn, and doesn't require talking about the issues.

- This is a breakthrough in so many ways, not only because it can be used by anybody, just like mouth to mouth first aid at drowning - but because TTT can be spread in a large population through "peer to peer" administration, says Gunilla Hamne, who is teaching the technique in post-conflict areas.

Symptoms of Trauma

In a study at a trauma center in Congo, 619 people ages 5-63 were taught the technique and treated. They were asked to grade their symptoms 0-10 before and after the treatment, in what is called a SUD scale (Subjective Units of Distress). After the first session 85% experienced a major relief from their symptoms. These results persisted in those who took part of a follow up 8-30 days later.

The most common symptoms of Post Traumatic Stress in the study group of this research were anxiety attacks, headaches, nightmares, flashbacks, insomnia, suicidal thoughts and aggression.

- By conventional standards these results are extraordinary, even on the verge of "hard to believe", says Gunilla Hamne.

Like any other First Aid technique, the aim of this method is to provide a first relief, after which conventional psychosocial care and support can be provided when time and resources allow. For those of us lucky enough to be spared from the emotional traumas of war and sexual abuse, and "only" suffer the stress of daily life, we should be aware that stress is currently considered the largest danger to public health in Western society - we can use TTT.



Survivors of genocide in Rwanda treating each other

My wife tried it on our daughters class mate, 11, when he was so anxious about entering a chess tournament he literally threw up. After 10 minutes he went back, and won.

Resolve emotional stress in 15 minutes

For the method to work you need to be connected with the emotion of distress you wish to resolve.

Usually it is enough to close your eyes and bring back a memory connected to the feeling. Grade it from 0-10, where 10 is a lot.

Now tap with two fingers 14 times on the 14 points of your body as shown in the video on the website with two fingers and take two controlled breaths. Repeat this twice.

The full procedure can be learned from a video on the website www.peacefulheart.se.

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FACTS

The Trauma Tapping Technique belongs to a field of sensory based exposure treatments for post traumatic stress symptoms and other emotional imbalances which include Eye Movement Desensitization and Reprocessing (EMDR) which is being used successfully for symptoms of traumatic stress and Havening which uses touch and music. TTT is also related to Emotional Freedom Technique (EFT) and Thought Field Therapy (TFT) in respect to the tapping of body points, but has been simplified to be content free, language independent and simple enough to be transferable "peer to peer" to make it ideal for areas or groups of mass traumatization.