

Trauma Tapping Technique

First Aid Self-Help for emotional stress

How to do the Trauma Tapping Technique - TTT

ट्रमा ट्यापिङ विधि (टिटिटिटि) कसरी संचालन गर्ने ?

1. Establish contact.

१. संपर्क स्थापित गर्ने

2. Explain how the technique is done.

२. यो विधि कसरी संचालन गर्ने ब्याख्या गर्नु होस् ।

3. Ask the person to think about his/her problem - but just a little bit - not deeply.

३. सहभागीहरूलाई उनिहरूको सामान्य समस्याको बारेमा सोचन भन्नुहोस् ।

4. Do the Tapping Technique sequence of points as described below.

४. तलको दिईएको बुँदागत क्रम अपनाई ट्यापिङ विधि संचालन गर्नु होस् ।

5. Then ask the person to take two deep breaths.

५. सहभागीहरूलाई लामो दोहोरो सास फेर्न भन्नुहोस् ।

6. Repeat the Tapping Technique sequence.

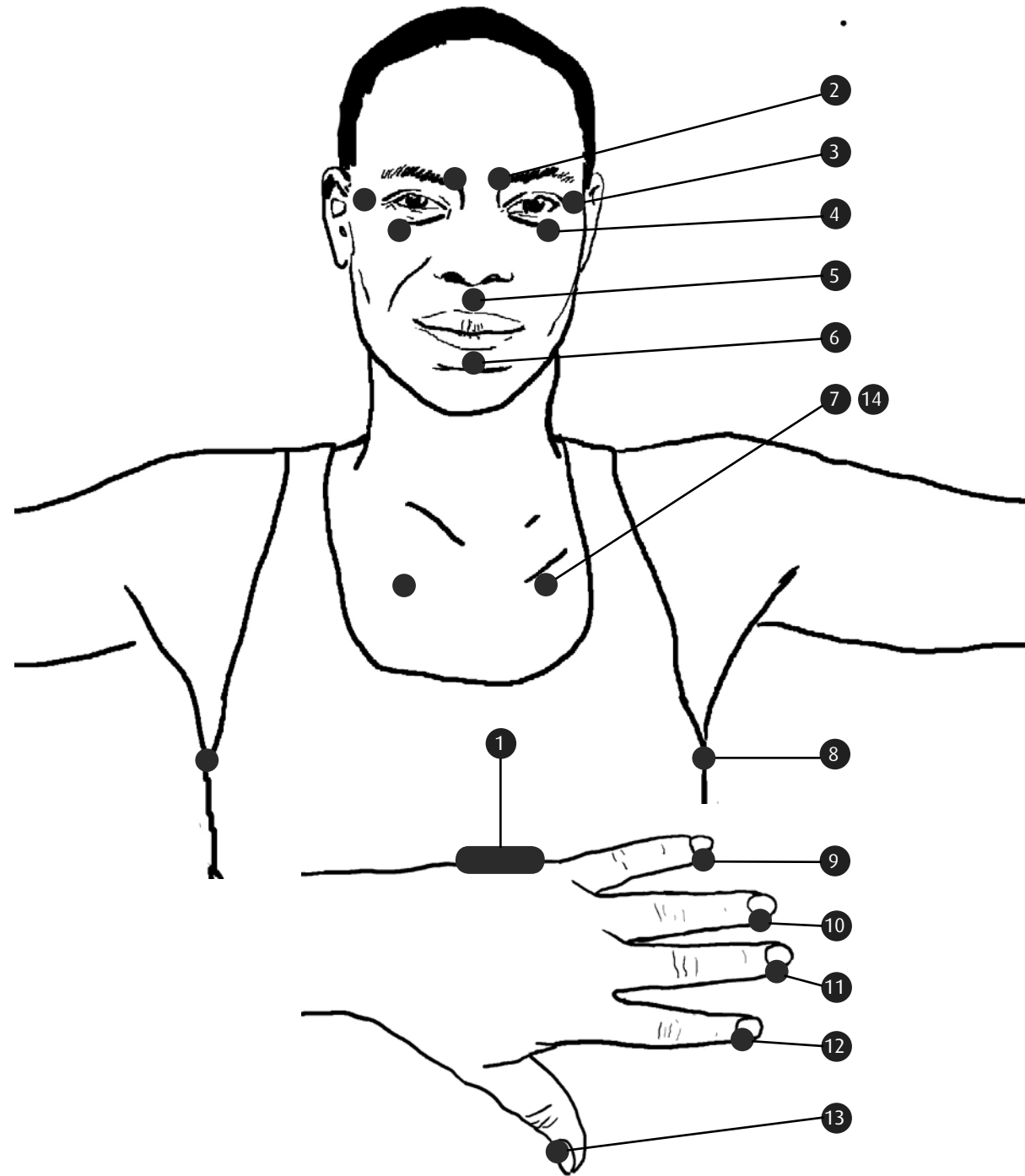
६. ट्यापिङ विधिको क्रम दोहोर्‍याउनुहोस् ।

7. Ask the person to take two deep breaths again and rest while holding his/her hand.

७. फेरी सहभागीहरूलाई आफ्नो हात समाएर लामो दोहोरो सास फेर्न भन्नुहोस् ।

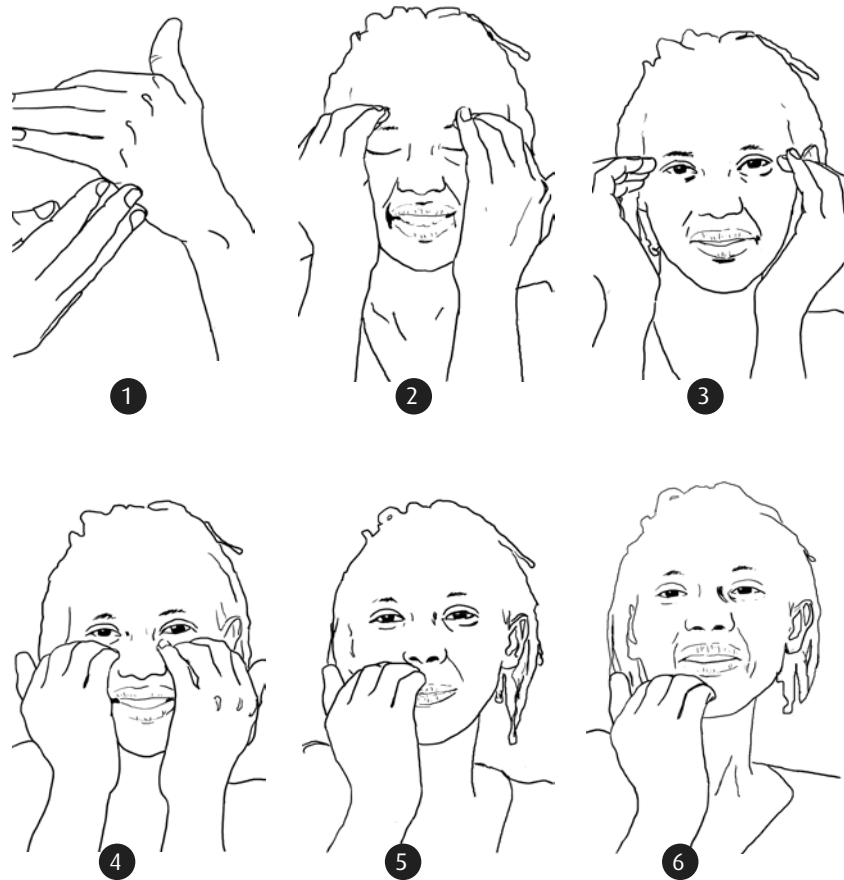
8. Ask how the person if something has changed. If the person says that something did change - congratulate him/her.

८. सहभागीहरूलाई केहि परिवर्तन भयो कि सोध्नुहोस् र कसरी ? केहि परिवर्तन भएको बताउने सहभागीहरूलाई बधाई दिनुहोस् ।

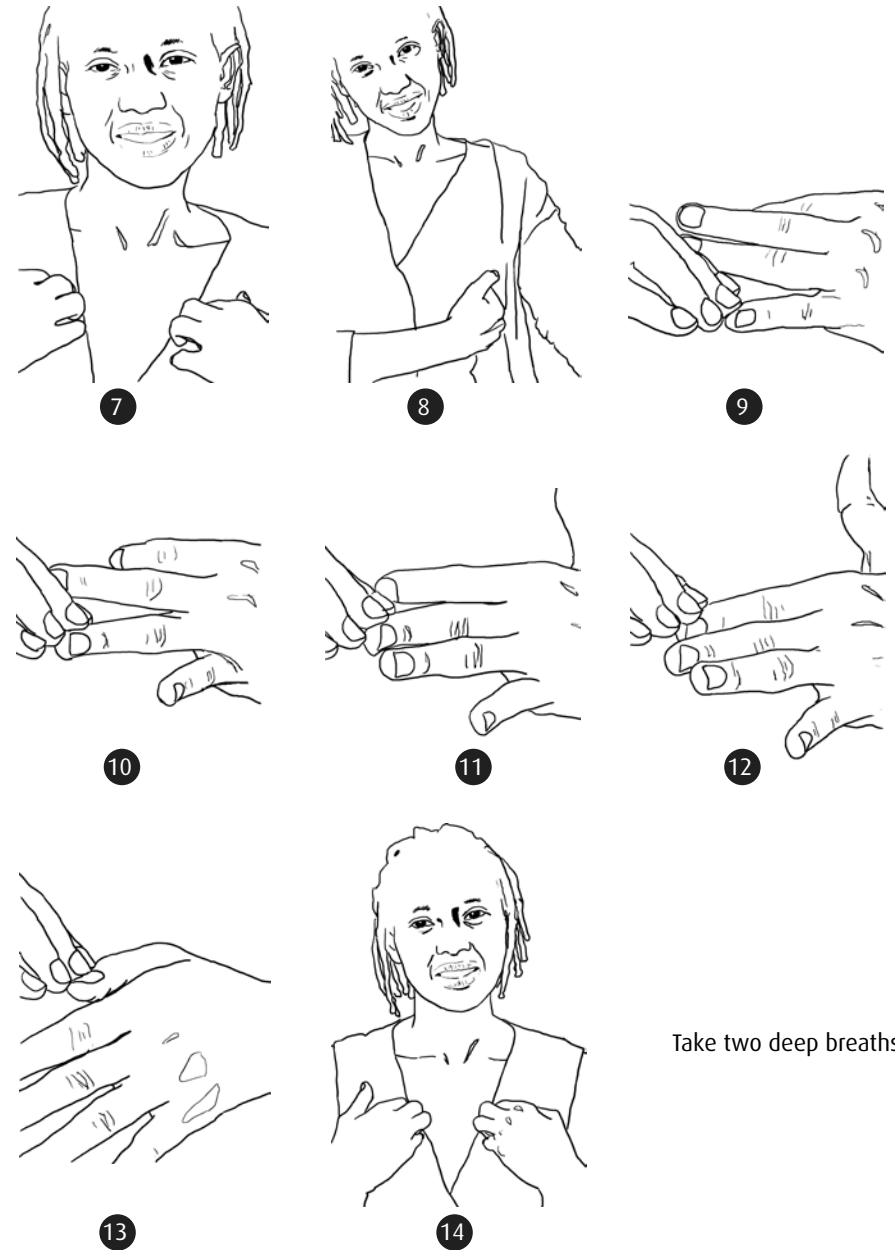


Self Tapping Step by Step

Think about whatever bothers you, and tap firmly and precisely 15 times on each point using two fingers, at a fairly fast rate. Take two deep breaths and repeat the whole sequence. Take two deep breaths again when done.



Outcut from the book: *Resolving Yesterday - First Aid for Stress and Trauma with TTT* By Gunilla Hamne and Ulf Sandström



Take two deep breaths

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