

BRAIN BALANCER

(Adapted from Roger Callahan's Thought Field Therapy)



Purpose: To facilitate trauma processing in the brain, help balance and integrate left and right hemispheres. It can be used as a standalone treatment or at the end of trauma tapping while focusing on the traumatic event.

Use when:

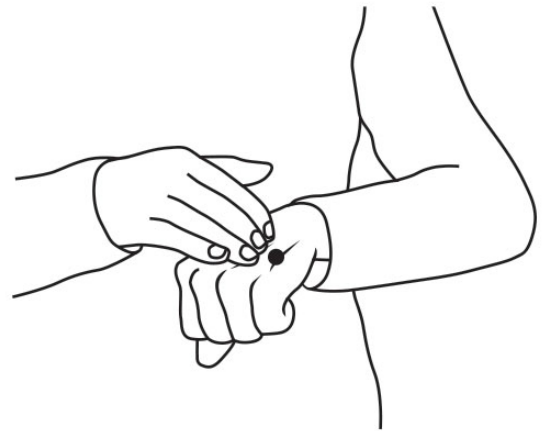
- Emotional processing feels incomplete
- Feeling 'keyed up' or unbalanced

Common experiences:

- Feeling more balanced and centered
- Feeling more present in Here and Now

Steps:

1. Tap 20 – 30 X with 2-3 fingers in the valley between the tendons of the 4th and 5th fingers on the back of the hand.
2. While still tapping, open the eyes, close the eyes, look down to the right, look down left, look up to the right and left (move eyes only)
3. Slowly roll eyes in a circle one way and then the other
4. Hum for 10 seconds, then count backward from 10-0, hum again
- 5.
6. Let your eyes close and relax
7. Check-in: what do you notice now?



Follow along with the video: <https://youtu.be/Bwj40UNy6Og>

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