## **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

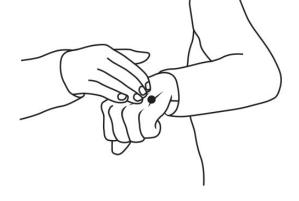
# **Common experiences:**

- 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 4<sup>th</sup> and 5<sup>th</sup> 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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