* **Bringing It All Together – Technique Cheat Sheet**

CONTRAINDICATIONS:Anything (including a symptom or medical condition) that is a reason for a person to not receive a particular treatment or procedure because it may be harmful.

|  |  |  |
| --- | --- | --- |
| **SOMATIC TOOL/TECHNIQUE** | **WHAT IT IS HELPFUL FOR** | **CONTRAINDICATIONS** |
| Stress Reduction Graph | Stress reduction | Any client that doesn’t want to use it.  Children under the age of 10 (can be used with children ages 6-10 if the practitioner fills it in or does it as an art exercise) |
| Stress Management Graph | Stress management | Any client that doesn’t want to use it.  Children under the age of 10 (can be used with children ages 6-10 if the practitioner fills it in or does it as an art exercise) |
| Increasing Capacity to Deal with Stress Graph | Increasing Capacity to Deal with Stress | Any client that doesn’t want to use it.  Children under the age of 10 (can be used with children ages 6-10 if the practitioner fills it in or does it as an art exercise) |
| Identifying Approach to Your Stress Graph | Stress reduction, stress management & increasing capacity to deal with stress. Identify roots of stress. Gain clarity. | Any client that doesn’t want to use it. |
| Ha Breath Technique | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Belly Breath Technique (Yogic breathing) | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Merging the Two – Ha & Belly Breath Technique | Pain management, stress reduction, mindfulness, balancing and grounding ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Pranayama - Nadi Shodhana Technique (alternate nostril breathing) | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding, increased energy, lift mood | Any client that doesn’t want to use it.  Should not be practiced while suffering from cold, flu or fever. |
| The Safe House Visualization Exercise | Trauma, PTSD, stress reduction, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Grounding Into Theta Script | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |