* **Course Assignment document**

Your assignments within this course are to become your own first client. You will practice each of the tools and techniques listed below and do the following:

* Write 1-3 paragraphs on your experience of each technique. You can either create a separate word document or you can put your answers into the 3RD column within this document
* All the assignments that have a form or graph, please write 1-3 paragraphs about your experience after you have filled out the form/graph and submit the completed form back in your assignment upload area

For your practicum, please use another IWA student to do two full sessions with virtually (intake/first session) and second full somatic technique session. Additionally PLEASE BE SURE TO PRACTICE 2 TECHNIQUES HANDS-ON with a friend or family member and then write 2-3 paragraphs within the graph below on what feedback they gave you and what you learned by practicing it. The two techniques are:

1. SOMATIC TOUCH TECHNIQUE
2. HANDS ON HUG METHOD

Here is a list of all the exercises you will need to submit back with their perspective completed form:

1. Stress Reduction Graph
2. Stress Management Graph
3. Increasing Capacity to Deal with Stress Graph
4. Identifying Approach to Your Stress Graph
5. Finding the Beauty Exercise
6. Somatic Cognitive Behavioral Therapy Exercise
7. The Somatic Care Plan

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| **SOMATIC TOOL/TECHNIQUE** | **WHAT IT IS HELPFUL FOR** | **WRITE 2-3 PARAGRAPHS ABOUT YOUR EXPERIENCE (WHAT DID YOU GET OUT OF THE EXERCISE)** |
| Stress Reduction Graph | Stress reduction  |  |
| Stress Management Graph | Stress management |  |
| Increasing Capacity to Deal with Stress Graph | Increasing Capacity to Deal with Stress |  |
| Identifying Approach to Your Stress Graph  | Stress reduction, stress management & increasing capacity to deal with stress. Identify roots of stress. Gain clarity. |  |
| Ha Breath Technique | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding |  |
| Belly Breath Technique (Yogic breathing) | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding |  |
| Merging the Two – Ha & Belly Breath Technique | Pain management, stress reduction, mindfulness, balancing and grounding ADD/ADHD, Autism, depression, anxiety, balancing and grounding |  |
| Pranayama - Nadi Shodhana Technique (alternate nostril breathing) | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding, increased energy, lift mood |  |
| The Safe House Visualization Exercise**(LISTEN TO IT WITHIN COURSE)** | Trauma, PTSD, stress reduction, depression, anxiety, balancing and grounding |  |
| Grounding Into Theta Script**(LISTEN TO IT WITHIN COURSE)** | Pain management, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| NLP anchoring technique**(LISTEN TO IT WITHIN COURSE)** | Trauma, PTSD, stress reduction, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Weight & Compression Technique | Trauma, PTSD, stress reduction, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Somatic Touch Technique**PRACTICE WHAT YOU CAN ON YOURSELF BUT MAKE SURE YOU DO THIS TECHNIQUE IN YOUR SECOND PRACTICUM SESSION!** | Pain management, trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Abhyanga self-massage | Pain management, trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Mindfulness | Good for ALL clients, with ALL issues. | Any client that doesn’t want to use it. |
| Finding the Beauty Exercise | Neuroplasticity, rebuilding/rewiring neuropathways to positive thoughts. Good for:Pain management, trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| **Hug method -**  |  |  |
| The self-regulating hug technique | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| The Hands-on Hug Method**(PRACTICE THIS DURING YOUR PRACTICUM)** | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it.Not recommended for clients who have experienced physical or sexual violence. |
| Body posture/positions | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Somatic standing exercise | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Yoga | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it.If a client has injuries that prevent them from doing yoga. |
| Therapeutic yoga | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it.If a client has injuries that prevent them from doing any of the therapeutic yoga poses. |
| Intuitive yoga | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| 5-minute stress reduction practice | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Shaking Therapy Technique | Trauma, PTSD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it.Any client that has a physical injury that prevents them from doing it safely (including seizure disorders or TBI’s).Not for children under 6. |
| Somatic Dance Session  | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it.Any client that has a physical injury that prevents them from doing it safely. |
| Art | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, getting in touch with their feelings | Any client that doesn’t want to use it. |
| Somatic Journal Exercise | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, getting in touch with their feelings | Any client that doesn’t want to use it. |
| Sound and Frequency Healing | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Bilateral music | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Chanting | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| **Nature Realignment -**  |  |  |
| Sunlight | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it.\*Client’s with current or past skin cancer should wear sunscreen and consult their dermatologist first. |
| Nature Bathing | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Aroma Therapy | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Medicinal Baths**(IF YOU DO NOT HAVE ACCESS TO A BATHTUB, PLEASE SKIP THIS AND NOTE ‘NO BATHRUB’ IN THE THIRD COLUM)** | Reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| **Meditation -**  |  |  |
| Body Scan Meditation | Connecting to the inner landscape, increasing mind-body awareness and connection, reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Breath meditation | Connecting to the inner landscape, increasing mind-body awareness and connection, reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Breath Into It Meditation (or the listening meditation) | Connecting to the inner landscape, increasing mind-body awareness and connection, reducing somatic symptoms & reducing pain. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| TTT Tapping | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| Butterfly Hug Tapping Method | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, balancing and grounding | Any client that doesn’t want to use it. |
| ECM for Trauma**(LISTEN TO THIS WITHIN THE COURSE)** | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, stuck negative emotions, triggers and trauma responses | Any client that doesn’t want to use it.\*Not recommended for someone that becomes highly negatively triggered when speaking of their trauma/traumatic event or memories. |
| ECM for Anxiety**(LISTEN TO THIS WITHIN THE COURSE)** | Anxiety, fear, PTSD, trauma | Any client that doesn’t want to use it. |
| Safe Room Visualization Technique**(LISTEN TO THIS WITHIN THE COURSE)** | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, pain management, grief, Autism, depression, anxiety, stuck negative emotions, triggers and trauma responses | Any client that doesn’t want to use it. |
| Pause-Reset-Redirect | Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, stuck negative emotions, triggers and trauma responses, anger/rage | Any client that doesn’t want to use it. |
| Somatic Cognitive Behavioral Therapy Exercise | Identifying habits, patterns and triggers. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, stuck negative emotions, trauma responses, anger/rage | Any client that doesn’t want to use it. |
| **Dousing & Transformational Muscle Testing -**  |  |  |
| Energy Clearing and Alignment Exercise | Clearing stuck energy and emotions, connecting with gut/intuitive intelligence, mind-body connection, connecting to inner landscape. Also good for: Identifying habits, patterns and triggers. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, stuck negative emotions, trauma responses, anger/rage | Any client that doesn’t want to use it. |
| Dousing | Connecting with gut/intuitive intelligence, mind-body connection, connecting to inner landscape. Also good for: Identifying habits, patterns and triggers. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, stuck negative emotions, trauma responses, anger/rage | Any client that doesn’t want to use it. |
| **Energy, Energy Work & Energy Healing -**  |  |  |
| The Energy Work Technique | Clearing stuck negative energy and emotions, promoting healing. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, stuck negative emotions, trauma responses, anger/rage | Any client that doesn’t want to use it. |
| Ho’oponopono  | Achieving forgiveness, releasing resentment. Clearing stuck negative energy and emotions, promoting healing. Also good for:Trauma, PTSD, stress reduction, mindfulness, ADD/ADHD, Autism, depression, anxiety, stuck negative emotions, trauma responses, anger/rage | Any client that doesn’t want to use it. |
| Self-Care as a Practice | Good for all clients with all issues! | Any client that doesn’t want to use it. |
| The Somatic Care Plan | Good for all clients with all issues! | Any client that doesn’t want to use it. |