**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**.

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| **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. |
| NLP anchoring technique | 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 | 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 | 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 Script | 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 | 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 | 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 | Anxiety, fear, PTSD, trauma | Any client that doesn’t want to use it. |
| Safe Room Visualization Technique | 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. |
| NLP Disassociation Technique – Higher and Farther (Associate – disassociate) | Triggered states, traumatic responses | Any client that doesn’t want to use it.\*Not to be used to manage emotions ongoing, only during a trigger response in session |
| 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. |
| Emotional Trauma First Aid | For those who are or have just experienced a trauma. Best used in critical care scenarios and humanitarian support or volunteer work. | Any client that doesn’t want to use it.Not for clients with past trauma (over 3 months prior). |
| **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. |
| Ritual Bag | Creating a healing ritual, clearing stuck energy and emotions, connecting with gut/intuitive intelligence, mind-body connection, connecting to inner landscape. Also good for: rewiring 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. |
| The Healing Ritual Deck | Creating a healing ritual, clearing stuck energy and emotions, connecting with gut/intuitive intelligence, mind-body connection, connecting to inner landscape. Also good for: rewiring 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. |