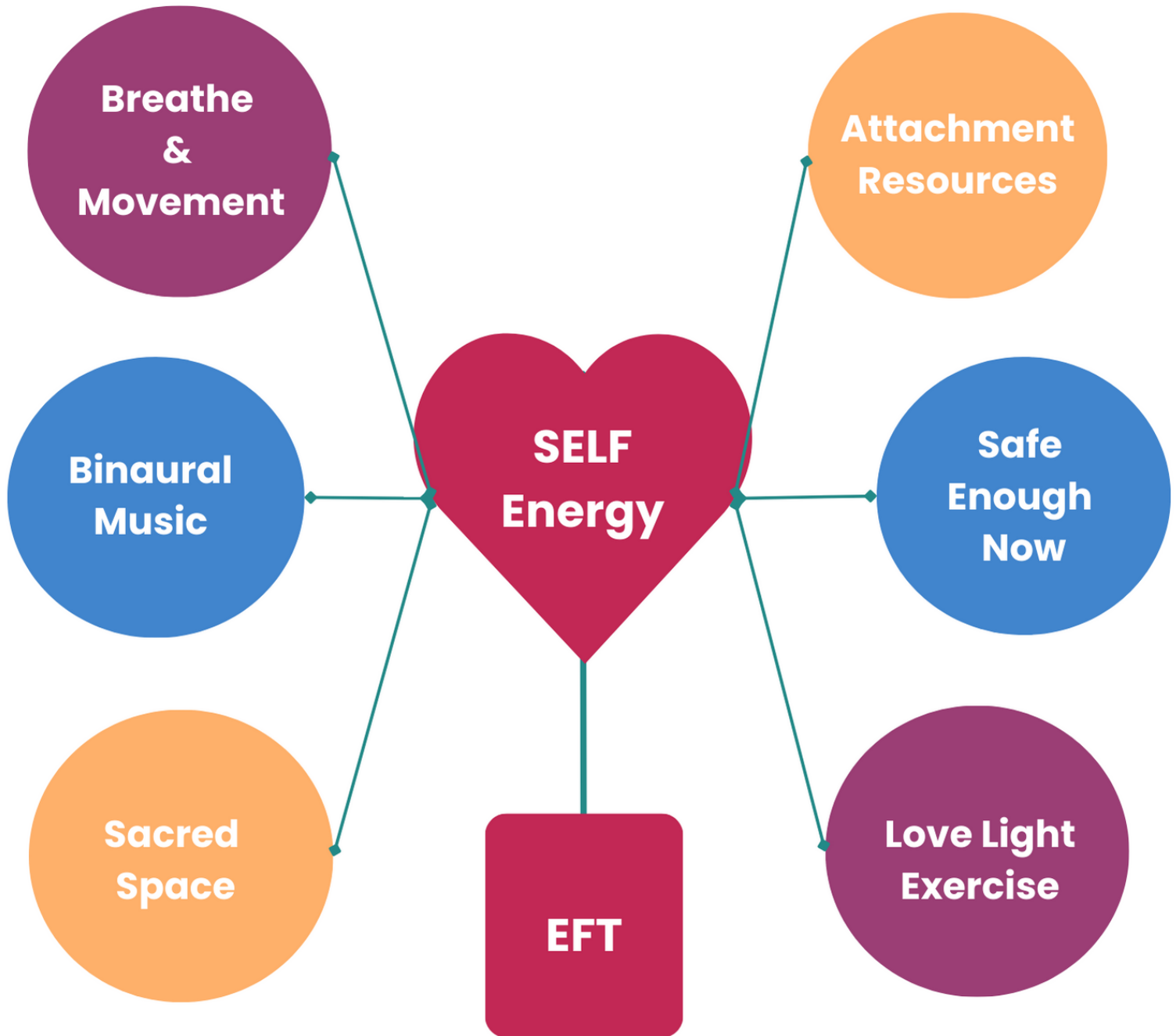


Tapping Techniques



- Progressive techniques from IFS, EMDR, EFT, Attachment-, Polyvagal-, & Somatic therapies
- Trauma-informed for resourcing & trauma processing preparation
- Builds emotional and nervous system regulation
- Fill in developmental deficiencies in Complex Trauma