



TEARLESS TRAUMA (GENTLE) TECHNIQUE

The Tearless Trauma Technique erects mental barriers between the client and the fearful memory. The Tearless Trauma Technique can be used in any case that involves trauma. It can be used with both groups and individuals.

The Tearless Trauma Technique presents an exception to the rule of being specific

- Ask your client to choose a specific traumatic incident from the past to work on
- Ask your client to estimate (0-10) what the emotional intensity would be if they were to imagine the incident. Tell them not to imagine it, **but simply to guess** what the intensity would be if they did
- Suggest **an innocuous reminder phrase** such as “the incident at the lake” that allows a layer of dissociation from the terror. Make sure the phrase is not too provocative, such as “the bloody knife.” **The aim here is to keep the client dissociated until they are ready to proceed - so the emphasis is on a non-triggering phrase**
- Tap on this phrase.
- After the round, ask the client to estimate again what the intensity would be if the client were to imagine the incident
- Do more rounds of EFT, with new intensity **estimates** between each one. Three or four rounds bring most clients’ estimates down to between 0 and 3.
- When the client’s guess has dropped to an acceptably low rating, do another round of tapping. Ask them if they are ready to imagine the incident itself. Note that this is the first time you have invited them to do so (prior to this you only asked them to guess at the emotional intensity they would experience were they to imagine the incident). If the client is still not ready to imagine the incident directly, keep but reduce the level of dissociation (for example, the box on the moon is moved to the neighbour’s yard) and repeat the process of guessing the intensity, tapping a round, and testing with a guess, until intensity is 3 or less.
- When the client is ready to imagine the event directly, ask them to rate the emotional intensity of the incident.
- When it is low (0-1), you can move to the Tell the Story Technique (if they can talk about it) or the Movie Technique (if they can’t talk about it).