INTERUPTING TRAUMATIC REACTIONS

Purpose: To interrupt traumatic reactions and emotional flooding that can occur when connecting with a traumatic memory; or when re-triggered by a traumatic event.

Use when:
- Feeling emotionally overwhelmed or ‘flooded’
- Having obsessive thoughts or memories

Common experiences:
- Disconnects from the memory or trauma
- Feeling more present in the Here and Now

Steps:
1. DISTRACTING: Do complicated math in your head, voicing the process out loud.
   • This distracts attention from traumatic event and engages the left hemisphere, drawing attention away from emotionally reactive memories (in the right hemisphere).

2. GETTING HERE AND NOW: Look around and name what you see, hear, and smell. (Do this only in a safe environment!)
   • This brings the attention back to the Here and Now and away from traumatic or stressful memories.

The information in this document is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resource for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever.