

HEALING HEAD HOLDING (AKA FRONTAL/OCCIPITAL HOLDING)

(Adapted from Terrence Bennett's Touch for Health Neuro/Vascular Points)



Use when:

Feeling anxious, upset or unsettled
Feeling dissociated or disconnected

Common experiences:

Feeling more calm & balanced
Feeling connected and integrated



Purpose: This is a powerful technique for defusing negative emotions, emotional processing experience, and balancing the hemispheres. You can do this for yourself, or with a partner.

The Steps:

1. Select something to focus on: a memory, bodily sensations OR an emotional distress. Rate the issue or memory from 0 - 10
2. Place one hand across the forehead with the little finger across the eyebrows and the thumb up by the hairline. Lightly place the other hand at the base of the skull, back of the head.
3. Gently focus on your issue, distress, or internal experience taking gentle, deep breaths.
4. Breathe deeply through your nose, gently. Notice as the warmth of your hands helps connect and calm your brain.
5. Gently hold this position for several minutes until you notice a sense of calm inside yourself. You may notice a pulse or heartbeat in both hands or the issue or distress shifts and releases.



You can hold a friend's head for 2-5 minutes until they have a sense of relief as well.

Note: As you hold your forehead and base of the skull with your hands while breathing, you may notice your body calming down, shifting, processing, and re-integrating.

Follow along with the video: <https://youtu.be/QgPqxBJqrTc>

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