

# *Tapping Touch*

**Holistic Care for Body, Mind & Planet**



Tapping Touch is a holistic-care technique using touch and Rhythm. It is performed by tapping gently with the balls of the fingers of the right and left alternately.

Although it is made easy to learn and simple to do, Tapping Touch is developed through integration of therapeutic elements proven effective through clinical uses and researches.

Its gentle tapping helps to release tension in body and mind and to increase a sense of wellness, positive feelings and thoughts.

It also stimulates our innate tendency and ability to be healthy and reminds us of the joy in caring for each other and living together in harmony.

As more and more people will learn and do Tapping Touch with each other, individuals, families, and communities will be gently empowered, and the earth itself will regain wellness.

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## < Tapping Touch: Basic Form >

### STEP 1 : Positioning yourself / Sitting behind the partner

After you explain what Tapping Touch is and the partner agrees to receive it from you, sit behind the partner.

As seen in the picture, the receiver should be seated with his back toward you. You both can chose to sit on a chair, or on the floor, whichever is comfortable. If chairs are used, have the receiver sit sideways (or by straddling the chair) so that the back of the chair does not interfere with your tapping.



### STEP 2 : Shaking out the tension in your hands.

### STEP 3 : Positioning your hands / Touching your partner



Position your hands lightly on a spot between the shoulder blades of the receiver, just below the neck. Your hand should be lightly touching, rather than pressing down, briefly (about 5 seconds). This will help the receiver to get used to the feel of your hands and to know that you will start tapping now. Have your partner relax and round his or her back a little, as if basking in the sunshine.

### STEP 4 : Tapping on the upper back

Tap gently and rhythmically, alternating your left and right hands, at the place where your hands rested, as shown in the illustration.

Keep your hands separated by about the distance of your clenched fist and tap gently with the round fleshy parts of your fingers.

Tapping speed is best to be uniform between the left and right hands, with approximately one tap from each side per second.

Be careful not to turn it into a massage. Tapping Touch looks somewhat like percussive massage, but the fundamental principles are quite different. The tapping should be very light, with relaxed arms. The key words here are "gentle" and "comfortable."

Here you are establishing the basis for Tapping Touch, so spend a little extra time (about 60 seconds)



### STEP 5 : Moving down to the lower back

Now move down your partner's back to the lower position. There are many acupressure points on either side of the spine, within two inches on both sides. So, tapping along these areas have health facilitating effects.

Since many people keep a great deal of stress and emotion bound up in the lower back, spend some extra time here. It is easier to tap the lower back if you have the receiver lean slightly forward. Be sure not to tap hard.

## STEP 6 : Tapping the shoulder



When you are done with the lower back, go up gradually toward the shoulder as you continue tapping. It is easier to stand up (or standing on your knee) when you tap the shoulder and the above.

Although many people have stiff shoulders, please make sure that you keep tapping gently. The speed and strength of tapping is basically the same throughout.

## STEP 7 : Tapping the head and neck area

Since these areas are sensitive for most people, it's better to ask the receiver if it is okay for you to do there. Also, because of the sensitivity, it's usually more comfortable for the receiver if you gently touch alternately instead of tapping. There are numerous acupressure points on the shoulder, neck and head, as well as on the back.

## STEP 8 : Tapping freely

After you finish the shoulder, neck and head areas, tap freely across the back. It is also the good time to ask the recipient if there is any place where he or she would like you to pay special attention to, or concentrate on an area that you found particularly stiff. You may try out "patting" here and see how the receiver likes it.



## STEP 9 : Touching and being with the partner



After you have finished tapping, position your hands lightly on a spot between the shoulder blades of the receiver, just below the neck. This is the same posture that you used at the beginning. But this time leave your hands there quietly a little longer (15 to 30 seconds), so that the person can enjoy the full benefits of Tapping Touch. This way of finishing brings a deep and abiding sense of peace, and it is a very enjoyable part of the interaction.

## STEP 10 : Brushing your hands down the back to finish

Gently brush your hands two to three times down your partner's back and arms. This signals that the Tapping Touch session is over

## STEP 11 : Ending and switching positions

Recommended time taken for tapping is about 10 to 15 minutes per person.

After about 15 minutes of Tapping Touch, it is good time to rest and talk about how it was for you and the partner. Then switch positions.

# Effects of Tapping Touch

## **Psychological effects:**

- 1) Relaxation, a sense of peace
- 2) Reduction of tension and anxiety
- 3) Increase of positive emotion and reduction of negative emotion
- 4) Calming heightened emotions such as anger and sorrow
- 5) A warm feeling of being cared for and considered valuable

## **Physical effects:**

- 1) Release of physical tension
- 2) A sense of comfort and refreshed energy
- 3) Reduction of physical pain and fatigue
- 4) Reduction of physical symptoms of stress
- 5) Activation of parasympathetic nervous system
- 6) Increase of Serotonin hormones



## **Interpersonal effects:**

- 1) People feel safer, and find it easier to speak
- 2) People feel cared for, so trust is deepened
- 3) Increased sense of harmony and connectedness among people
- 4) "Skinship" and conversation within the family are increased
- 5) People feel mutually supportive

## Applications for Tapping Touch

### **General Applications**

- Used as a way to care for each other in family
- Used in care of infants, children and elders, etc.

### **Specialized Applications**

- Education and School Counseling
- Counseling and Psychotherapy
- Medicine and Nursing
- Hospice, palliative care, nursing homes
- Care-giving and Social Work
- Disaster Relief and Emotional Support, etc.



## The Association of Tapping Touch

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