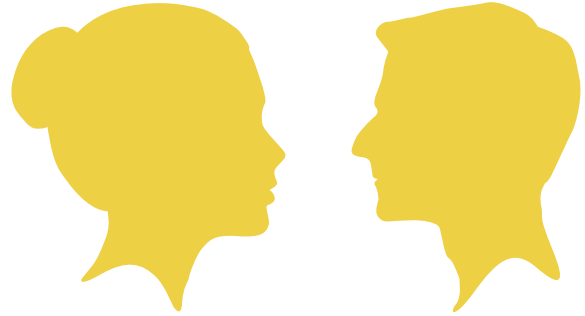


# ATTUNEMENT AND BLS

## FOR EXTENDED RESOURCING

### **Build Attunement**

For enhanced attunement, sit across from the client, "right brain to right brain" (meaning, your left shoulders are across from/facing one another). You'll each be sitting to the right of one another.



*And then lead the client into a resourcing exercise (Container, Secure Place, etc.) while doing one of the below...*

### **BLS: Tapping In...**

Place your hands on your knees as you sit with feet on the floor. Have the client mirror you, doing the same. Next, gently begin tapping your legs with each hand, alternating hands. Keep your wrists on your legs as you tap each leg. Be sure to tap very slowly (about 1 tap per 2-3 seconds).



**OR...**

### **BLS: Walking Through...**

Place your feet flat on the floor. Have client mirror you, placing their feet flat on the floor as well. Next, gently begin alternating tapping your toes, keeping your heels on the floor, and instruct the client to do the same, in tandem with you. Be sure to tap very slowly (about 1 tap per 2-3 seconds).

