



PISTA TRAUMA METHODOLOGY



HOW DOES IT WORK?

- During the first week, a traumatic incident occurred which the coach provided a simple exercise to help with.
- This exercise involved activating the brainwaves to release the blocked emotion and took 40 minutes to complete.

AFTER 2 MONTHS.

- The coach will conduct a session of review to make sure the traumatic incident is being handled on both a cognitive and emotional level and to check if it has impacted the person's daily life and attitude changes.
- To make an observation and review of following protocol of doing a quick review to ensure no post trauma symptoms after the incident and to test to measure fear and anxiety. The process takes 30 minutes in the session

ANTICIPATED RESULTS

- Clients will not be emotional or overwhelmed when recalling or in remembering the trauma
- Taking an emotional space from what had happened and able to take an emotional distance from the traumatic experiences
- Able to new strength to accept what this trauma had actually occurred

CONTACT OUR HELPLINES

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