

## Three Powerful Self-Care Modalities

Listed here are three self-care modalities that are powerful and safe. There is evidence-based support for them, although the results are also self-evident to those who practice them.

### TRE® - Tension & Trauma Releasing Exercises

Dr David Bercelli travels the world teaching victims of trauma how to release the physical, mental and emotional limits that a traumatic experience inflicts on the human system. The exercises can be learned quickly and used safely, although it helps to have a hands-on instructor for beginning the work.

TRE stimulates physical release of stored-up trauma – plenty of [video](#) by certified TRE coaches that shows you how and discusses why it works.

### EMDR – Eye Movement Desensitization and Reprocessing

EMDR sounds a lot more impressive than it really is, but regardless of the big name its results are even more amazing. The best recent discussion of the technique is in a book called [The Body Keeps the Score](#) by Bessel van der Kolk.

While eye movement is one way to do EMDR, there are others, such as BSDR (bilateral sounds desensitization and reprocessing). Lots of great apps exist such as [this one](#).

The basic idea of EMDR is bilateral stimulation of the brain combined with remembering traumatic experience. Using the modality, clinicians and self-care aficionados have found that the “negative charge” associated with trauma dissipates, leaving the memory free of the traumatic energy it contained prior to treatment.

### EFT – Emotional Freedom Techniques

The wiki entry for this modality has many linked references; EFT is widely accepted in clinical and self-care use. Originally developed as [Thought Field Therapy](#) by Dr Roger Callahan, it is perhaps the simplest and most effective self-care intervention available.

### Disclaimer

This is all on YOU; that’s why it’s called **self-care**! If you are at all cautious about trying something new, just take your time, do your research and homework, reach out for guidance if you need it, and be responsible about your practice. You got this! That said, it would be unethical to make any claims against the publisher of these suggestions if you don’t get the results you want; that’s a distraction and a dead end so don’t even think about it. Focus instead on your care, and with diligence you will get results.