



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Butterfly Hug technique

The Butterfly Hug method was originated and developed by Lucina Artigas during her EMDR work with the survivors of Hurricane Pauline in Acapulco, Mexico, 1998

WHEN TO USE IT

- When stressed or after traumatic/stressful experience
- When feeling sad, exposed, raw, and need soothing and comfort
- Having racing or chaotic thoughts
- Unable to think logically or problem solve
- Need to release strong emotions like fear or anger

COMMON RESULTS

- Soothes the heart and nervous system; feels like being held, so gives the body need for loving touch when feeling vulnerable
- Calms stress and traumatic reaction
- Reduces emotional upset
- Calms racing and jumbled thoughts
- Helps the brain think more calmly and clearly
- By the way: is great to teach children and use with infants!

STEPS

- Cross your arms so that the hand is placed on the upper portion of the opposite arm between the elbow and the shoulder. (If your arms do not reach, you can cross them over and tap on the shoulder side of the chest under the collar bone)
- Alternate the movement of your hands tapping one arm and then the other like the flapping wings of a butterfly.
- Your eyes can be closed or partially closed
- Breathe slowly and deeply
- Observe what is going through your mind and body such as thoughts, images, sounds, odors, feelings and physical sensations like clouds moving through the sky with no judgment
- Continue until you feel calm and your thoughts have settled

