



## Training Module for Individuals with Mild Traumatic Brain Injury and Related Conditions

### EMOTIONAL SYMPTOMS

EMOTIONAL SYMPTOM	SELF CARE
Anxiety	<p>Individual points:</p> <ul style="list-style-type: none"> <li>• 7, 17, 20, 21, 26</li> </ul> <p>Paired points:</p> <ul style="list-style-type: none"> <li>• Hold point 24, and at the same time, hold the opposite 26 with the other hand.</li> <li>• “Promoting Calming Within” shortcut (<a href="http://iteaplus.com/promoting-calming-within/">http://iteaplus.com/promoting-calming-within/</a>)</li> </ul> <p>Individual meridian shortcuts:</p> <ul style="list-style-type: none"> <li>• Heart</li> <li>• Small Intestine</li> </ul> <p>Main Central Vertical flow</p>
Depression	<p>Individual points:</p> <ul style="list-style-type: none"> <li>• 13, 14, 15</li> </ul> <p>Paired points:</p> <ul style="list-style-type: none"> <li>• Hold point 11 and at the same time hold the opposite side point 22.</li> <li>• Hold point 14 and at the same time hold the opposite point 19.</li> <li>• Hold point 15 and at the same time hold the same side point 6.</li> <li>• Hold point high 19 and at the same time hold the opposite side big toe.</li> <li>• Hold point 22 and at the same time hold the opposite point 23.</li> </ul> <p>Meridian shortcut series:</p> <ul style="list-style-type: none"> <li>• Stomach followed by Bladder followed by Spleen</li> </ul> <p>Main Central Vertical flow</p>
Emotional Dysregulation	<p>Individual points:</p> <ul style="list-style-type: none"> <li>• 11, 12, 13, 22, 23, 24</li> </ul> <p>Paired points:</p> <ul style="list-style-type: none"> <li>• Hold point 11 and at the same time hold the same side point 25.</li> <li>• See also “Restoring Internal Balance and Emotional Grounding” (<a href="http://iteaplus.com/restoring-balance-grounding/">http://iteaplus.com/restoring-balance-grounding/</a>)</li> </ul>



<p>Emotional Dysregulation (cont)</p>	<p>Meridian shortcut:</p> <ul style="list-style-type: none"> <li>• Bladder</li> </ul> <p>Meridian shortcuts series:</p> <ul style="list-style-type: none"> <li>• Stomach followed by Bladder followed by Spleen</li> </ul> <p>Main Central Vertical flow</p>
<p>Survivor's Guilt Sequence</p> <p>(Options: Either do self-care for all the six listed symptoms one after another or choose one preferred symptom to treat.)</p>	<p>To release sadness and grief:</p> <ul style="list-style-type: none"> <li>• Meridian shortcut: Lung</li> </ul> <p>To let go of guilt:</p> <ul style="list-style-type: none"> <li>• Meridian shortcut: Large Intestine</li> </ul> <p>To open to forgiveness:</p> <ul style="list-style-type: none"> <li>• Meridian shortcut: Heart</li> </ul> <p>To generate compassion:</p> <ul style="list-style-type: none"> <li>• Individual meridian shortcuts: Liver followed by Heart</li> <li>• Or only heart or only liver</li> </ul> <p>To foster self-acceptance:</p> <ul style="list-style-type: none"> <li>• Individual point: Hold point 26 and breathe in and out 36 times while keeping track of the count.</li> </ul> <p>To feel whole and connected to the unity of life:</p> <ul style="list-style-type: none"> <li>• Main Central Vertical flow</li> </ul>
<p>Stress</p>	<p>Individual point:</p> <ul style="list-style-type: none"> <li>• 23</li> </ul> <p>Paired points:</p> <ul style="list-style-type: none"> <li>• Hold point 5 and at the same time hold the same side point 25.</li> </ul> <p>Main Central Vertical flow</p>



## NEUROMUSCULAR SYMPTOMS

NEUROMUSCULAR SYMPTOM	SELF CARE
<p>Headaches</p>	<p><b>General Headaches:</b>            Individual points:  <ul style="list-style-type: none"> <li>• 1, 4, 6, 7, 14, 16</li> </ul>           Meridian shortcuts:  <ul style="list-style-type: none"> <li>• Liver</li> <li>• Spleen</li> <li>• Gall Bladder</li> </ul>           Main Central Vertical flow</p> <p><b>Frontal headache:</b>            Individual points:  <ul style="list-style-type: none"> <li>• 20, 21</li> </ul>           Meridian shortcut:  <ul style="list-style-type: none"> <li>• Bladder</li> </ul> </p> <p><b>Migraine:</b>            Individual point:  <ul style="list-style-type: none"> <li>• 6</li> </ul>           Paired points:  <ul style="list-style-type: none"> <li>• Hold point 16 and at the same time hold the middle finger.</li> <li>• Hold point 16 and at the same time hold the same side point 18.</li> <li>• Hold point 20 with its opposite hand and at the same time hold the opposite armpit with the hand that is the same side as the point 20.</li> </ul>           Meridian shortcuts:  <ul style="list-style-type: none"> <li>• Bladder</li> <li>• Kidney</li> <li>• Gall Bladder</li> <li>• Liver</li> </ul> </p> <p><b>Back of head:</b>            Individual points:</p>



<p>Headaches (cont)</p>	<ul style="list-style-type: none"> <li>• 4, 18</li> </ul> <p><b>Behind eyes:</b> Individual point:</p> <ul style="list-style-type: none"> <li>• 20</li> </ul>
<p>Neck Tension</p>	<p>Individual points:</p> <ul style="list-style-type: none"> <li>• 3,4,10,11, 12, 13</li> </ul> <p>Paired points:</p> <ul style="list-style-type: none"> <li>• Same side point 8 and little toe (either the same side or the side opposite the neck pain)</li> </ul>
<p>Pain</p>	<p><b>General:</b></p> <ul style="list-style-type: none"> <li>• Place right hand over left hand on top of the area in pain.</li> </ul> <p><b>Face and Jaw:</b> Individual points:</p> <ul style="list-style-type: none"> <li>• 4, 21</li> </ul> <p>Meridian shortcut:</p> <ul style="list-style-type: none"> <li>• Stomach</li> </ul> <p><b>Hips and Lower Back:</b> Paired point series:</p> <ul style="list-style-type: none"> <li>• Hold left point 3 with the right fingers and at same time hold left point 15 with the left fingers. Then, move the right fingers to left point 2. Hold right point 3 with the left fingers and at same time hold right point 15 with the right fingers. Then, move the left fingers to right point 2.</li> <li>• Hold left point 4 with the left fingers, and at the same time hold right point 22 with the right fingers. Then, hold right point 4 with the right fingers, and at the same time hold left point 22 with the left fingers.</li> </ul>



## NEUROLOGICAL SYMPTOMS

NEUROLOGICAL SYMPTOM	SELF CARE
<p style="text-align: center;">Sleep Disorders</p>	<p>Individual points:</p> <ul style="list-style-type: none"> <li>• 14, 16, 18, 20, 22</li> <li>• Hold point 26 and breathe in and out 36 times while keeping track of the count.</li> </ul> <p>Paired points:</p> <ul style="list-style-type: none"> <li>• Hold center point 4 and at the same time hold center point 13.</li> <li>• Hold point 20 and at the same time hold opposite point 12.</li> </ul> <p>Meridian shortcuts:</p> <ul style="list-style-type: none"> <li>• Stomach</li> <li>• Gall Bladder</li> <li>• Heart</li> </ul> <p>Main Central Vertical flow</p>
<p style="text-align: center;">Memory Loss</p>	<p>Individual point:</p> <ul style="list-style-type: none"> <li>• 20</li> </ul> <p>Paired points:</p> <ul style="list-style-type: none"> <li>• Place right fingers on the top center of the head and place the left fingers between the eyebrows.</li> </ul> <p>Main Central Vertical flow</p>

For sources and additional materials, visit [iteaplus.com/mtbi](http://iteaplus.com/mtbi)