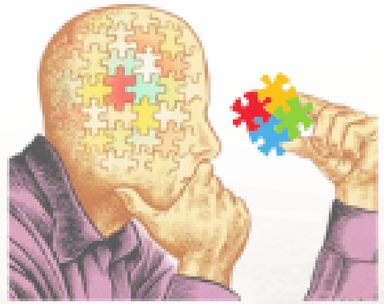
Self-Discovery for Recovery



RAPPORT

A MIND-BODY APPROACH TO Emotional Healing

& Emotional First Aid

INTRODUCTION

A Positive Start CIC

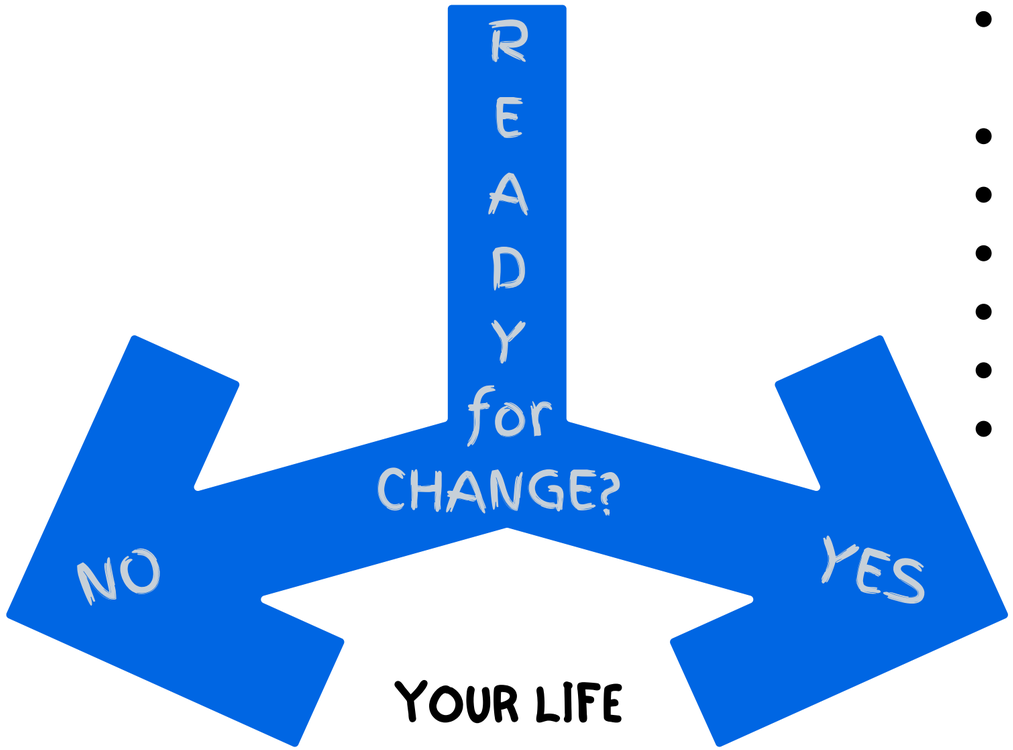
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TRAUMA INFORMED
TRUST CERTIFIED MEMBER

Commitment Question

You've Arrived at a Junction in your life

- AS YOU WERE



- Principle of H.O.W (Honesty, Openness & Willingness)
- Commitment
- Perseverance
- Face Truths & Self
- Try new approaches
- Time & Effort
- Do the Work



YOUR LIFE
YOUR CHOICE!

A._____

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Introduction

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RAPPORT is a mind body approach to emotional healing introducing a roadmap for Recovery. Created with Lived Experience insight, the person-centred program is written & delivered for A Positive Start CIC. (APS CIC) a not-for-profit, community interest company based in the Scottish Borders.

The project entitled #selfdiscoveryforrecovery is a Scottish Government funded project through the Communities Mental Health and Wellbeing fund and is intended for adults of all ages resident in the Scottish Borders who are impacted by trauma. Participants outwith the Scottish Borders can purchase the e-workbooks program from our website.

The program consists of 6 individual e-Workbooks with printable exercises & resources to be worked through sequentially. The books are designed for ease of use, and are colourful & engaging. The first e-workbook focuses on Triggers & Flashbacks. The client, supported by an appointed Lived Experience Practitioner works through the 7 steps of RAPPORT, starting with R for Recognition, because Awareness is the first step towards recovery, before continuing with; A for Acceptance, P for Process, P for Practice, O for Observation, R for Reflection and T for Transformation. Each Workbook is represented by a single coloured jigsaw piece, titles include:

- Triggers,
- Behaviours,
- ANTs,
- Language & Communication,
- Boundaries
- Safety & Reconnection.

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By Deborah J Crozier, Dip.Couns. M. ACCPH
Founder at A Positive Start CIC

Project Aims

the purpose of this project is to guide you on your journey of Self-Discovery, providing direction and helping you to stay on track. Encouraging self-awareness and compassionate understanding of your symptoms of trauma.

When we experience trauma, whether a single traumatic event such as an accident or a violent assault, which we refer to as Type 1 Trauma, Or a series of ongoing traumatic events, such as an abusive relationship or a long-term misdiagnosis of an illness; referred to as type 2 trauma, our primary orientation to the world tends to be one of threat, fear and survival. A lack of feeling safe and living in fear may force us to continuously scan our environment looking for danger and potential threats.

Because of trauma, we may have relied upon coping strategies to survive, such as dissociation and hypervigilance, protective mechanisms that keep us alert and that disconnects us from distressing, threatening experiences. Depending on the type and the duration of the trauma, we can inadvertently develop strategies that initially served us and kept us alive, but no longer serves us after the initial threat has passed. The same strategies may even become a barrier, preventing us from moving forward. For this reason, it is important to pay attention to our feelings and behaviours in order to recognise the things that help to keep us healthy and serve us well, and the things that are damaging and hinder our progress.

If you can relate to this explanation so far, you may also identify with related issues such as feelings of worthlessness, self-criticism, avoidance, emotional flashbacks, a sense of being 'stuck', emotional suffering and relationship difficulties. If you recognise these issues in your own life, you haven't failed and it isn't your fault, these are symptoms of trauma. While we cannot avoid trauma, because suffering is part of the human condition, with support and some effort on your part, it is possible to heal, recover and move forward. Now, because why not?

"The natural healing force within each one of us is the greatest force in getting well". - HIPPORCATES

How to use the e-Workbooks

this e-workbook is designed to provide a roadmap to recovery along with useful printable resources & techniques to help you on your journey of #selfdiscoveryforrecovery

RAPPORT is a process intended to help you identify reoccurring issues and introduce you to new ways of managing them.

the workbooks are designed both as a self-help guides that you can work through at your own pace & or with the support of your nominated Lived Experience practitioner (LEP). We learn through repetition, and therefore many of the exercise will be repeated in different ways, beginning with the affirmation that starts at the bottom of this page and continues throughout this workbook.

In Part One we focus on #Triggers and work through the Process of RAPPORT
At the bottom of each page is an 'I Am Affirmation' - collect them as you go & repeat them everyday.
If you have any questions or something in the workbook doesn't make sense to you, speak to your practitioner, or request support by emailing student@apositivestart.org.uk. Alternatively, you can access the FAQ section on our website by visiting www.apositivestart.org.uk/rapport.

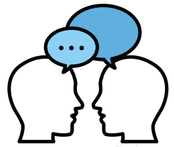
e-Workbook Codes



the print symbol indicates the pages intended for printing, on recycled paper



the information symbol indicates the pages intended to read online, saving on costs and protecting the environment.



the talking point symbol indicates the pages are intended for conversation with your nominated Lived Experience Practitoner (LEP)



Use your journal to write up your thoughts and feelings. Only you need to be able to make sense of what you have written.



this creative symbol indicates a creative exercises



Apply the Principle of HOW - Honesty, Openness, Willingness



Repeat the exercise daily or for different relationships/situations.



Measuring Emotional Distress

to measure emotions and help us to recognise how upset or anxious we are feeling in the moment, we use a scale between 0 -10 called

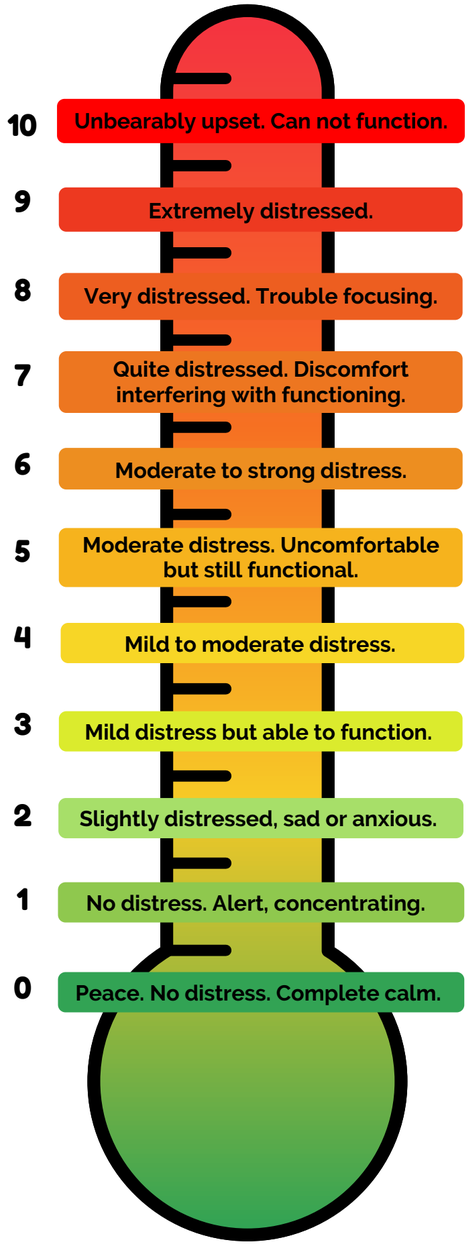
Subjective Units of Distress (SUD scale).

We use SUD levels in Emotional Freedom technique (EFT) therapy,

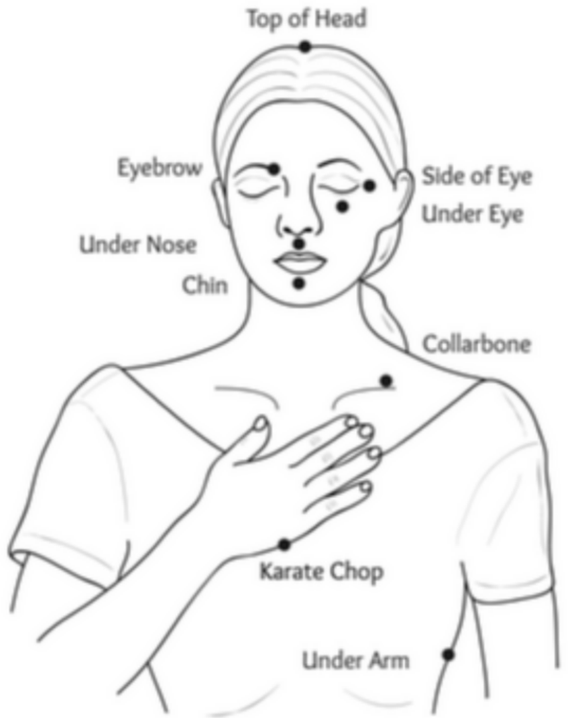
because it provides an immediate understanding of how distressed we are feeling, it's easy to use and simple to understand.

Throughout this Workbook you will be asked to give your emotions a SUD level using the SUD Scale as shown in fig.1.

fig.1. SUD SCALE



Emotional Freedom technique (EFT) is a powerful tool that has been clinically proven to help with psychological and emotional issues



EFT Tapping Points

Emotional Freedom technique (or EFT) is a non-invasive, easy to learn tapping therapy which can be self-applied. When being used in a therapeutic manner, it should be administered by a competently trained EFT Practitioner in regular supervision, ideally with a background in mental health, counselling etc.

You may hear EFT being referred to as 'meridian therapy', 'tapping therapy' or 'energy psychology'. It is often described as being similar to acupuncture but instead of using needles, the meridian points are gently tapped with the fingertips. EFT is a relatively new branch of complementary therapy that also utilises the mind/body* energy system to bring about positive changes in emotions, thoughts, and behaviours.

What is the history?

EFT in its present form has only been around for about 20 years, but its origins go back 1000's of years to acupuncture, acupressure and shiatsu. The earliest signs of acupuncture being used on humans can be traced back to 3,200 years BC.

What can EFT help with?

EFT has been known to help with a range of psychological, emotional problems including physical symptoms. Below are some examples:

Pain Relief
Anger
Fears & Phobias
Allergies
Depression
Anxiety
Trauma
Low self esteem
Sexual performance
Sleeping disorders (insomnia/sleep apnea)
Blood pressure
Eating disorders
Migraines
Side effects of cancer treatment
Sport/academic performance
Addictions

Your LEP will teach you the gift that is Emotional Freedom technique

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Anchoring techniques

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Anchoring techniques allow us to step away from negative or distressing thoughts & flashbacks.
This technique is called **the 54321-ME technique,** it uses the senses to draw our attention away from our thoughts – out of our heads and into the present, here, and now. Try this technique, and work with your LEP to find other techniques until you find one that you like and that works best for you.

You can use this technique any time or place as follows;

- Take a deep breath, inhaling through your nose and exhaling out through your mouth.
- Search for 5 things you can **See** and name them; "I see a tree, I see a vase… etc.
- Search for 4 things you can **Feel** and name them, "I feel the wind in my hair, I feel my feet in my shoes, etc.
- Search for 3 things you can **Hear** and name them, "I can hear the sound of traffic, I can hear people chattering… etc.
- Search for 2 things you can Smell and name them, "I can smell damp in the air, I can smell coffee…. etc" (if you cannot smell anything – name two of your favourite smells (Fresh bread being baked perhaps or the smell of the swimming pool on holiday)
- Search for 1 thing you can Taste and name it, "I can taste the coffee I had earlier, or a toothpaste from when I brushed my teeth"
- Name something that You are good at – "I'm good at listening, I'm a good cook", etc.



Mapping Progress

All too often we are impatient, because we feel like we are 'stuck' in the same place emotionally!
We may convince ourselves that we are making little or no progress. Remember, Life isn't static - we are always moving.... its like a River, constantly flowing, and we are constantly moving forward too. Use the map on the next page by circling the Trees & boats on the River to keep track of your 'little victories' whenever you achieve even the smallest of changes.

At the start, make a note of the date that you started mapping your progress. Pay attention to how you feel and give each achievement a SUD level between 0-10. Take a moment to acknowledge the change and celebrate it by colouring in one of the boats or trees. Write a little note to remind yourself of change .

It maybe something like; no longer crying when you hear a particular song on the radio that has held painful memories in the past. Remember - we have to go backwards to go forwards so we may as well attention to the small changes, because small changes amount to big change.



Repeat Daily

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My Daily Affirmations



Create 8 Affirmations relevant to your life & get into the habit of repeating them daily before you get out of bed & before you go to sleep at night

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

I am.....

Remind yourself

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What does a Good day look like for me?



I feel.....

I enjoy.....

I believe.....

I eat....

I achieve....

I see.....

I don't.....

I do.....

"You don't have to see the whole staircase, just to take the first step"





- Martin Luther King



