

Eye roll breathing

1. Establish hand/eye contact with client
2. Initiate slow vertical eye movements with guided breathing/HearthMath

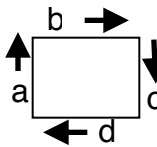


- a. Breathe in as hand rises: *Breathe in to relax yourself.*
- b. Breathe out as hand lowers: *Breathe out to ground yourself.*

3. Continue until client is calm
4. Self-use: Suggest using between sessions whenever needed

Four-square breathing

1. Establish hand/eye contact with client
2. Initiate slow eye movements with guided breathing/HeartMath

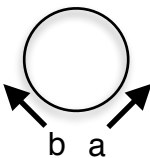


- a. Vertical up: *Breathe in to relax yourself.*
- b. Horizontal: *Pause*
- c. Vertical down: *Breathe out to ground yourself*
- d. Horizontal: *Pause*

3. Continue until client is calm
4. Self-use: Suggest using between sessions whenever needed

Circular breathing

1. Establish hand/eye contact with client
2. Initiate slow eye movements with guided breathing
3. Eye movements:



- a. Breathe in (your counter-clockwise) one full circle
Breathe in to relax yourself.
- b. Breathe out (your clockwise) one full circle
Breathe out to ground yourself.
- c. Continue until client is calm

4. Self-use: Suggest using between sessions whenever needed

Figure-eight breathing

1. Establish hand/eye contact with client
2. Initiate slow eye movements with guided breathing
3. Options:



- a. Figure-eight in, figure-eight out
- b. One-side in, one-side out
- c. Top-half in, bottom-half out

4. Self-use: Suggest using between sessions whenever needed