

## Trauma Therapy 5 – 4 – 3 – 2 – 1 Exercise

Applicable whenever the perception fades away, in case of trauma events, flash backs, in anxiety and panic.

This practice ensures that the client returns to the “Here and Now”, and that he gets distance to the traumatic or anxiety-provoking event.

### Description of the Exercise

The client lists, accompanied by hand counting and the words "I see ... hear ... smell ... taste ... sense ..."

- 5 to perceptions that she/he **sees**
- 4 perceptions she/he **hears**
- 3 perceptions that she/he **smells**
- 2 perceptions that she/he **tastes**
- 1 perception of what she/he **senses**.

When the client comes to a halt/block, the therapist repeats the last perception who has been said. If the client is still stuck, the therapist goes back to the previous level of perception.

### Explanation

- The counting of the therapist helps to structure the client.
- The client accompanies himself with his own words.
- You start with the easiest sense function, the one who is most accessible for the client.
- The resource is the perception in the “Here and Now”, this brings the client back to reality.
- In a diagnostic sense, you can find the levels/channels of perception which are less accessible to a client, or areas where the perception is not possible at all.
- When traumatic experiences come back, or in situations where the perception fades away, the therapist can shift between the traumatic experience and the resource in the here and now.

### Literature:

Reddemann, L. & Dehner-Rau, C. (2013). *Trauma heilen. Ein Übungsbuch für Körper und Seele* (4. Aufl.). Stuttgart: TRIAS.