



TAPPING IN
A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation

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Tapping In

Interview Questions for Laurel Parnell

- What is Resource Tapping?
- How is that related to EMDR?
- Is it easy to learn?
- Can you teach it to others, even children?
- How would children use it?
- Is it safe?
- What are some of the situations in which you would use Resource Tapping?
- Can you share some examples of how people you know have used it in stressful situations?
- How do traumatic experiences affect our body's ability to heal?
- What does it mean to "process traumas" and what happens if you don't?
- When would you need to seek help from a therapist rather than rely on bilateral stimulation?

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