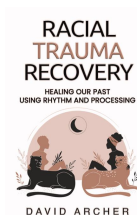




THE RHYTHM AND PROCESSING (RAP) TECHNIQUE IN 5 STEPS

**This is your guide on how to use the RAP technique.
Additional information available in this book:**



Step 1: CHOOSE YOUR TARGET

What's an event that bothered you in the past week?

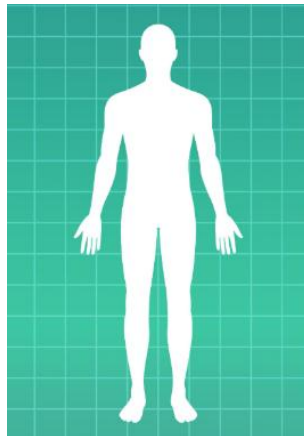
How much does it bother you from 0 to 10?

Make sure it's an event that is a MAX 4 out of 10.



Keep it big enough to bother you, small enough to test RAP.

Where do you feel the “stress.” In the Body? Mind?



Step 2: GATHER AND PLACE Placing (Container)

Imagine a container that's strong enough to contain your stress.

Where would you put this container?



Steel shipping container



Science fiction wormhole in outer space

Keep it simple. Should take 5 seconds.
Contain the stress and move it out of awareness.



Gathering (Shop-Vac or Body motion)



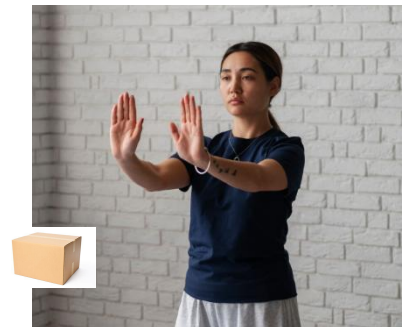
It can be easy but for some people, we need your imagination.



You can always use an industrial strength vacuum cleaner.

Move your body if you need to.
Stand up if you need to.

Let's try it out together first.
Gather and place it out of awareness.



STEP 3: CHOOSE YOUR FOCUS

Anything that is: Calming, relaxing, or even neutral...



Choose your favorite:

- Video or Music
- Picture on your cellphone
- Furniture or pet
- Any real or imagined leisure activity or item that you care about

BUT: Do not cross-contaminate.

If trauma happened at beach do not use the beach.

**If you feel STRESS,
GO BACK TO STEP 2. Gather and place.**



Ground yourself.

Choose a reliable focus.

We want to DISCONFIRM the prediction of stress.

STEP 4: TAKE ACTION

Enjoy the calm scene. Whenever I say **"RAP"**.

Blink 1-4 times quickly!

Enjoy your calm scene... and we will repeat the pattern.



If you can't blink. Use another action.

Option: rapidly tapping the finger to the index.

Or number searching (I'll explain if there is time),
or dancing (turn off your camera if you need to!)



NOTE: You can close your eyes and still blink.

When in groups, I will stay silent before saying **RAP.**

**One on one: I can count before saying RAP ("1-2-3-4-RAP")
or stay silent for five secs and say RAP.**

Depends on whichever helps people to focus more.

STEP 5: ENJOY

Because this is the future we can use YouTube videos instead of imagining the calm scene.
Some people prefer video + audio.



I can share my screen if we are one on one...

But if it's a group, choose something from your cellphone or a personal item, or something you like in your room.

Awesome options for HEALING:

Beaches

<https://youtu.be/UyZfCrrdbm8?t=6362>

<https://youtu.be/aZTEFWQtQ7E>

Forests

<https://youtu.be/xNN7iTA57jM>

<https://youtu.be/pC5mGB5enkw>

Waterfalls

<https://www.youtube.com/watch?v=Qo3OM5sPUPM>

Mountains

<https://youtu.be/zmKK7Wxe22k>

Campfires

<https://www.youtube.com/watch?v=EqgpcFj8G-s>

<https://www.youtube.com/watch?v=-wKiNZ-u-HA&t=81s>

Japanese Outdoor Onsen

<https://www.youtube.com/watch?v=VpcccnDPVkl>

Japanese snow monkeys

https://www.youtube.com/watch?v=K3b_1b4IT7g

Baby goats

<https://www.youtube.com/watch?v=mtOD19C7J48>

REVOLUTIONIZE WELLBEING

The possibilities are endless.

Choose something that is CALM , MOTIVATING or NEUTRAL.

Switch your focus anytime you feel like.

Feel free to use your favorite comedian, favorite anime or hip-hop track.

The RHYTHM is endless. The PROCESSING is awesome.

Use it while going on walks, before going to bed, practicing something you love to do, or to create a “snapshot” of a cherished memory.

RHYTHM AND PROCESSING TECHNIQUE

Setup and Self-Care

The following is the setup for using RAP technique.



1 Choose a **CONTAINER** that can be used to contain any stress

- Create a container that is robust enough to contain any stress in the body and mind



2 Choose a **VACUUM** that can put your stress in a **CONTAINER**

- Make sure that it is reliable and large enough to vacuum up any stress



3 **TEST** it out

- See if it can work with a mild disturbance (subjective disturbance of less than 3/10)
- Vacuum up the stress (use your hands if that helps or just imagine it)
- Place the container as away as far as it needs to be from you (e.g. visualize it being sent down the street, underground, etc.)
- Check that you feel clear in the body before continuing. If not, upgrade your container or vacuum.



4 If you're **OK** with the vacuum/container, go to the next step. Otherwise, return to step 1.



5 Choose a **COM** (Calm or Motivating) Video

- Can be anything that makes you feel good or relaxed (e.g. beaches, forests, animals, etc.)
- You can use YouTube or any other streaming video platform. You can also use your immediate environment if there are things (e.g. pets) or sceneries (e.g. nature) that are also COM.
- Video is recommended because it has both audio and visual components, but you can even use an image or a painting if you would like.



6 Be prepared to blink

- While looking at the COM Video
 - Count to 4 then blink 4-5 times **RAPIDLY**
 - Count to 5 then blink 4-5 times **RAPIDLY**
 - Count to 4 then blink 4-5 times **RAPIDLY**
 - Count to 5 then blink 4-5 times **RAPIDLY**



7 Check in and notice yourself

- Upgrade the vacuum, container or video to your liking
- Reduce the intensity of the stress to 0.
- Repeat steps 5 and 6 until stress is zero

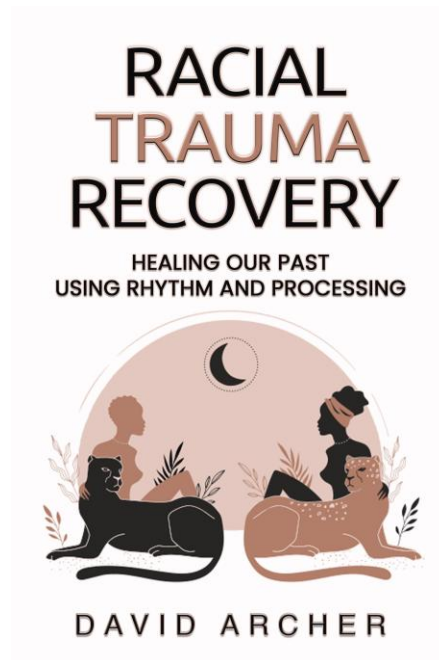


8 **ENJOY!**

- It is highly recommended to do this with a therapist as the effects are stronger when someone else can hold space and do it with you. But it is also a way of self-soothing when used in conjunction with other resources.



**THANK YOU AND ENJOY.
SHARE THIS WITH THOSE IN NEED.**



For more info, email me

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You can also learn more at:

<https://archertherapy.com>