

Fingerholds

Information based on a handout provided by the National Center on Domestic Violence, Trauma, and Mental Health



Where did it come from?

This activity has its origins in Eastern Chinese Medicine, and presents the concept that our body has energy meridians that need to be maintained in flow in order to balance our emotions. This fingerhold activity uses the same principles of acupressure.

Why should I use it?

If you have ever thought “I want my child to have coping skills”, then this activity is a great introduction to coping strategies. The beauty of this activity is that it can literally be applied at any time and in any situation in which your child feels emotionally distressed or unsafe. This can include family strife and challenges, or situations like being in the middle of a math lesson and unable to leave the class.

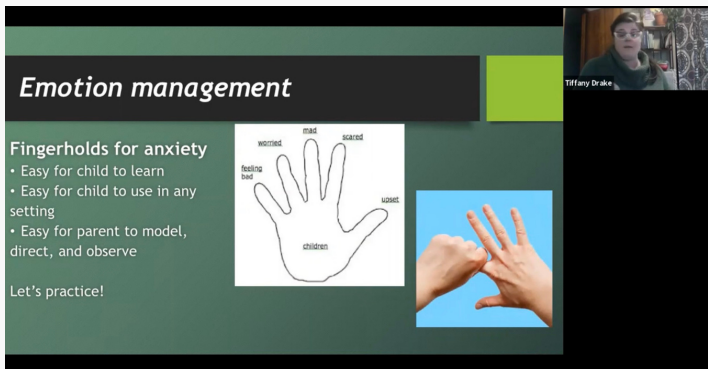


Ok WCSAP, but how does this relate to Sexual Assault?

It can be really difficult to manage feelings in unsafe situations, or in homes, that have felt unsafe at any point.

In our recent webinar on sibling sexual abuse, we discussed coping tools parents can use with children when they are navigating trauma and potentially living with the sibling who caused the harm, and this was one of the tools that was recommended.

Teaching your child to practice fingerholds is a good way for them to start developing ways to help them feel safer in a space, or a home, that has not always been the safest place for them, but which is changing to better meet their safety needs.



Still from our webinar on sibling sexual abuse
<https://youtu.be/cTjj21wOD7w>

The fingerhold activity serves the dual purpose of helping your child to self-soothe, as well as serving as a way for them to communicate their feelings to you, their teacher, or another trusted adult.

In order to see the fingerholds activity, and how to carry it out, please click on the below link for the handout from the National Center on Domestic Violence, Trauma, and Mental Health:

<http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2014/01/Fingerhold-Practice-for-Managing-Emotions-Stress-Final.pdf>

