




**BLAST**  
TECHNIQUE®  
www.blast-technique.com

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*An Introduction to Bilateral  
Assessment Stimulation Therapy*  
**AKA: BLAST**





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***My introduction to BLAST***



## *What is BLAST®?*

The BLAST Technique® (Bi-Lateral Analysis and Stimulation Treatment) started its incarnation in 2008 with its creator, leading International Hypnotherapist and Media Body Language Expert and Owner and Directory of the Warwickshire School of Hypnotherapy, Nick Davies, who managed to speed up the process and efficacy of PTSD and trauma treatment for an all-round better and more efficient experience for the client and therapist.



## *What is BLAST®?*

*"Neuroscience research shows that structures in the right side/hemisphere of the brain are overactive and acting as if there is an immediate threat in sufferers of PTSD and trauma. The BLAST Technique® utilizes precise bi-lateral movements with a light pen (which helps the memory access the left side/hemisphere of the brain) and specific suggestions to the client which helps reprocess the traumatic event so they understand what happened and can remember, but it no longer has any physical or emotional response."*



***BLAST vs EMDR:  
What's the difference?***

EMDR processes through the conscious mind. The client has to “relive” the experience over and over throughout the process.

BLAST processes through the unconscious mind, is less intrusive and does not require a “reliving” of the event to successfully resolve the distress. It also takes a fraction of the time to process compared to EMDR.



*BLAST can be used for:*  
*PTSD, Complex PTSD, Phobias, Anxiety,*  
*Medical Trauma, Relationship Breakups,*  
*Intimidation from Bullying, Guilt, Shame,*  
*Cravings, Bereavement, and so on...*



*BLAST can also be used safely with  
Dissociative Identity Disorder clients to treat  
their past traumatic events.*

*It is an effective treatment that quietens the  
chaos in the mind.*



*BLAST<sup>®</sup> is not just a technique, but a therapeutic movement!*



Practitioners are now in the UK, USA, Africa, UAE, Canada, Australia, New Zealand, Italy, Netherlands, Belgium, Estonia and the Czech Republic.





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*A volunteer?*





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*Any Questions?*



***BLAST Training will be offered this  
Summer for the first time, face to face in  
the US.***

***For more information:  
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