



Trauma as a Resource

Have you ever thought that you didn't clearly know about what has helped you in your life? Have you ever thought that you would have some kind of force which had unconsciously helped you to go through a difficult situation when you really needed it?



When we are aware of such an inner movement and how it works, we can evoke our inner resources. We will be lead to a more recovered state. We can achieve other options which we have never been aware of and we can be supportive to ourselves.

And trauma is one of those resources. Trauma is like a flower which is always there so we do not pay attention to.

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What is the Free from Anxiety Program?

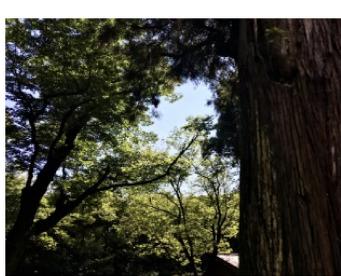
FAP is an energy therapy for trauma recovery like Eye Movement Desensitization and Reprocessing and Thought Field Therapy. It has been founded and developed mainly by Nobuyori Ohshima since 1999. You have no need to remember and talk about hard experiences to recover from your trauma. And FAP has no side effects like producing false memories or feeling depression. It effectively works especially for PTSD and anxiety disorder.

If people who have been involved in and have witnessed disasters, accidents, bullying, harassment, or even seemingly minor incidents use FAP early, they can reduce the risk of developing PTSD, acute stress disorder and other mental illnesses. If you use FAP as a preventative, you can decrease the risk of being diagnosed with a major neurocognitive disorder and other mental illnesses in your future. From kindergarden students to the elderly, anyone who can move their mouth and touch their own fingers can use FAP. We can offer FAP both in person and in a group setting.

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Elegant Transformation

Even if nothing special happens, we sometimes experience overstimulating moments such as the pain of parting or being betrayed in our daily life. Overwhelming moments for each of us disturb the brain function which appropriately value and categorize what we experience. You cannot remember what was shocking to you and time is distorted. For example, when you think, "a tsunami came (situation), so I feel fear (emotion)." Your experience is appropriately valued and categorized in your brain. But if the link between "a tsunami came (situation)" and "I feel fear (emotion)" is broken, "I feel fear (emotion)" keeps on floating in your daily life. So you suddenly recognize that "I feel fear (emotion)" and you feel troubled by it. Because you cannot find the reason why you feel fear so suddenly. And such inner happenings will make you feel hemmed in as if you were bereft of freedom.



We have two required conditions to transform ourselves successfully. The first one is that our potential can be developed. And the second one is that inner inconsistencies will be included in an acceptable form. This is the essence of integration. To help you integrate, I respect the inner process and movement of disassociation to survive at the moment. So, my respect reaches your unknown flower (trauma) and every time you sleep, it helps you live in freedom as a flower blooms. This process is very elegant, so sometimes your consciousness is not fully aware of it. But that is the right track for you to recover from trauma.

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Trauma Therapy as Prevention

For people who have accomplished inner clearing and reorganizing, facing your trauma is like opening your treasure box. Inside of you, there is no trash you must delete or should hide, there is only something which waits for the moment of transforming itself like a butterfly pupa. We are resourceful. So if we head down to the essence of integration, we can take back natural and resilient forces and we will celebrate through many guide posts to live in wholeness. And we will naturally be lead to be healthier and happier.

A concept of trauma has been established with train services since the 19th Century. Defining symptoms depend on the majority at that time, but all symptoms ask for freedom. And sometimes trauma does not have its form as symptoms. On the other hand, the global media coverage constantly exposes us to disasters, accidents and harassment. So unfortunately, trauma is as common as chocolate. Therefore, even if you never feel that you lost freedom partially, experiencing trauma therapy out of curiosity ensures your health and happiness.

Fortunately, we are more resourceful than we think. And trauma can help us flower more and help to widen both inner and outer peace. So now is the prelude to live in peace for all. We can be more creative. And we can recognize that pain was hope from a big joy so that we can live freely. There will emerge a freedom beyond our imagination.

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Examples of Expected Outcome

- Easier to focus on goals than before.
- When you waver, you can find new options.
- Enhanced your immune system.
- Capable of recognizing what you hope for and want.
- Feel secure without electronics.
- Effortlessly avoid destructive habits.
- Never drown the ups and downs of life.
- Be able to relax without guilt and feeling the gaze of others.
- Relief from unidentifiable health complaints.



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Agreement

To apply for FAP, you need to agree to all the following conditions.

1. Procedure and Price

- We begin with an intake interview (for 50 mins; 90 dollars or 70 euros, tax included; bank transfer in advance; credit-card payment for those outside Japan; phone or Skype) to prepare for FAP.

- After having an intake interview, we start to offer FAP. And on the first FAP session, we need to use Skype video. But from the second FAP session, you may choose Skype or phone. Each FAP session is for 50 mins; 130 dollars or 110 euros, tax included; bank transfer in advance; and credit-card payment for those outside Japan.

- Once registered, there is no cancellation or refund. But you may change your appointment at any time.

- For regular coaching session clients, we offer FAP at a special discount.

2. Boundaries

- If you are currently under or think you will be under neurological, psychiatric or psychosomatic treatment within three months, we must decline your application. It is better for you to take FAP from clinical psychotherapists.

- Clients with speaking or seeing disabilities are welcome to take FAP. We also offer FAP to people without fingers as long as they have feeling in their hands.

- Email is strictly for business matters.

3. Confidentiality

- What you say in all sessions will be confidential. Even if we are forced to legally disclose it, we will do our best to get your permission. Even if you say something that legally requires us to disclose it to the authorities, we will be as open as possible about our legal obligations with you before disclosure. We will do everything to help you understand such a situation and process.

- The payer can be a different person than the client. But the payer needs to accept that information concerning the client will not be shared with the payer.

4. Exceptional Case

Under only for emergency situations like disasters, we are open for walk-in sessions with two conditions as follows. The first one is that this opportunity is only open for both finishing an intake session and the first FAP session. And the second one is, we must not be impacted by the disaster. In this case, wherever you live, you need to pay by credit card in advance.

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