

(Form #CW3-2)

Circumcision Trauma

An excellent technique is Freehand Writing.

Have the client find a quiet place and, with their NON-DOMINANT hand, (the one they do not normally write with), write the following stem sentence:

“How I feel about being circumcised is _____”

They should allow their thoughts to flow without any editing by the mind and complete the stem sentence. Continue writing the stem sentence and thoughts until the thoughts become repetitive. At this point review and evaluate the information. Repeat this process over several days.

Remind them to breathe connectedly whilst doing the free writing.

If they find their mind is blank, use any suitable sentence that pops into their head as a starting point.

Free hand writing or any other self- help technique assists the tension and emotional pain to be released from the body. This relieves stress and creates relaxation.