Welcome

Kate Munden

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Personal development and self-healing

Heart-Assisted Tapping is the next evolution of integrated energy psychology techniques. We combine trauma & polyvagal informed techniques to take clients safely through to their next level of healing.

Welcome the home of Toxic Relationship Recovery

Emotional Abuse Techniques

Voice

Your Wise Inner Relationship With
Build Your

Toxic Behaviour to Look For

Voice

Your Wise Inner Relationship With
Build Your

Emotional Abuse Techniques

Short Compassions

Projection of Maladaptive Traits

Blame-Shifting

Traumatization

Controlling - Contact, social media etc

Constant Criticism

Intermittent Reinforcement (hot & cold)

Manipulating drama/possibility

Betraying/judging jokes to demean "You're so sensitive"

Stonewalling

Mimic missing "Oh, not that bed - stop being dramatic"

Gaslighting "You're crazy I didn't do that"

Where they truly vulnerable? Or did only you open up?

Vol...?

Do they attempt to understand how you feel? safe, loved and

Where they genuinely interested in your inner world?

Do their actions match their words?

Do they ask or care about your boundaries?

Would you describe them as consistently kind?

I'm sorry you reached that way.

Apologies are not "I'm sorry" (for the way my behaviour

Did you ever hear them say "I'm sorry" (for the way my behaviour

Did they rush in the beginning? "You're my soul mate, etc

Is there a pattern of hot & cold behaviour?
Assess changes, follow aspecs & repeat

Repeat 5-7 times round upper chest and head
Repeat 5-7 times round lower face & mouth
Still using slow gentle movements following the fingers with your eyes and keeping your head
Start with fingers between the eyes and sweep upwards
Repeat 5-7 the eyes/forehead
Repeat 5-7 times top of head
Repeat the figure eight sequence,

Keep one hand on chest, lift the other hand and cross

Fudge Eight Sequence:

**Part Two**

Open & close
9 Heart Breaths

**For Self Care**

Heart Assisted Breathing Treatment Protocol
Deep in my heart I love and accept myself even with...

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What a marvellous presentation about the heart.

I will have a deeper empathy for those going through heart break and practice some of the techniques to move the emotions out of the heart.

"Incredibly useful training for myself and incredibly well taught. Powerful individually and in my practice."

"it's my passion, and spiritual nature that helps with balance, restoration and healing."

"I learned about so many heart-based modalities that I can try to learn about and incorporate into my work."

"I will be using more training. Powerful individually and in my practice."

See what people are saying about Testimonials
Module 2 8/9 March 2024
Module 1 15/17 November 2024
Mod Entry Bid £225 (£350)
Person Training
Seawoods Kom T13 (2 Day in)
Embodiment Training
Tre Trauma Release Exercises

See what we have for you
www.kxdehuman.com
(11:30-2pm ET, 8:30-10am PT)
4:30-7pm GMT
Early Bird £75 (£99)
Friday 28th June
Training Schedule
2024/25
Intro to Heart Assisted Relationships (online)
Tapping for Toxic
www.kxdehuman.com
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KATE MUNDEEN

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Appointments online or at Holy Street London

Work with Kate