



Lesson 20:

## **High Tone Armoring Demonstration Debrief**

Developing your treatment approach to high tone armoring

What were some of your reactions to the demonstration?

Name five techniques that you can use to work with high tone armoring.

Why might there be *vectors* within high tone armoring?

What does it mean to help the *boundaries regulate*? Why might releasing high tone initiate a boundary regulation process?

Why might we need to slow down our tempo as high tone armoring starts to release?

Think about a client you worked with recently. How might you apply these techniques to enhance your results in a future session?

