

# Understanding Stress in the Body

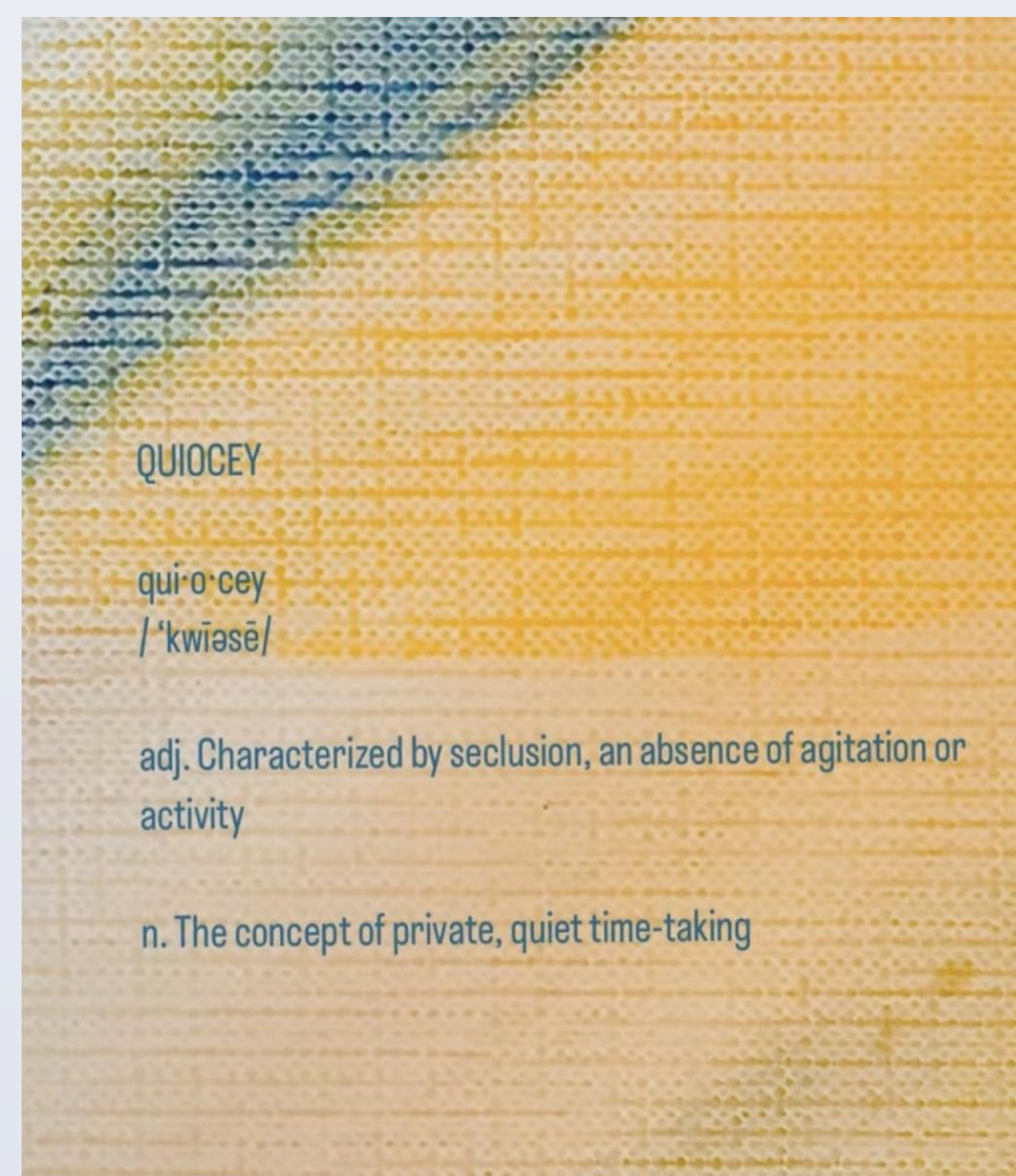
## Exploring the Effects of Somatic Visualization and Emotional Freedom Technique Tapping

Kaci Orlando  
Healthcare Studies

### INTRODUCTION

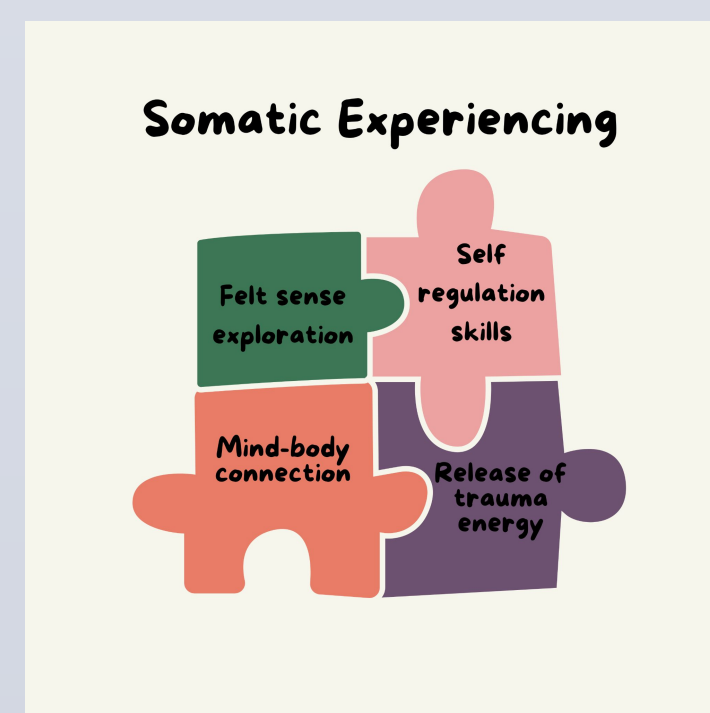
Quiocoy Coaching is a trauma-informed coaching practice founded by Melanie Sanford that supports individuals through life transitions, personal growth, and identity development, helping them build clarity, reconnect with themselves, and strengthen emotional awareness and regulation.

- Founded in 2019, Quiocoy Coaching supports individuals through career, relationship, and identity changes that require reflection and decision-making.
- Uses human-centered, trauma-informed frameworks, and reflective questioning to explore emotional patterns, stress responses, and past influences.
- Somatic concepts may be introduced to help clients notice how stress and emotions are experienced in the body, supporting awareness and regulation.



### RELATED LITERATURE

- Somatic practices can enhance overall well-being by increasing awareness, connection, and regulation within the body (Saumaa, 2025).
- A movement is considered somatic when it is performed with inner awareness and attention to bodily sensations (Saumaa, 2025).
- “Emotional Freedom Technique (EFT) or tapping is a holistic practice that is easy to learn and apply to self and produces relief from stress, anxiety and the symptoms of burnout within minutes” (Blacher, 2023).
- “The findings suggest that guided imagery has the potential to enhance attentional control by augmenting the alpha power and reducing stress levels” (Zemla et al., 2023).

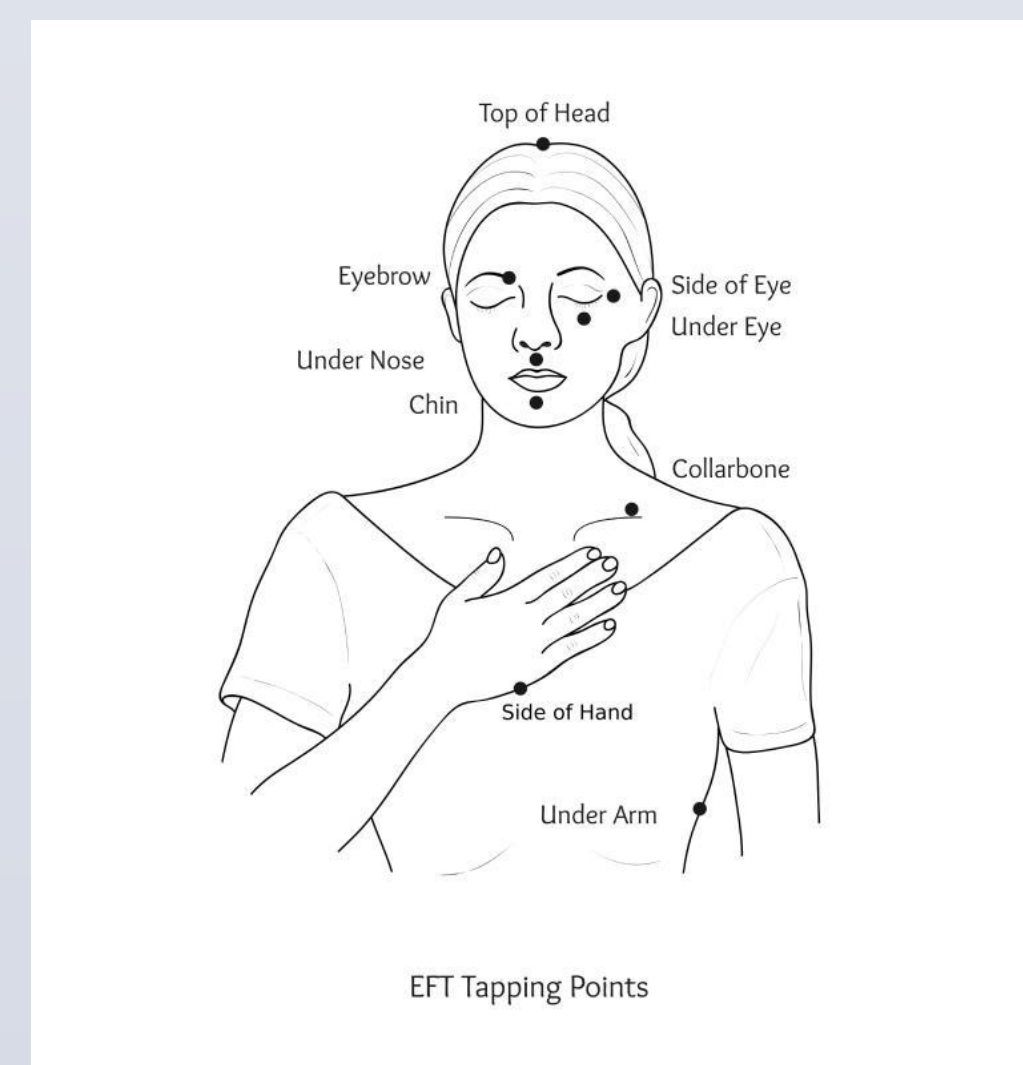


### INTERNSHIP PROJECT OBJECTIVE

- ★ To guide participants through a structured somatic session using visualization and EFT tapping, while measuring changes in stress levels, emotional intensity, and body awareness before and after the exercises. Survey data will be used to determine whether these practices create noticeable physical and emotional shifts.

### MATERIALS & METHODS

- Conducted background research on somatic visualization, EFT tapping, and stress reduction
- Administered pre- and post- surveys to measure stress levels and body sensations
- Recruited participants and collected baseline (pre-session) data
- Guided participants through a structured somatic visualization and EFT tapping session in a quiet setting
- Collected post-session data immediately after the intervention
- Compared pre- and post-survey responses to assess changes in stress and body awareness
- Analyzed data using averages and overall response trends



Pre-Somatic Session Survey

Please answer the following questions based on how you feel at this moment. For the scale questions, use 1-10, where 1 represents low or not at all, and 10 represents high or very much.

How stressed do you feel right now? \*

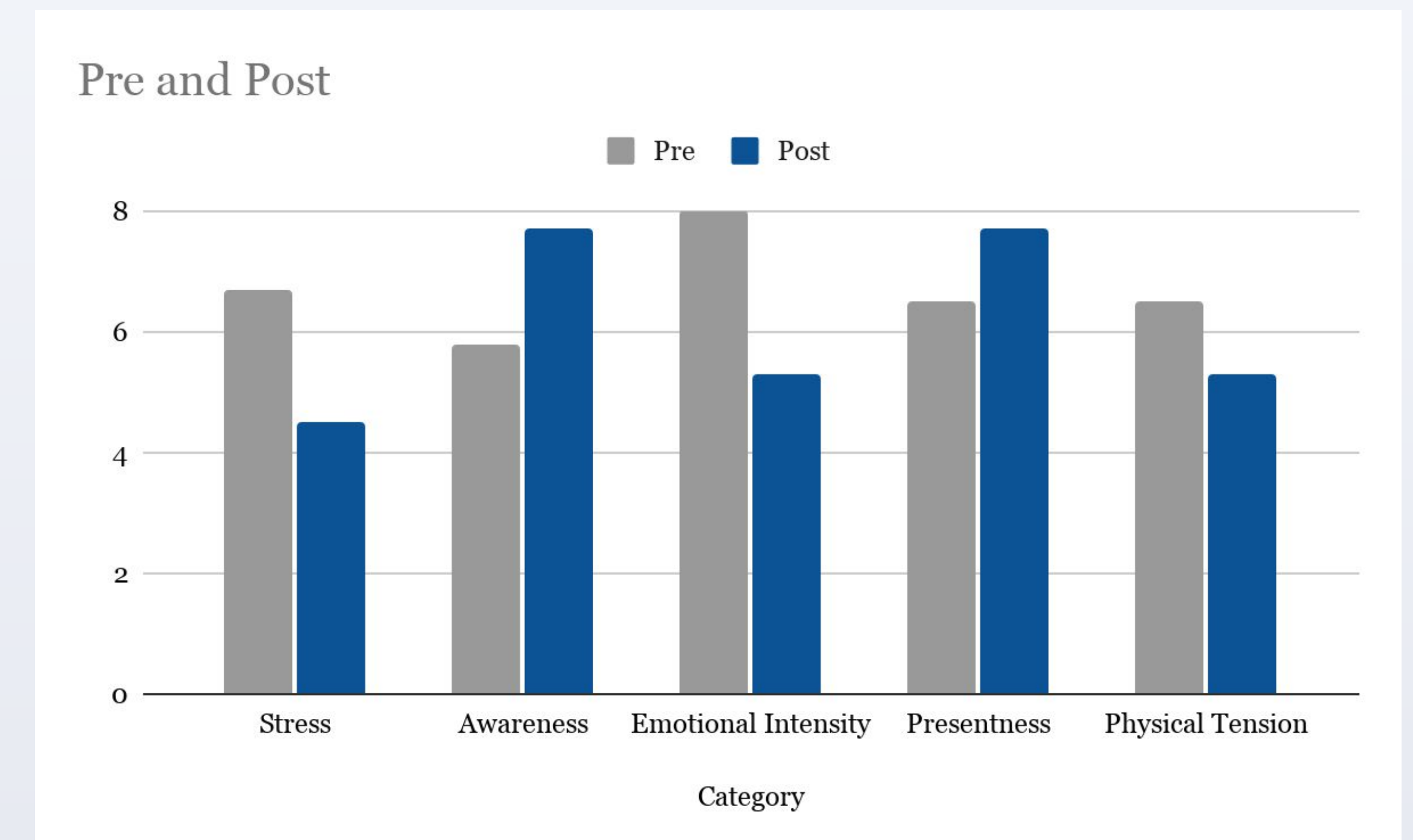
1 2 3 4 5 6 7 8 9 10  
☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

How are you of sensations in your body right now? \*

1 2 3 4 5 6 7 8 9 10  
☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

- EFT tapping protocol (standard tapping points)
- Guided imagery script
- Pre-and post-intervention survey (Likert scale administered via Google Forms)
- Quiet, comfortable space for participants

### RESULTS



Participants average results showed a decrease in stress and tension levels, and an increase in body awareness and present-moment connection following the somatic session

- Tension shifted locations (e.g., “neck → lower back”)
- Some participants reported no tension post-session

### CONCLUSIONS

- This project suggests that a brief somatic session using guided visualization and EFT tapping may reduce stress and physical tension while increasing body awareness and groundedness.
- These findings support the use of simple somatic techniques in coaching and wellness settings to promote short-term emotional and physical regulation.

### REFERENCES

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### ACKNOWLEDGMENTS

I would like to thank my site supervisor, Melanie for her guidance, support, and insight throughout my internship. I would also like to thank my faculty instructor, Dr. Carlson, for her feedback and encouragement during the development of this project.