

# ICE Method

We use ICE (Identify Calm Exchange) method which is a specific memory reconsolidation technique we use in treating specific traumatic memories. It is a very fast and effective technique that can be taught and used in therapy to resolve traumatic memories.

*The ICE Method does two specific related things to help your body/mind/spirit heal.*

1. Entering a calm state frees your cells from external demands. In the calm state your cells are free to follow their natural action of the resting state – cellular restoration and relaxation.
2. In the exchange step of The ICE Method, you replace the impact of emotional upsets, with calm and peace.