

# SESSION SEVEN

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p><b>SLEEP TALK</b>            7 NIGHTS IN/ROW BEFORE BED – TAP            6X OVER EARS AND SAY “I DO            SWALLOW RIGHT ALL NIGHT LONG”            THEN TAP 6X OVER EARS AND SAY            “THERE IS NO REASON NOT TO            SWALLOW RIGHT ALL NIGHT LONG”            NORMAL SWALLOW (NO MOVEMENT)            REPEAT 6 TIMES FOR 7 NIGHTS            IN/ROW</p>							
<p><b>1 MEAL LIPS OPEN 2 MEALS            NORMAL SWALLOW</b>            (USE MIRROR, REMEMBER POSTURE!)</p>							
<p><b>EVERYTHING YOU DRINK</b>            TONGUE ON SPOT BITE ON BACK            TEETH LIPS OPEN</p>							
<p><b>SOFT PALATE YAWN            &amp; K SWALLOWS</b>            ADD “CAW, CAW, CAW” 10X 3X/DAY</p>							
<p><b>ORAL SCREEN</b>            TONGUE UP REST POSITION LIPS            CLOSED RUBBER BAND ON SPOT 30            MINUTES 1X/DAY</p>							
<p><b>MARSHMELLOW TWIST</b>            ADD WEIGHT (5 WEIGHTS) 3X 3X/DAY</p>							
<p><b>BUTTON PULL</b>            40X 3X/DAY</p>							