

Attention Providers who work with Utah Office for Victims of Crime (UOVC)

[Bi-Tapp](#) is an approved expenditure for clients who have a claim number through the Utah Office for Victims of Crime (UOVC).

What is Bi-Tapp

Bi-Tapp is a patented wearable device that does bilateral tapping for you, regulating your nervous system in real time. The tappers are Bluetooth-enabled and pair to the Bi-Tapp app so you can customize the tapping speed and intensity. Tappers are a resource being used by all ages, both in and outside of therapy.

[Research shows](#) that bilateral stimulation inhibits the amygdala (the part of the brain responsible for activating the fight/flight response) automatically. The tappers do the bilateral tapping for you.

How is Bi-Tapp being used?

- [In therapy](#): The tappers are used both as a calming resource and as part of trauma-informed therapies. Examples include: have your clients hold or wear the tappers when they are overwhelmed, anxious, dysregulated, when giving their trauma narrative, or when reprocessing trauma.
- [Teletherapy](#): For therapist controlled tapping, go to remotemdr.com, Bi-Tapp tappers are integrated with this platform so the therapist can control the tapping during a teletherapy session. Option 2: The client can remain in charge of the tapping during a teletherapy appointment and adjust the settings to their preferences.
- [Completing paperwork, such as a protective order](#): Ask the client to wear the tappers (on their wrists, place the tappers in their pockets) to help calm down the sympathetic activation that happens when remembering trauma or in a stressful situation. With the tappers on, your clients will be able to complete tasks more easily, which would otherwise be very difficult due to being triggered, stressed or in shock.
- [Sleep](#): After a traumatic event, it is often difficult to get quality sleep. Your clients can hold or wear the tappers before they go to sleep or as they go to sleep (or both). Encourage them to adjust the settings to slower tapping and lighter tapping intensity.

- **Triggers:** The tappers help calm the sympathetic activation experienced when you are triggered. Simply hold or wear the tappers and you will feel more regulated and calmer.
- **Anxiety:** If your client is going into a situation that increases their anxiety (driving, going to court, etc), have your clients use the tappers to help calm their nervous system activation down. Encourage your clients to use the tappers to regulate and restore their sense of calm whenever they need it.

“I have a client for whom, when she first came in, it was almost impossible for her to speak with us about what happened to her. We used Bi-Tapp with her and she was able to talk with us about what had happened and have a conversation with us. Every appointment since then, she has used the tappers and we’ve progressed much farther than we might have without them.”

This client was unable to leave her residence due to crippling nervousness before we gave her a pair of Bi-Tapp tappers, but now she’s able to go to the grocery store, take her son out and go on walks. These devices have drastically changed the way she is able to interact with the world and other people.”

- Domestic Violence Advocate

“There have been multiple instances where victims have utilized the tappers to calm themselves during stressful situations. One of the instances that stands out is when a victim had to see their perpetrator in court. After being handed the tappers, the victim was physically calmer and less anxious. The tappers were amazing at helping her manage her anxiety.”

-Victim Services Program Manager

Process to receive a Bi-Tapp kit:

Once a therapist and client decide that Bi-Tapp would benefit the client as part of the client’s treatment, the therapist would indicate this on the Mental Health Treatment Plan form that the therapist completes for UOVC.

Once the treatment plan is reviewed and approved by UOVC, the client will then purchase the Bi-Tapp kit. They will submit a copy of their receipt to UOVC for reimbursement.

Therapists: Contact Amy Armstrong, UOVC Provider Liaison

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