

DEVELOPING AND ENHANCING A CALM/SAFE PLACE

Use with or without eye movements or use other coping skills (container, focus, courage, etc.) if more appropriate

IMAGE

"I'd like you to think about some place you have been or imagine being that feels very calm or safe. Perhaps being on the beach or sitting by a mountain stream. What image represents your place?"

EMOTIONS AND SENSATIONS

"As you think of that calm/safe place, notice what you see, hear, and feel right now. What do you notice?"

ENHANCEMENT

"Focus on your calm/safe place-its sights, sounds, smells, and body sensations. Tell me more about what you are noticing."

EYE MOVEMENTS

"Bring up the image of that place. Concentrate on where you feel the pleasant sensations in your body and allow yourself to enjoy them. Concentrate on those sensations and follow my fingers." (4-8 slow BLS)
"How do you feel now?"

If positive

"Focus on that. (BLS) What do you notice now?"

If negative

Redirect to identify another calm place or consider some other self-soothing strategy such as a container, mindfulness, or a breathing exercise.

CUE WORD

"Is there a word or phrase that represents your safe place? Think of _____ and notice the positive feelings you have when you think of that word. Concentrate on those sensations and the word _____ and follow my fingers." (4-8 BLS) "How do you feel now?" Repeat and enhance positive feelings with BLS several times.

SELF-CUING

"Now I'd like you to say that word _____ and notice how you feel."

CUING WITH DISTURBANCE

"Now imagine a minor annoyance (SUD 1-2) and how you feel. Bring up that word _____ and notice any shifts in your body. What did you notice?"

SELF-CUING WITH DISTURBANCE

"I'd like you to think of another mildly annoying incident (SUD 2-3), notice how you feel, then bring up that word _____ by yourself, especially noticing any changes in your body when you focus on your cue word. "