

## PROCEDURAL STEPS FOR CREATING A SAFE/CALM PLACE

<b>INSTRUCT CLIENT TO USE AS NEEDED</b>	Use with or without eye movements. Use other coping skills if more appropriate (containment or other resource).
<b>IMAGE</b>	<i>"Please think about an experience you have had, or a place you have been or imagine being at a place that feels calm or safe. Perhaps being at the beach or in the mountains or an activity you enjoy. What image represents your place? Describe what you see."</i>
<b>EMOTIONS and SENSATIONS</b>	<i>"As you think of that experience, notice what you see, hear, and feel? What emotions are you experiencing? What sensations do you have in your body?"</i>
<b>ENHANCEMENT</b>	<i>"Focus on your Safe/Calm Place--its sights, sounds, smells, and sensations. Tell me more about what you are experiencing."</i>
<b>EYE MOVEMENTS</b>	<p><i>"Bring up the image of this 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) What are you noticing now?"</i></p> <p><b><u>If positive:</u></b> <i>"Focus on that. (BLS) What do you notice now?"</i></p> <p><b><u>If negative:</u></b> Redirect attention away from the image, setting aside any negative parts and return to the positive, if possible. If successful, then <i>"Focus on that. (BLS) What do you get now?"</i> If not successful, then identify another calm or safe experience making sure there are no associations with people, or shift to a mindfulness or breathing exercise.</p>
<b>CUE WORD</b>	<i>"Is there a word or phrase that represents your Safe/Calm Place? Think of _____ and notice the positive feelings and sensations you are having when you think of that word. Concentrate on those sensations and the word/phrase _____ and follow my fingers. (4-8 BLS) (Pause.) What are you noticing now?" (Pause for a response.) Repeat and enhance positive feelings with sets of BLS as long as the experience continues to strengthen.</i>
<b>SELF-CUING</b>	<i>"Now say that word _____ and notice how you feel."</i>
<b>CUING WITH DISTURBANCE</b>	<i>"Now imagine a minor annoyance (SUD 1-2) and notice how you feel. Bring up the cue word(s) _____ and notice any shifts in your experience. What do you notice?"</i>
<b>SELF-CUING WITH DISTURBANCE</b>	<i>"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."</i>