

## **EMDR - Developing a Calm Place**

**Image:** Think about a neutral place, real or imagined, that feels very calm and relaxing. Perhaps on the beach or sitting by a mountain stream. Please think about this place of comfort in all of its details.

**Emotions and sensations:** As you think of that calm place, notice what you see, hear, smell and feel right now. What do you notice?

**Enhancement:** Focus on your calm place, it sights, sounds, smells, and body sensations. Tell me more about the details that you are noticing.



### **Dual Attention Stimulation using the Butterfly Hug technique**

Cross your arms over your chest, so that the tip of the middle finger from each hand is placed below the clavicle or the collarbone and the other fingers and hands cover the area that is located under the connection between the collarbone and the shoulder and the collarbone and sternum or breastbone. Hands and fingers must be as vertical as possible so that the fingers point toward the neck and not toward the arms. Now interlock your thumbs to form the butterfly's body and the extension of your other fingers outward will form the Butterfly's wings. Your eyes can be closed, or partially closed, looking toward the tip of your nose. Next, you alternate the movement of your hands, like the flapping wings of a butterfly. Let your hands move freely and slowly. You can breathe slowly and deeply.

**“Now, please close your eyes and use your imagination to go to your calm place. What images, colors, sounds, and so forth do you see in your safe place? Please practice the Butterfly Hug 6-8 times slowly, while you concentrate on your safe or calm place.”**

**Cue word:** Is there a word that best represents your calm place? (\_\_\_\_\_) Think of (\_\_\_\_\_) and notice the positive feelings you have when you think of the word (\_\_\_\_\_). Now concentrate on those sensations and the cue word (\_\_\_\_\_) and go with that. **(Practice DAS – Butterfly hug 6-8 times slowly)**

**Color:** Is there a color that goes with this place? (*color* : \_\_\_\_\_) Just focus on this color and your calm place.

**Self-cuing:** Now I'd like you to bring up your calm place, say the cue word (\_\_\_\_\_) and color (\_\_\_\_\_) and notice how you feel.

**Practice DAS- Butterfly Hug 6-8 times.** What do you notice now?

**Cuing with disturbance:** Now imagine a **minor** annoyance and how it feels. Now bring up your calm place and notice any shifts in your body.

**Self-cuing with disturbance:** Now on your own, I'd like you to think about another minor annoyance, notice how you feel, and then go to your calm place. Notice any changes.

**Self-practice:** I encourage you to practice using your calm place, any time you felt a little annoyed, between now and our next session. You can tap it in slowly. Just keep track of how things go and we'll talk about it the next time we meet.

## EMDR - Container Exercise

I would like to invite you to build a container to put away any uncomfortable thoughts, feelings or sensations, at any time in our work together, that feels helpful to you. You can also use this container any other time you want to put away distress.



To start, I'd like you to notice the floor beneath your feet, and take 3 deep breaths, allowing yourself to settle into your chair... Now just

imagine that there is a container next to you. It can be whatever shape, size, design you wish ....

Imagine a lid for your container.... Just notice what shows up.... Are you imagining a container?

Now, open your container.... Just allow anything that is uncomfortable, to go inside your container... Whatever upset that has come up for you, just move it into the container... Putting away any feelings, thoughts, memories, images, sensations, anything at all, just let it go into the container.....

Notice how your container can handle everything you put into it... Does it feel like everything has been put away for you? Now close your container.... If you like, imagine there is a way to keep your container closed until you feel ready to open it again. Perhaps there is a lock, or some other way of keeping your container closed....Is there a way that you will keep your container closed?



Now you can feel lighter and totally unburdened. You don't have to carry this with you. You can leave it all behind in your container... Take a deep breath... You may notice that you feel a bit tired or lighter. This is natural after letting go and releasing old stuff. You can leave here feeling calm and relaxed.