WORKSHEET 45 · FOR THE PSYCHOLOGIST

# My calm place

Building an inner resource of calm (stabilisation)

**AIM**

Help the person build, with imagination and the senses, an inner place associated with calm and safety, which they can use to soothe themselves, especially in preparation for EMDR work.

**WHO IT IS FOR**

Stabilisation phase, anxiety, difficulty calming down. Best built in session.

**DURATION**

15-20 min in session; a few minutes a day afterwards

## HOW TO RUN IT

1. Ask them to choose a place, real or imaginary, associated with calm (not a place linked to a person or to an ambivalent memory).
2. Enrich the image with all the senses: what can be seen, heard, smelt, the temperature, the sensations in the body.
3. Choose a cue word with the person that evokes this place.
4. Check the effect (pleasant sensations, relaxation); in an EMDR framework, reinforcement with slow bilateral stimulation follows the usual protocol.
5. Suggest practising it every day, first when everything is going well, noting what helps.

## POINTS TO WATCH

> If the place becomes “contaminated” (negative images or emotions creeping in), stop and choose another place or another resource. With traumatised people, it is built with the psychologist. This worksheet does not replace the EMDR protocol.

## REFERENCES

Shapiro, F. (2018). Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures (3rd ed.). Guilford.

Korn, D. L. & Leeds, A. M. (2002). Preliminary evidence of efficacy for EMDR resource development and installation in the stabilization phase of treatment of complex posttraumatic stress disorder. Journal of Clinical Psychology, 58(12), 1465-1487.

## PSYCHOLOGIST’S NOTES

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WORKSHEET 45 · WORKSHEET TO HAND OUT

# My calm place

Best done with your psychologist

You can build a place inside you where you feel safe and calm, real or imaginary. The more you visit it, the easier it is to go back when you need it.

1. My calm place (real or imaginary): _____
2. What I see, what I hear, what I smell, the temperature: _____
3. What I feel in my body when I am there: _____
4. My cue word to go back: _____

| Day | Moment | Calm before /10 | Calm after /10 |
|---|---|---|---|
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**What makes my calm place more vivid and more soothing?**

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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