

Safe Place Exercise to Help Visualising

1. Discuss the idea of a Safe Place inside of ourselves that is a refuge from bad feelings
2. Discuss what a safe place might look like for the client. They may never have had one so this can be real or imagined. It is place where they feel calm, peaceful and safe.
3. What might be part of this safe place? Bush? Beach? Dogs? Cats? Stream? House in the bush? A garden? Toys? Etc.
4. Discuss the picture for the client and practice spending time there in the session.
5. At home, construct a picture with all of the elements that you have discussed with the client on the computer and give it to them to help them integrate and visualise a safe place.

