EMDR Safe / Calm Place

Short, slow sets

Client code _____ **Date** _____ **Session** _____

1 Find the place

"Bring up an image of a place where you feel calm and safe. It can be real or imagined."

2 Notice it with every sense

"What do you see there? What can you hear, smell and feel? Notice the temperature and the light."

See _____ **Hear** _____

Smell _____ **Feel** _____

3 Feel it in the body

"As you are there, what do you notice in your body? Where do you feel the calm?"

4 Strengthen it with short sets

"Stay with the place and that feeling, and follow the movement."

Short, slow sets. Ask "What do you notice now?" after each one, and continue only while it stays pleasant.

5 Give it a word

"Is there a word that fits this place? Think of the word and the place together, and follow the movement."

6 Bring it up on your own

"Now say the word to yourself, and notice how the place and the feeling come back."

7 Test it with something small

"Think of something mildly annoying from this week. Notice how it feels. Now bring up your word and your place, and notice what happens."

8 Do it on your own

"Think of something small that bothers you, and bring back the place with your word, on your own this time."

If something negative comes in

Stop the BLS. Use the container for what came up, then choose another place, an imagined one, or practice the place as imagery only, without BLS.

Notes Response, and practice between sessions

From eyemove.app. Free to copy and use in your own practice.

EMDR Safe / Calm Place

Fictional example

Client code	Date	Session
EX-01	Oct 7	2

1 Find the place

"Bring up an image of a place where you feel calm and safe. It can be real or imagined."

A cabin by a lake in summer

A real place the client links only with calm.

2 Notice it with every sense

"What do you see there? What can you hear, smell and feel? Notice the temperature and the light."

See	Still water, pine trees	Hear	Birds and the wind
Smell	Pine and coffee	Feel	Warm sun on my face

Reflect the details back in the client's own words.

3 Feel it in the body

"As you are there, what do you notice in your body? Where do you feel the calm?"

Lighter in the chest

4 Strengthen it with short sets

"Stay with the place and that feeling, and follow the movement."

Short, slow sets. Ask "What do you notice now?" after each one, and continue only while it stays pleasant.

5 Give it a word

"Is there a word that fits this place? Think of the word and the place together, and follow the movement."

Lake

6 Bring it up on your own

"Now say the word to yourself, and notice how the place and the feeling come back."

7 Test it with something small

"Think of something mildly annoying from this week. Notice how it feels. Now bring up your word and your place, and notice what happens."

A late train this morning

Something small, never a target memory.

8 Do it on your own

"Think of something small that bothers you, and bring back the place with your word, on your own this time."

If something negative comes in

Stop the BLS. Use the container for what came up, then choose another place, an imagined one, or practice the place as imagery only, without BLS.

Notes Response, and practice between sessions

Calm came back after two rounds of step 7. Practice daily with the word this week.