

Calm or safe place

Clients + Clinicians | Stabilization and Resourcing | Phase 2

Awaiting qualified clinical review. Not a stand-alone protocol, clinical training, supervision, or individualized treatment.

A therapist-guided resource that explores a tolerable sense of comfort, steadiness, or relative safety.

CHOOSE

A tolerable resource

CHECK

Notice its effect

ADAPT

Imagery is optional

Purpose and context

A chosen resource can give the client and clinician a shared way to practice returning attention to supportive experiences.

Client-facing explanation

You can choose something real, imagined, or sensory. It does not have to be perfectly safe. You can keep your eyes open or decide this is not helpful.

Clinician reference

Original introduction: "Would it be useful to explore something that feels a little steadier? It could be a place, a sound, an activity, or something else." Assess the experience before considering any installation procedures from your training.

General sequence / checklist

1. Ask permission and agree to stop if discomfort increases.
2. Invite a neutral or mildly pleasant place, object, activity, or sound.
3. Explore only tolerable sensory details and present body responses.
4. Check whether the experience feels supportive, mixed, or uncomfortable; adapt accordingly.
5. If helpful, choose a simple reminder and rehearse returning to the room. Review its usefulness later.

Example / documentation consideration

Fictional adaptation: noticing the weight and texture of a smooth stone replaces visual imagery.

Scope and cautions

Do not insist on safety imagery, closed eyes, or bilateral stimulation. Some imagery can activate distress. Follow trained procedures and client feedback.

Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

EMDRIA: The Eight Phases of EMDR Therapy

No qualified review date recorded. Accessible written counterpart: emdrdot.com/resources/preparation/calm-place