
EMDR for Stress Management

SURAYA KEATING, MFT, EMDR Certified Therapist
Registered Expressive Arts Therapist, Drama Therapist
www.suraya.org



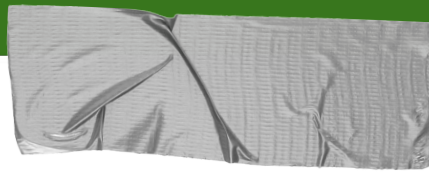
ser

“Change your mind, change your life.”
- Unknown

ser

SAFE CALM PLACE ACTIVITY

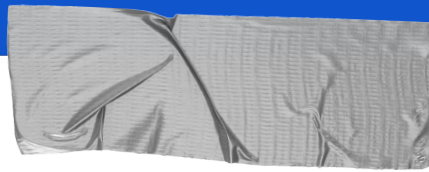




1. Step ONE

Think of a place, real or imagined, where you feel completely calm and safe

- What do you see?
- What do you hear?
- What do you smell?
- What do you taste?
- What sensations do you feel?
- What do you notice in your body?



2. STEP TWO

Give your safe, calm place a TITLE. Then, whenever you say the TITLE, think of your place and combine your visualization with bilateral stimulation of some form.

- **Butterfly hug**
- **Knee tapping**
- **Eye movements**
- **Drumming**
- **Walking**



3. STEP THREE

VISUALIZE A MINOR STRESSOR. Notice what happens when you think of the minor stressor in contrast to what happens when you think of your safe, calm place combined with BLS.

- **THINK OF the minor stressor.**
- **Say the TITLE of your safe calm place, think of it, and begin BLS.**

ser

“We are what we think.” -Buddha