



EXPRESSIVE TRAUMA INTEGRATION

GENA Grounding Visualization of *Safe Space*

I would like to invite you to sit comfortably, or lie down on the floor. If at some point you feel uncomfortable and would like to discontinue the exercise, you may open your eyes, walk around, and use the *reset exercise**.

Allow the floor, or chair, or whatever you are sitting on to hold you. I want to invite you to close your eyes.

Breathe in 2-3-4 ... and out 2-3-4....

in 2-3-4 ... and out 2-3-4....

Feel the bottom part of your body resting while all your weight is anchored to the floor/chair.

Breathe in 2-3-4.... and out.... 2-3-4

In 2-3-4..... out..... 2-3-4



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The tip of your toes are relaxed

(Count to 5 silently between each of the instructions below)

Your knees are relaxed....

Your thighs are relaxed....

Your hips are relaxed.....

Your lower buttocks is relaxed....

Your pelvis is relaxed....

Your buttocks is relaxed....

Your lower chest is relaxed....

Your middle back is relaxed....

Your chest is relaxed....

Your upper back is relaxed....

Your shoulders are relaxed – all the tension around your shoulders slowly melts

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Your lower neck is relaxed....

The back of your neck is relaxed....

Your throat is relaxed....

Your chin is relaxed....

Your jaw is relaxed....

Your teeth are relaxed....

Your tongue is relaxed....

Your lips are relaxed....

Your cheeks are relaxed....

Your nose is relaxed....

Your eyes are relaxed....

Your eyebrows are relaxed....

Your ears are relaxed....

Your forehead is relaxed....

The back of your head is relaxed....



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The top of your head is relaxed....

Your hair is relaxed....

Breath in 2-3-4.... and out.... 2-3-4

In 2-3-4..... out..... 2-3-4

Again in 2-3-4.... and out.... 2-3-4

In 2-3-4..... out..... 2-3-4

In your mind, notice their colors around.... Imagine you are walking among these colors....Continue walking until you feel a sense of expansion in your body and you feel you have reached a safe space.

You will know you've reached your safe space when the colors feel just right for you.... If the colors don't feel right, move forward and continue walking....Walk along the path until you find the right colors and you sense an expansion in your body, like it is easier to breathe and the body is more rested.



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Breathe in 2-3-4.... and out.... 2-3-4

In 2-3-4..... out..... 2-3-4

Again in 2-3-4.... and out.... 2-3-4

In 2-3-4..... out..... 2-3-4

(Wait for 2 more minutes while participants are relaxed)

Breath in 2-3-4.... and out.... 2-3-4

In 2-3-4..... out..... 2-3-4

Again in 2-3-4.... and out.... 2-3-4

In 2-3-4..... out..... 2-3-4

I will count until 10, when I reach 10 I invite you to open your eyes.

1 *(Count to 5 silently between each of the numbers below.)*

2, 3, 4, 5, 6, 7, 8, 9, 10



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I invite you to slowly sit up. When you are ready, take one sheet of paper and use the art materials to portray your safe space. Focusing on the expression of what you experienced, not on an artistic product. You have X (at least 15 min)

Footnote:

* If the sense of contraction persists, or a sense of flooding persists, try this “*reset*” exercise: Ask the participant to jump up and down (as fast as they can) 10 times and then sit down and (preferably leaning back on something). Then have the participant take 5 long, slow in-breaths, (each about 4 seconds long, then held for one second before releasing), breathe out long and slow (for about 5 sec)..