

RESOURCE DEVELOPMENT

Step 1



IDENTIFY THE RESOURCE

A. What resource are you going to install with your client? (Ex: Safe Place, Container, Wisdom Figure, etc.)

B. Who or what does your client feel best represents that? (Ex: If doing a Safe Place, what place does your client want to use - the beach, mountains, or a place they love)

Step 2



BUILD THE RESOURCE

Ex: If Safe Place - what does it look like? What do you hear/smell/see/feel there? What makes it a safe place?

Have the client really feel the resource in their body -“notice what it feels like to be in your Safe Place and notice any shifts in your body”

Step 3



INSTALL THE RESOURCE

Once the client can tap into the resource and feel themselves connected to it (this is subjective - go with your gut and communicate with your client), then you will install the resource.

Use slow bilateral movements as slow as they can tolerate without becoming distracted.

Short Set - 4-8 passes

Step 4



CUE WORD & TEST THE RESOURCE

Ex: “Is there a word that you’d like to pair your Safe Place with?” “Meadow” “So I want you to hold that image of your Safe Place, notice all of those senses again, what you see/hear/ smell, etc. Notice the feeling in your body, and when you’re ready, I want you to hold it with the word “Meadow” and I’ll turn the tappers on.”

You may also test the resource by having the client think of something mildly disturbing and then imagine using their resource to shift their emotional state.

