

# The Safe Place Visualization Guide

The safe place visualization is a therapeutic technique, using imagery and guided visualization to help clients establish a sense of calm and security. This guide provides detailed instructions on how to facilitate the exercise.

## Purpose

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The safe place visualization serves to:

- Aid clients in identifying a place that feels peaceful and safe.
- Use the five senses to create a detailed and immersive mental image.
- Facilitate the anchoring of peaceful sensations within the client's body.

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## Implementing the Safe Place Visualization

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### Introduction

- Introduce the concept of the safe place visualization, explaining its purpose and benefits.

### Identification of the Safe Place

- Invite the client to identify a place they associate with safety and peace. This place could be real or imagined; for instance, a beach or a garden.

### Exploration of the Five Senses

- Ask the client to close their eyes and imagine themselves in their chosen safe place. Guide them to explore each of the five senses (sight, sound, smell, touch, taste) in this place.

### Emotional Connection

- Once the sensory experience has been explored, ask the client to identify the emotions they feel when they imagine themselves in their safe place.

### Physical Connection

- Encourage the client to locate the physical sensation of this peace within their body. This helps them to understand that the safe place is a state they carry within themselves, accessible anytime and anywhere.

### Practice

- Practice the exercise during the session, providing guidance and feedback as necessary.

## Key Points

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- The safe place visualization is a tool to help clients cultivate inner peace and safety.
- The exercise involves identifying a safe place and exploring it through the five senses. The safe place is understood to be within the client, a resource they can access anytime and anywhere.
- Regular practice can increase the client's ability to summon feelings of peace and safety.