



1.6 TIP and Good Practice

INNER RESOURCES IDENTIFICATION

In post-emergence groups, sometimes the arousal level is so high that it is difficult to practice Safe Place. Going back to the earthquake example, for some participants in the first weeks after the tragic event, no place could be safe. The very word "safe" could create alert and activation. In these cases we can opt for some alternatives useful to perform the same stabilization function as the Safe Place.

Pleasant sensation installation: Participants are asked to choose a particularly pleasant sensation such as their favorite scent, the taste of a delicious food, the tactile sensation while stroking their pet. Other examples could be memories of a trip, a holiday, a place where they used to spend their childhood, a moment with children/family that when recalling their memory they still feel a positive sensation and emotion that they feel it the body. Once the memory has been identified they can describe it and stay focused on emotion and physical sensations.