Toolkit 1
Pre intervention

Learning Unit 10

Self evaluation: reconnect to yourself,
keep in mind your resilience

2 – Check your inner resilience

2. Am I connected to my inner resilience? **No**

If you answered "No", please practice the following exercise

Activity 2

Exercise

Light Stream Technique video

The Light Stream Technique is a technique which stabilises yourself or victims. If you need some more time to awaken your inner sense of resilience, take some minutes (the video lasts 7 minutes) to follow Isabel Fernandez (Associazione per l'EMDR in Italia) instructions.

https://youtu.be/x6t1f8_SMZs

Please also see the Light Stream written protocol.

Activity 2.1
Light stream technique

Protocol

You start by asking your colleague to review their entire body and notice where they perceive that particular unpleasant feeling or tension to be.

1) Now imagine that feeling as if it were "a form of energy". How would you feel if the energy were…?
   - One form………
   - One dimension……….
   - One colour…….
   - A temperature……..
   - Weft……..
   - A sound……

2) What colour would you need today in your body to feel relief?

   …….

   ………

3) Now imagine a light of their favourite colour coming to you by entering through your head and directed to that shape that you have identified in your body. Let this soothing light enter more and more into you and be directed to that form of yours. Also let the light resonate and vibrate around the form. What happens to the form?

4) Continue to let light enter you from the head and flow into your neck and shoulders. Let it also flow into your chest and down your arms until it comes out of your fingers. Let soothing and restorative light flow through your back, your legs and to your feet. Let the light flow to every part of the body. Imagine telling yourself the positive words you need most right now.

5) Then while I count up to 5 I would like you to come back here, in this room / place where you are currently, bringing the good feeling you felt with you.

Source: Luber, M. (Ed.). (2009). Eye movement desensitization and reprocessing (EMDR) scripted protocols: Special populations. Springer Publishing Company.