

Safe Place

Purposes

To imagine a place where one feels safe – a place to go within one’s self when facing traumatic events.

Time

One hour.

Materials

Brainstorm poster, drawing paper, crayons, colored pencils etc.

Instructions

1. Brainstorm what conditions help you feel safe, imagine if traumatic stress and reactions to trauma did not exist.
2. Distribute drawing paper.
3. Ask people to sit comfortably.
4. “Close your eyes or look at the floor. Imagine a place that you feel really safe. Maybe this is a real place that you know or a place in your imagination. Begin to look around your safe place. Notice the details. Maybe you are outside in nature or maybe you are in a favorite room. Maybe you are alone or maybe you are with friends or other people—whatever makes you feel safe. Look around your safe place, what can you see? What colors do you see? What can you smell? What can you hear? Whenever you want to come here you can, because this place belongs to you. You are feeling very safe. Take a moment to feel what this feels like.”
5. After a few moments say a concrete and surprising word like “Snap dragon” or “Frog”. “It is now time to open your eyes. Please take your paper draw a picture of your safe place. Remember the colors in your imagination.
6. After many have finished, ask people to write three words on the drawing. They can be any words and they can write them anywhere.
7. Ask participants to get into groups of three and add a facilitator to each group, making groups of four. These can be the same groups as yesterday, or different groups.
8. Ask participants to “be available and prepared (see Good Companions and Available and Prepared in handout) for one another in their companion groups. Each person will have about three minutes. Please share the time equally. You may choose to show and describe your drawing or not.”

Processing Questions:

Does anyone have any comment before we move on?