



Key Concept:

“Safe Place” is a guided grounding activity. This is an empowering technique that brings a sense of calm, connection, safety, or security.

A person can draw, visualize or have a photo of a safe or secure place.

The Safe Place is another grounding tool we use with ITR. It helps to ground a person and remind them they have a safe and secure place they can look at if they feel ungrounded.

A person can draw an image or have a photo of a safe or secure place. This can be indoors, outdoors, real or imaginary. Showing the person’s full face and full body is optimal. The person should be alone or maybe with a pet. Have the Safe Place in their field of vision so the person can return to the image when feeling anxious, insecure, or unsafe.