



## **Visualization Exercise for Ending an EMDR Session** **(Can also be used at any time for emotional regulation)**

1. Ask the client what is a **SOOTHING color** for them.
  - a. This is important, because their favorite color may not be “soothing” or create a calm feeling.
2. Explain the exercise and that you will ask them to close their eyes, and listen to your verbal cues and guidance. You will ask them to visualize this beautiful (**name of soothing color**) moving from the top of their head all the way to the bottom of their feet.
3. Now, ask them to begin by closing their eyes and taking 3 good deep cleansing breaths.
4. When they are breathing into their 3rd breath, begin your script as such:
  - a. Imagine a beautiful (**say the soothing color**) light coming in from the top of your head, and beginning to travel through your body making you feel calmer and more relaxed.
  - b. It will continue down your neck, shoulders, arms, forearms and hands and fingers. (move through this verbalization at a rather slow pace so they can visualize this)
  - c. It then will go all the way down your back.
  - d. This beautiful (**say the soothing color**) light will continue down your chest and stomach, and as it does you are feeling even more relaxed, lighter, and at ease.
  - e. It will continue to move down through your hips, thighs, knee, calves, feet and toes.



- f. Now that this beautiful radiating light has filled your body, just take some time to enjoy this sense of relaxation and feeling of ease.
    - g. I will let you know when it is time to open your eyes by taking 3 cleansing breaths.
5. Let them stay in this state for about 1-2 minutes. During this time, you can reiterate any calming statements you like, or just let them be.
  - a. It sounds like a short time, but notice how long it actually feels.
6. After about a minute or so, instruct them to take 3 good cleansing breaths and slowly come back into the room when they are ready.
7. You will be able to see a physical change in their being.
8. Last, you will end the relaxation by asking them to describe how they felt and how this exercise impacted them. You can let them know this is an exercise they can use on their own as well.
  - a. Tip: I often let my clients know that I can record this on their phone the next time we do the exercise so that they can repeat it on their own time.