

Somatic Experiencing Exercise

Body Scan and Grounding

Instructions:

- 1. Preparation:** Begin by finding a quiet, comfortable space where you won't be disturbed. Ensure that the individual or client is seated or lying in a relaxed position, and encourage them to close their eyes if they are comfortable doing so. This exercise is typically done in a therapeutic setting with a trained professional guiding the process.
- 2. Centering:** Ask the individual or client to take a few deep breaths to center themselves and bring their attention to the present moment. This helps create a sense of safety and focus.
- 3. Breath Awareness:** Direct their attention to their breath. Instruct them to notice the sensation of their breath as it enters and exits their body. Encourage them to observe the rise and fall of their chest or the sensation of their abdomen expanding and contracting with each breath.
- 4. Body Scan:** Guide the individual or client to shift their focus to their body. Start at the top of their head and guide them to scan slowly and gently through their bodies. As they do this, prompt them to notice any tension, discomfort, or specific sensations they may be experiencing. They can say these sensations out loud or acknowledge them silently in their mind.
- 5. Observations/Notes (Healthcare Professionals):** Use the space below to record any observations or notes related to what the client is experiencing during the body scan. Note any areas of tension, discomfort, or specific sensations the client mentions.
- 6. Tension Release:** If the individual or client encounters tension or discomfort during the body scan, guide them to breathe into those areas. Encourage them to imagine their breath flowing into these places, assisting in the release and relaxation of tension.
- 7. Continue Body Scan:** Instruct the individual or client to continue scanning through their body, paying close attention to their neck, shoulders, chest, arms, back, abdomen, pelvis, hips, legs, and down to their feet.
- 8. Additional Observations/Notes (Healthcare Professionals):** In the second "Observations/Notes" section, document any additional observations or notes related to the client's experiences during the grounding phase or any other relevant information.
- 9. Grounding:** After completing the body scan, guide the individual or client to bring their attention back to their breath. Encourage them to take a few more deep breaths, allowing their body to relax with each exhale.
- 10. Connection to the Ground:** Finally, prompt the individual or client to become aware of the contact their body is making with the surface beneath them. Ask them to feel the support of the chair, cushion, or floor beneath them and imagine themselves rooted and grounded, like a tree with strong roots connecting them to the earth.
- 11. Closing:** When ready, suggest they slowly open their eyes and return to the present moment.
- 12. Follow-Up:** After the exercise, review the observations and notes with the client if you are a healthcare professional. Discuss their experiences, any patterns or changes they noticed, and how this exercise may have affected their awareness or relaxation. Use these insights to tailor future therapeutic interventions if necessary.

Body Scan Observation:

Grounding Phase Observation:

Findings and Recommendations:

Interventions: