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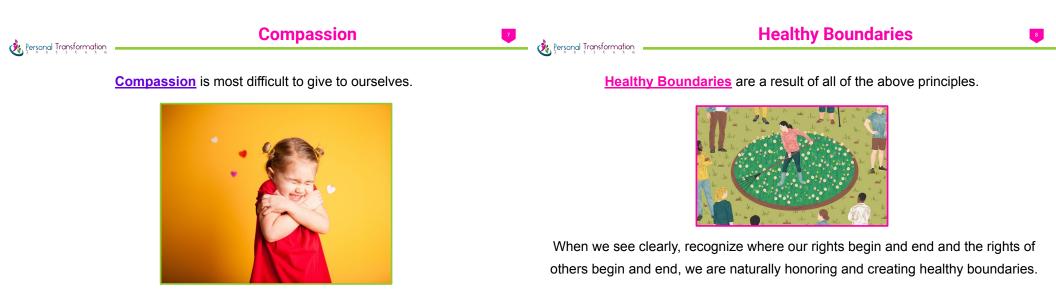
What is the SAFE Approach?



촪 Personal Įr	Nonviolence	5	🔹 🎉 Personal Transformation	Mindful Awareness	6
- C	violence is acting with the awareness that we all have choices.		•	<u>ss</u> is a principle that is a practice of seeing what is here now takes us out of our thinking/analyzing mind.	and



Creates an opportunity to be in the present moment.





Rersonal Transformation



The Concepts of the SAFE Approach



The Answer is the main concept that we use in the SAFE and EMDR approach.

Vulnerability is required for true healing to occur.

Our Answers are created by the following:

- Genetic makeup or predisposition ٠
- Bootcamp or early developmental . environment
- Experiences of trauma or overwhelm •





Vulnerability is also what the Answer or the defense is an attempt to protect the vulnerability.

The Answer is our...

Ways of Working with the Answer

Kersonal Transformation

13

The 5 C's of Working with the Answer

- Catch It

Rersonal Transformation

- Curiosity
- Collaborate/Celebrate
- Contacting
- Connecting

Character Types Chart

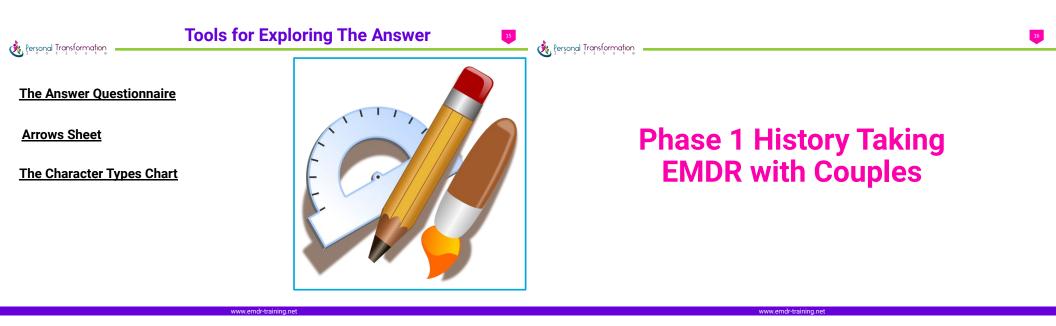


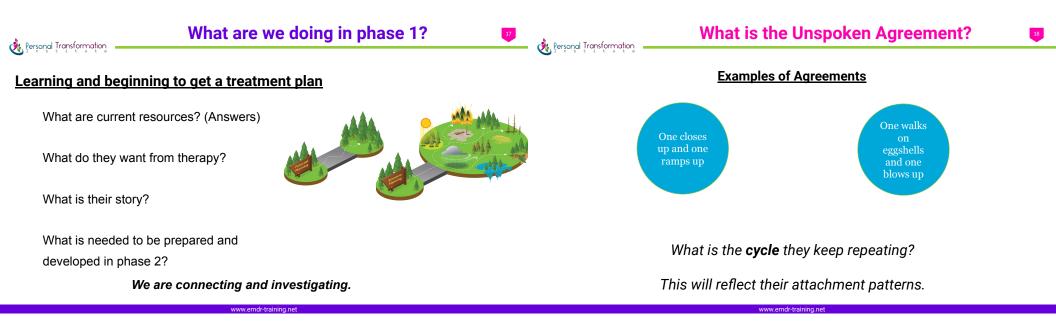
14

• Strength

- What we do when under stress
- Our habit pattern that we have strengthened by repetition
- Our go-to-way of managing situations









Embodied Approach



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Phase 2 EMDR with Couples

Preparing and Predicting

Rersonal Transformation

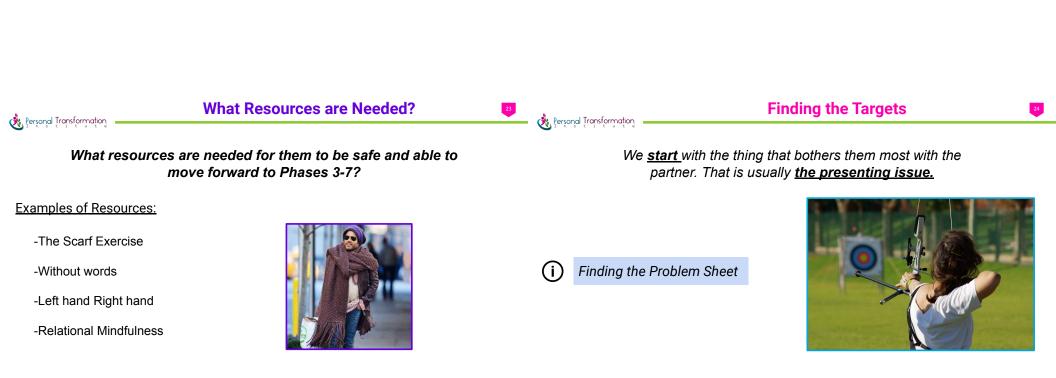
Setting the rules and creating boundaries.

Developing needed resources.

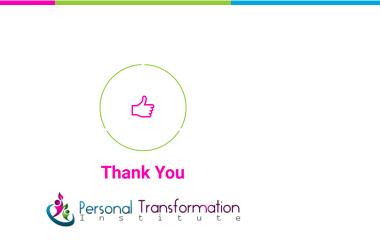
Preparing and planning for reprocessing.



We are building on what we learned in Phase 1.



21



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