



THE GUIDED STUDIO

Curious and Creative Tools for EMDR therapists

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EMDR PHASE 2 EXPRESSIVE ARTS SENSORY RESOURCING DECK FOR THERAPISTS

Printable Resource

EMDR Phase 2 Expressive Arts Sensory Resourcing Deck for Therapists

Mini Calm or Nurturing Place Box

Purpose: Guiding clients in the creation of a container holding reminders of calm or nurturing.

Materials: Small box, fabric scraps, images, stones, scents.

Steps:

1. Decorate the box.
2. Fill with items representing your calm or nurturing place.
3. Open it when you need comfort or calming.

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Sticker Anchor Book / Supportive Map

Purpose: Guiding clients in the creation of a tactile, visual anchor representing calm, grounding, or protective energy.

Materials: Variety of stickers, small card or notebook, optional markers, optional textured or scented stickers.

Steps:

1. Reflect on which part needs calm, protection, or support.
2. Select 3-10 stickers representing energy that would help that part.
3. Arrange stickers on the card or notebook meaningfully.
4. Optional: label each sticker with a part or emotion, add colors/doodles.
5. Keep as a portable anchor; add new stickers over time.

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Nature Anchor

Purpose: Guiding clients in the connection with natural grounding elements.

Materials: Leaves, twigs, shells, or stones (collected with consent).

Steps:

1. Select a natural item that feels grounding or calming.
2. Hold, decorate, or place it in a small bag or pouch.
3. Use in or out of session as a grounding element.

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Bead Anchor

Purpose: Guiding clients in the creation of a pocket-sized reminder of calm, strength, or safety.

Materials: Pipe cleaner or string, beads, charms.

Steps:

1. Pick beads that feel calming or strong.
2. Thread beads onto a pipe cleaner or string.
3. Twist the ends to secure.
4. Keep handy in your bag or pocket.

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Pocket Grounding Patch

Purpose: Guiding clients in the creation of a small textured patch to touch for calming or grounding.

Materials: Felt square, textured items (ribbon, pom-poms, buttons, etc.), tape dots or glue.

Steps:

1. Choose textures that feel soothing or strong.
2. Layer and attach textures to the felt square.
3. Keep handy in your bag or pocket.

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Weighted Comfort Pillow

Purpose: Guiding clients in the creation of an item that provides weighted grounding, containment, and calming pressure.

Materials: Sock, pillowcase or fabric pouch, rice/beans/poly pellets, markers/patches.

Steps:

1. Fill the pouch with rice or pellets.
2. Decorate with symbols, colors, or messages.
3. Use during sessions for grounding or self-regulation.

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Fidget Stone

Purpose: Guiding clients in the use of a small touchstone for grounding or support.

Materials: Smooth stone, paint pens/markers.

Steps:

1. Pick a smooth stone.
2. Decorate the stone with a word, symbols, or colors that represents calm or strength.
3. Use as a tactile anchor during or between sessions.

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Scent Jar

Purpose: Guiding clients in the creation of an item that provides olfactory calming anchor.

Materials: Small jar, cotton balls, essential oils or dried herbs.

Steps:

1. Place cotton balls or herbs in the jar.
2. Add calming scent.
3. Use in session or between sessions to ground or reset emotions.

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Parts Work / Protective Figure / Anchor Figurine

Purpose: Guiding clients in the identification of a small object representing a protective or grounding part.

Materials: Figurines (animal, human, fantasy, abstract) or small objects (such as beads).

Steps:

1. Reflect with the client on which part needs support or protection.
2. Choose a figurine that represents that energy.
3. Personalize with colors, symbols, or textures.
4. Use as a grounding anchor for parts work.

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Textured Grounding Mosaic

Purpose: Guiding clients in the creation of a tactile and visual anchor.

Materials: Small cardboard or craft board, assorted texture materials (felt, foil, fabric scraps, foam, sandpaper, beads, tissue paper, etc.), and glue.

Steps:

1. Choose textures that feel soothing, strong, or nurturing.
2. Arrange the items in a way that evokes a calm or grounding energy.
3. Use the mosaic as a tactile anchor.

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Glitter Jar

Purpose: Guiding clients in the creation visual calming tool for slowing thoughts and emotions.

Materials: Jar or bottle, water, glitter glue or fine glitter, optional: food coloring and beads.

Steps:

1. Fill jar with water + glitter.
2. Seal the jar securely.
3. Shake and watch the glitter settle.
4. Use as a visual grounding cue.

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Calming Sand Pattern

Purpose: Guiding clients in regulation through soothing, repetitive patterns.

Materials: Small container of sand and tools such ask stones, rakes, sticks, etc.

Steps:

1. Invite the client to run their fingers or a tool through the sand slowly.
2. Encourage them to notice the texture, temperature, and sound as the sand moves.
3. Create calming patterns (spirals, waves, circles) to express rhythm and predictability.
4. Use for grounding in session.

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References and Inspiration

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