

Grounding Exercise

Objective:

- To orient participants to body sensations
- Participants will learn the first skills of tracking through this grounding exercise

Instructions:

Tracking refers to becoming aware of the internal sensations within the body. The first step in learning how to track someone else, is to learn how to track your own internal sensations. You do this by noticing your relationship with the earth.

Find a comfortable sitting position...

Notice how the chair is supporting your body....as you notice the support of the chair, bring your attention to what happens inside your body.....notice your breathing.....notice the rhythm of your heart rate...notice what happens next....

Now bring your attention to your back and your thighs....bring your attention to your legs...and finally bring your attention to your feet.

If it feels comfortable, push the soles of your feet against the ground and notice your feet making contact with the ground....take you time.

If you notice any unpleasant sensations....bring your attention to what feels better, neutral, more supported or more comfortable inside your body....and focus your attention there....as you do this...notice what happens next....

Processing:

Ask about the following:

- *What happened as you tracked your inner experience?*
- *What did you notice about becoming more aware of the sensations associated with this exercise?*
- *From what we've learned so far...what does this exercise do for someone with trauma?*