

Exercise sheet

DISSOCIATION MANAGEMENT STRATEGIES



TYPE OF STRATEGY	STRATEGY	DESCRIPTION OF TECHNIQUE IF NECESSARY
Concentration technique	<ul style="list-style-type: none">○ Counting down○ Watch a very interesting documentary○ Read something interesting○ Give the names of famous authors as quickly as possible○ Sing a song	
Emotional calming techniques	List of strategies emotional regulation <i>(Take a look at the resource « managing emotions, I react in a different way »)</i>	
Grounding strategies	<ul style="list-style-type: none">○ 5, 4, 3, 2, 1○ The colour game	<ul style="list-style-type: none">○ Ask the patient to tell you 5 things (s)he can see, 4 things (s)he can hear, 3 things (s)he can touch, 2 things (s)he can feel, 1 positive thing about him/herself○ Ask the patient to cite as quickly as possible 3 blue objects in the room, then 2 green objects...

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Other grounding techniques	<ul style="list-style-type: none">○ Focusing on the object○ Focus on tasting food	<ul style="list-style-type: none">○ Ask the patient to describe an object with as many details as possible: what (s)he can see, sensations, smells ...
Techniques that enhance the feeling of safety	<ul style="list-style-type: none">○ The safe place <i>(Take a look at the « Safe Place Meditation » resource)</i>	<ul style="list-style-type: none">○ Ask the patient to imagine being in a safe place
Techniques that involve relatives	<ul style="list-style-type: none">○ Being with loved ones○ Throw an object with someone○ Talk to someone	

