

## Grounding and Centering

The Grounding and Centering technique is used within Somatic Experiencing (SE®) by trained therapists to monitor sensations, patterns of actions and soothing behaviors experienced in clients' bodies.

The aim of the technique is to regulate their body responses and avert overriding the nervous system. By purposefully concentrating in self-soothing behaviors that the client might already engage in, it can induce comfort in the midst of anxiety.

The following technique can help people learn how to soothe themselves and calm the nervous system by drawing upon their own resources. People commonly experience the loss of ground and being thrown off balance. This technique allows for feelings of safety and inner strength to emerge.

*Be gentle with yourself. If you find yourself experiencing distress or feeling uncomfortable while doing this exercise, you can always stop and for a few moments and let everything settle.*

### Steps:

1. Find a comfortable and quiet space to do this exercise, maybe taking off your shoes if you feel comfortable.
  2. Stand up and start by just feeling your feet on the ground, connected to the earth beneath you.
  3. Draw your attention to the springiness and stiff sensations in your legs.
  4. You may want to imagine as if you were a tree, rooted with your feet in the earth and legs strongly connected.
  5. Start shifting your weight from one side to the other, swaying gently like a tree in the breeze.
  6. Shift your weight from front to back.
  7. As you shift your weight, bring awareness to your center of gravity, located in the upper pelvic area and below the navel.
  8. Bring your hands on top of your lower belly and feel your center.
  9. Continue to sway from side to side and front and back while keeping the hands on top of your lower belly.
- Levine, P. (2008). *Healing Trauma: A pioneering program for restoring the wisdom of your body*. Canada: Sounds True.

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