Packing a suitcase for emergencies

The goal:

- To provide support outside of the therapeutic context.
- Increase control skills.
- Give you self-help experience.

The method:

- Together with your client, work out ten to twenty things, activities, contact options that:
  - convey a feeling of security
  - are available at all times
  - can be initiated by clients themselves
  - can span time and thus help create distance to a situation

Examples:

- What has helped so far? Compile and write down.
- Collect new possible ways and write them down. For example, diversion, creativity, movement, listening to/making music, cuddly toy, diary, contact to your inner child, contact to ..., taking time for yourself, withdrawing, going for a walk, spices, aromas ...
- Put contact to therapist or counselling office last.
- Perhaps put checking into a clinic behind that.

Key questions:

- What has helped up to now?
- What is trigger-free?
- What encourages your ability to act?
- What is achievable and stresses your relationships the least?

Enhance achievability:

- Think specifically about where your client will be most likely to see the list – by sticking a post-it on the bathroom mirror, a list in their purse, or in their toilet back ...

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