

The Vault

Imagine a secure container or vault for distressing material. It is your vault, so unique to you. It can be a backpack, a big bank vault or anything in-between. Whatever form it takes, take some time to really get to know it. What material is it made from? What does it smell like? Where is it?

Your vault has a lock, that can only be opened by you. And you can not lose the key.

The Vault is a space to place everything that you can not currently endure or that gets in the way of you being operation in everyday life. A place to safely keep these pieces until you choose to open it in order to work on them during therapy. There, you can take a look at what is inside with your counsellor, explore together and start to process.

The experience should evoke a sense of space from the strain and of having a sense of control, even if items only stay in the vault a short time.

Your counsellor will help to underpin and imbed this space, but it can also be reinforced at home.

Imagine you are given this tool with an empty rechargeable battery. This is charged up when practicing in a regulated mindset. We want the battery to be full so that when you really need it, in dysregulation, it is super powerful.

Examples of Vault: Box, cabinet, chest, balloon, train, wagon, jar, pot

Questions to ask: Size? Material? Colour? Smell?
Where is it?

