



*Attachment and Trauma Treatment Centre
for Healing (ATTCH)*

*Healing life's hurts through awareness,
compassion, & self-care*

[Grounding Techniques for Up Regulation](#)

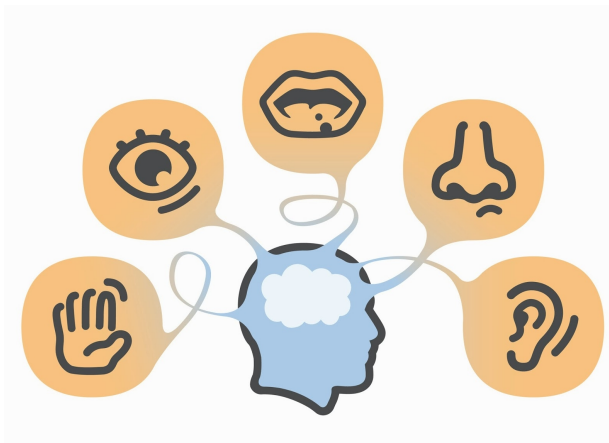
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Age Group: Adolescence

Activity: Have the adolescent describe five things they can see, four things they can feel, three things they can hear, two things they can smell, and one thing they can taste.

Body Awareness: After doing so, draw the adolescent's awareness to how their body feels (they may need prompts – excited, happy, angry, nervous, relaxed, tired etc.). Ask them to notice where in their body they feel this. Explain the purpose of this activity.

Purpose: Up-regulation assists with increasing positive emotions, and repairing the negative emotions/moods that a client can be experiencing. Up-regulation has a regulating impact on the body but when a child moves from experiencing numbness to being embodied, this can be triggering; when completing grounding techniques, it is important to remember not to overwork one's senses (which can be done through strong scents). In addition, this activity assists with the adolescent becoming more aware of their surroundings, at a gradual pace.



Quality trauma and attachment assessment, treatment, & evidence-based training

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