

Resource Connection Envelope (RCE) Brurit Laub, 2001

RCE brings up unique, unconscious resources to facilitate the movement between accessible opposites of the dysfunctional memory networks and the adaptive memory networks.

Install Past Resource Connection – PRC (a picture from the positive memory):

“Before we start, I would like you to recall a memory in which you felt good about yourself...a time, or a situation in which you felt really well/whole...It can be an old memory, or a more recent one...It can be a memory of a few moments...What is the first thing that comes to mind?”

If needed, focus only on the positive aspects. If not successful, find another memory. Install the PRC like the Calm/Safe Place with a cue word AND a cue POSTURE (if possible).

ELEMENTS: EARTH, AIR, WATER, FIRE (Elan Shapiro, MD, Brurit Laub)

- *“Take a current reading of your stress level, 0-10, where 0 is no disturbance and 10 is the worst you can imagine. How much disturbance do you feel now?”*
- *“Take a minute to ground yourself in the here and now. Place both feet on the ground and feel the floor. Direct your attention outwards. Look around and notice 3 things. (pause) What do you see? (pause) What do you hear?” (pause)*
- *“As you continue feeling the security now of your feet on the ground, take 3 or 4 deeper, slower breaths from your stomach, making sure to breathe all the way out and make room for fresh, energizing air. As you breathe out, imagine that you are letting go of some of the stress and breathing it out. Direct your attention towards your center”.*
- *“As you continue feeling the security now of your feet on the ground and feel centered as you breathe in and out, notice if you have saliva in your mouth. Make more saliva.”*
 - When anxious or stressed, the sympathetic nervous system responds by shutting off the digestive system as part of the stress emergency response, resulting in a dry mouth.
 - Making saliva switches on the digestive system (parasympathetic nervous system) and the relaxation response. Hence, offering people something to drink or chew after a difficult experience can be helpful.
- *“As you continue feeling the security now of your feet on the ground and feel centered as you breathe in and out and feel calm and in control as you produce more and more saliva; you can let the fire light the path to your imagination to bring up an image of a place where you feel safe/ calm/peaceful/relaxed, or a memory in which you felt good about yourself.”*
- *“Now, let’s take a current reading of your stress level, 0-10. Where are you now with stress?”*
- *“Practice the 4 Elements at least 10 times a day for the first two weeks. It is helpful to practice when your stress levels are not high, to create the positive conditioning that will help you to use it more effectively when your stress is high. Consider placing a label on your cell phone or a bracelet on your wrist that will remind you to practice the 4 Elements.”*