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## Essentials for your clients to remain within their **WINDOW** of **TOLERANCE**



### WHAT IS WINDOW OF TOLERANCE?

Coined by Dr. Dan Siegel, the Window of Tolerance refers to the optimal zone of arousal where a person can function effectively. Within this window, clients are emotionally regulated and capable of engaging in therapy, processing their experiences, and developing new coping strategies.



### 1 SAFETY

Clients need to feel physically and emotionally safe in the therapeutic setting. This includes establishing trust, setting clear boundaries, and maintaining a non-judgmental, empathetic presence.



### 2 PREDICTABILITY

A structured and predictable session format helps reduce anxiety and uncertainty. Clear communication about what to expect in therapy allows clients to feel more in control.



### 3 REPETITION AND CONSISTENCY

Regular use of calming techniques such as breathing exercises, grounding practices, and mindfulness helps reinforce safety. Consistent therapeutic routines enable the brain to associate these practices with a sense of calm and regulation.



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