What is Trauma?

Trauma, adversity, and chronic stress are universal to the human experience, affecting individuals and organizations in predictable ways. By understanding how trauma impacts functioning and health we lessen effects, make connections about behaviors and events to problem solving and creating compassionate, healthy people and communities.

What is S.E.L.F.?

S.E.L.F. is the framework to begin problem solving and acknowledging behaviors and events. It provides an outline for client, family and organizational change.

S.E.L.F

- Stands for Safety, Emotions, Loss and Future.
- Provides a way to think about problems, plan solutions and talk about goals.

S=Safety   Always feeling safe

Physical Safety: No violence, no self destructive or risky behaviors, healthy & safe relationships

Psychological Safety: Positive self talk, feelings of self-worth, healthy coping skills, taking care of yourself

Social Safety: Feeling safe around others, treating others with respect, acting responsibly

Moral/Ethical Safety: Do the right thing, don't take things that aren't yours, say sorry when you hurt someone, feel safe to speak up when there has been injustice.

E=Emotions   Identifying words for feelings: Mad, sad, happy, scared, ashamed

Managing emotions by not lashing out or hiding them; replacing hurtful actions with respectful words

Knowing how you feel and recognizing your emotions throughout the day

L=Loss   Knowing change brings loss and loss brings change

Grieving: acknowledging the past

Saying Goodbye: Finding a way to say goodbye that works for you with rituals or rites of passage

Moving on: Beginning to plan for the future

F=Future   Finding inspiration that pulls you toward something better, creating change

Bringing hopes and dreams to life

Setting goals

Making different choices, changing past behaviors

Imagination: believing things can be different

Vision: taking time to think & see what can & will be different

The Sanctuary Model

Sanctuary

A blueprint for trauma-informed agencies like ours to promote recovery.