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

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The Sanctuary Model

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