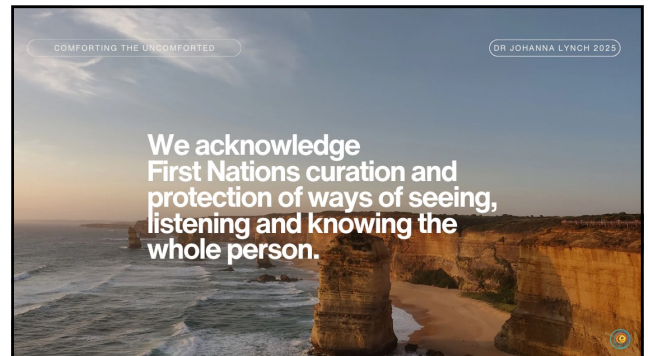
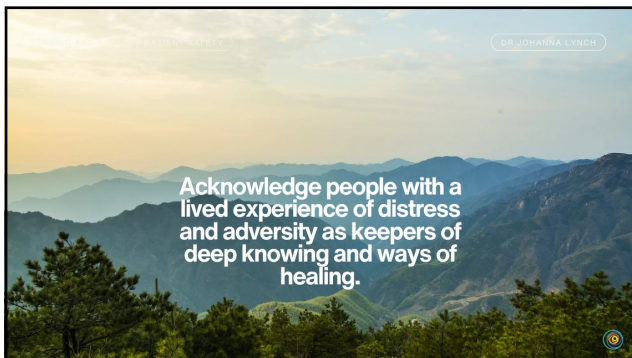


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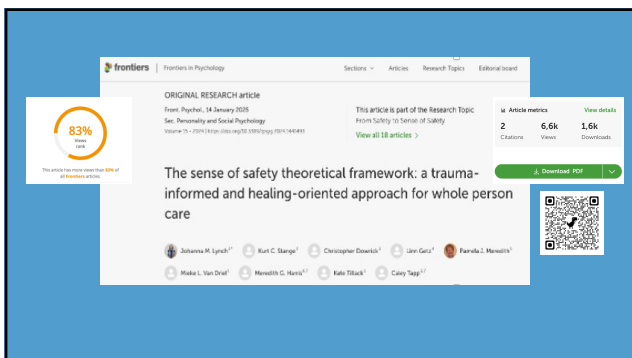
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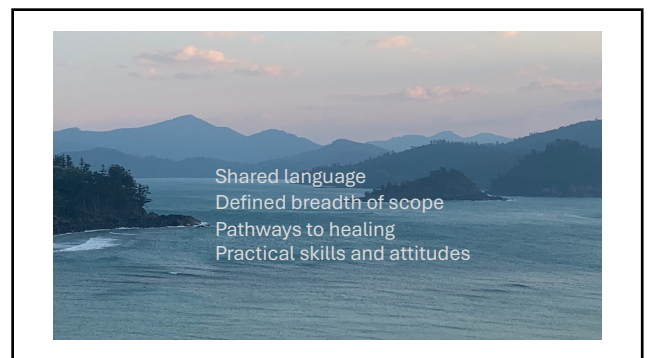
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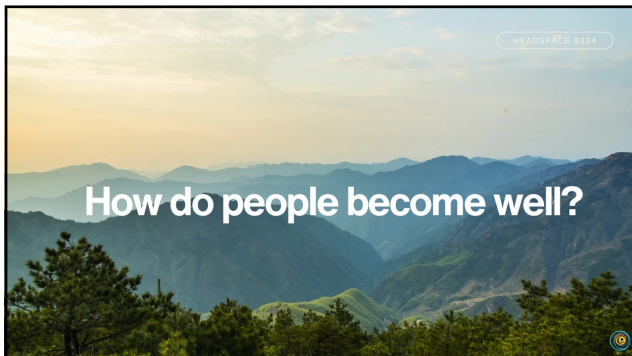
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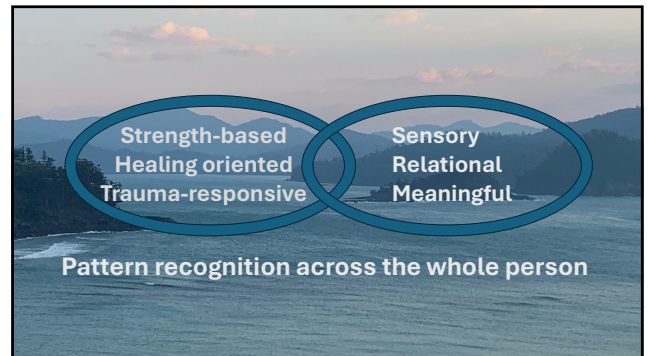
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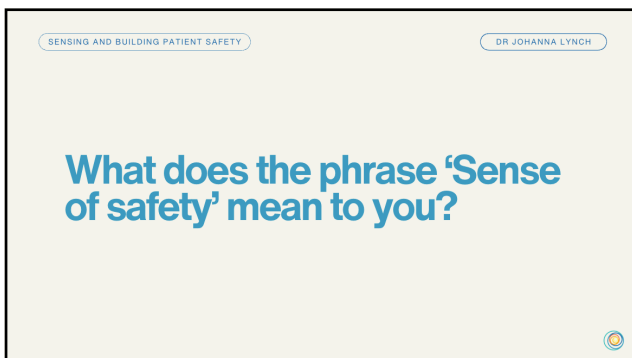
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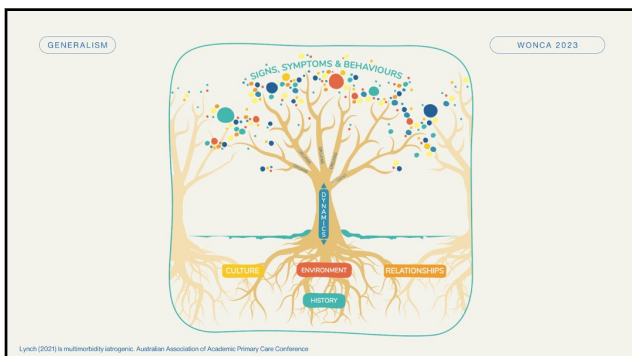
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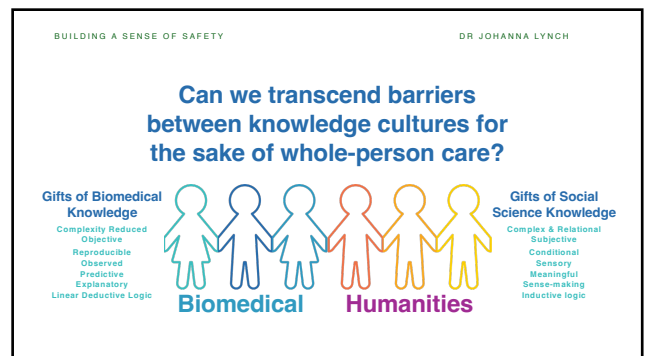
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SENSING AND BUILDING PATIENT SAFETY DR JOHANNA LYNCH

"Medical thinking needs to be changed, not by bridging the gap between human subjectivity and materiality, but by realizing that these two were never separate."

Biomedical Humanities

Kirkengen, A. L., et al. (2016). "Medicine's perception of reality: a split picture: critical reflections on apparent anomalies within the biomedical theory of science." *Journal of evaluation in clinical practice* 22(4): 496-501. CC 2021 www.dophenology.com

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SENSING AND BUILDING PATIENT SAFETY WONCA 2024

Whole Person Knowledge Map

IMAGE CREDIT: LYNCH, J. M. A WHOLE PERSON APPROACH TO WELLBEING. BUILDING SENSE OF SAFETY (2021) INDIVIDUAL

14

frontiers | Frontiers in Psychology

ORIGINAL RESEARCH article
Front. Psychol., 14 January 2023
Sec: Personality and Social Psychology
Volume 14 | 1034 | <https://doi.org/10.3389/fpsyg.2023.1034451>

This article is part of the Research Topic
From Safety to Sense of Safety
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Generalist philosophy, priorities and practice that facilitate whole-person care

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TRAUMA INFORMED GOALS OF CARE

Herman, J (2019) Trauma and recovery: the aftermath of violence from domestic abuse to political terror. Hachette: UK

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SENSING AND BUILDING PATIENT SAFETY DR JOHANNA LYNCH

"practically everything looks less important than safety and protection"

Maslow AH. A theory of human motivation. *Psychological Review*. 1943;50(4):370-396.

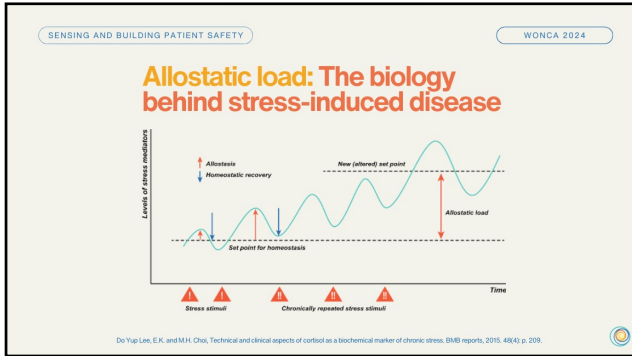
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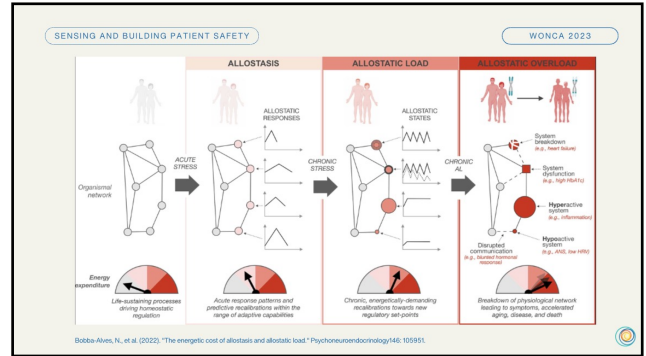
"Feeling secure in a frightening circumstance is often perceived as a more urgent goal than remaining healthy over a longer time."

Maudsley, S. G., & Hutter, J. J. (2016). Can patients be 'attached' to healthcare providers? An observational study to measure attachment phenomena in patient-provider relationships. *BMJ open*, 6(6), e2016066. <https://doi.org/10.1136/bmjopen-2016-020166>

18



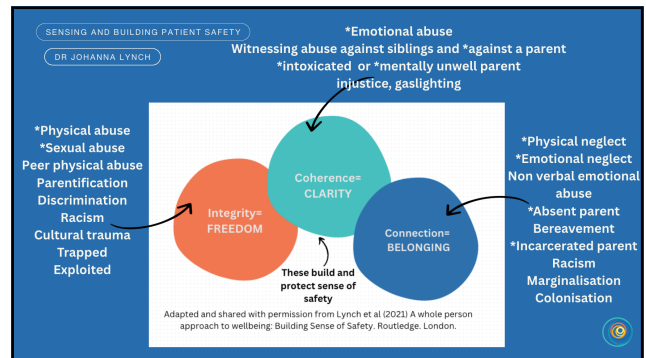
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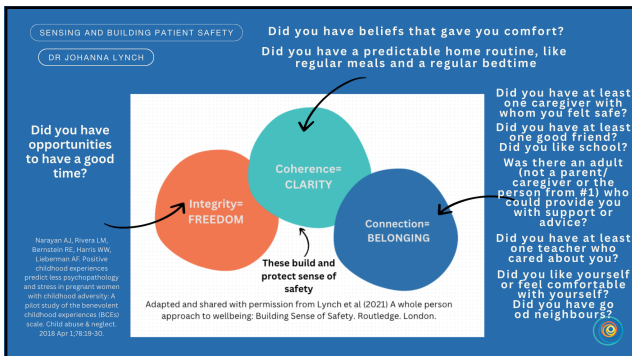
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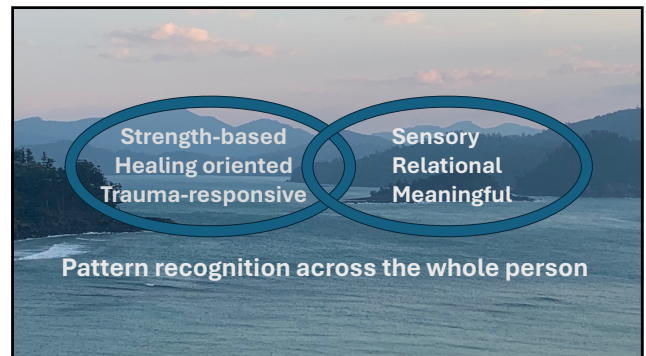
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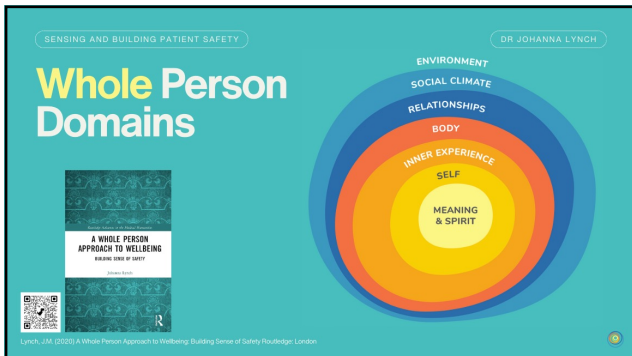
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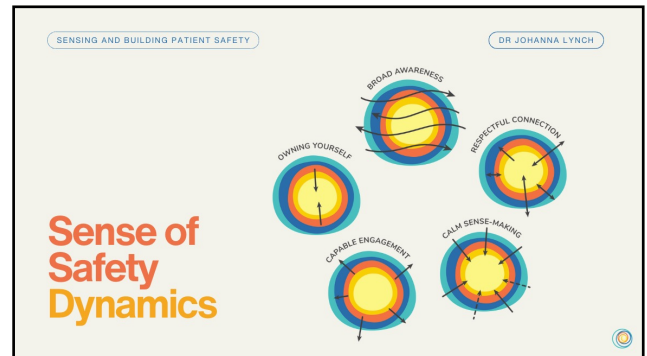
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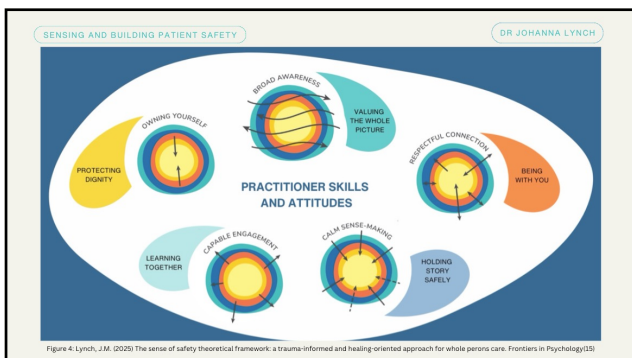
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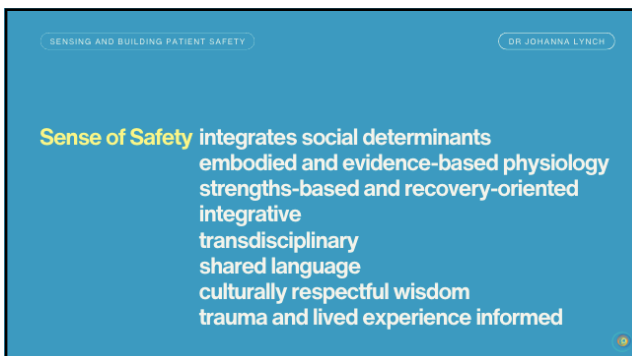
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SENSING AND BUILDING PATIENT SAFETY DR JOHANNA LYNCH

Sense of Safety Self Care Audit

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Reflect on these prompts: What do you do that you love doing in the past? What do you want to do more of? Choose one or two you would like to integrate into your daily life.

Sense of Safety Dynamic	Frequency				
	Never	Rarely	Occasionally	Frequently	Always
BROAD AWARENESS How well do you stay aware of yourself, others, and your environment?					
• Be curious					
• Spend time in nature					
• Notice your inner experience – your dreams, thoughts, imagery, feelings, sensations					
• Read literature unrelated to work					
• Be open to inspiration					
• Check your optimism and hope					
• Be aware of non-tangible (non-material) aspects of life					
• Have awe-filled experiences					
• Listen to inspiring music					
• Identify projects or tasks that are exciting, growth promoting, and rewarding for you					
• Have awareness and enjoyment of your senses in everyday activities					

What helps you to feel safe?

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SENSING AND BUILDING PATIENT SAFETY DR JOHANNA LYNCH

Dual Awareness Protocol

One of the key building blocks of a sense of safety is being able to sense your world accurately.

This involves a broad awareness of self, other people, and the world around you. When we are heightened, it is almost like the linkers come down on all the other parts of the around us and within us – our awareness narrows, we can lose perspective and lose accurate perception.

Remember to not think of awareness as a state of mind. It is a skill that can be practiced and improved over time.

Dr Johanna Lynch

Dual/Broad Awareness Protocol

Right now I am FEELING...	Current emotion
And SENSING in my body...	Three sensations
Because I am REMEMBERING...	Name of event only
And I am HERE now...	Place, date, time
And I can SEE...	Three things you can see around you
And I can HEAR...	Three things you can hear around you
And I can FEEL...	Three things you can feel on your body
So I KNOW that... IS NOT HAPPENING anymore.	Name of event only

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SENSE OF SAFETY FOUNDATION

Sense of Safety for Practitioners Foundation Course

A course to help people care for each other more

This course has been developed by Dr. Johanna Lynch and powered by Better Health Company.

MENTAL HEALTH AND TRAUMA INTEGRATED COURSE
10 ONLINE CPD HOURS

hello@drjohannalynch.com
www.sensesofsafety.com

Welcome to the course
Explore the rationale, history, and research behind the Sense of Safety Approach.

Whole person
Learn how to recognise the different factors that can help or harm someone's sense of safety by focusing on the person as a whole.

Trauma informed
Understand how trauma can come from many forms of threat and explore a new approach that offers a clearer understanding of trauma and how to support healing.

Relationship-based
Discover how safe and trusting relationships are key to improving health and wellbeing, especially between a care provider and their clients.

Embodied awareness
Understand how a person's life story and experiences impact their body and their sense of wellbeing, and learn how to apply this in practice.

Healing oriented
Practice skills and attitudes that keep a recovery focus and help to consistently build and restore a sense of safety for both clients and practitioners.

Summary A brief summary looking at the key components of this course.

What is included in the course?

This course contains up to 10 hours of self-paced content plus additional resources and learning for learners to engage with to strengthen their approach to building a sense of safety.

- Practical tools to use in practice with clients
- Reflection activities to prompt personal reflection
- Learning techniques for use by practitioners in with clients as part of consultations
- Further reading and resources
- Downloadable completion certificate to claim CPD hours

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SENSE OF SAFETY FOUNDATION

Sense of Safety for practitioners FOUNDATION COURSE

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Dr Johanna Lynch

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Email hello@drjohannalynch.com

Thank you

Sense of Safety is a prerequisite for social engagement

Sense of Safety for Practitioners Foundation Course

This course is designed to provide practitioners with a sense of safety in their work and to help them to build a sense of safety in their clients.

A THREE PERSON APPROACH TO WELLBEING

HEALTHY AND WELLBEING

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