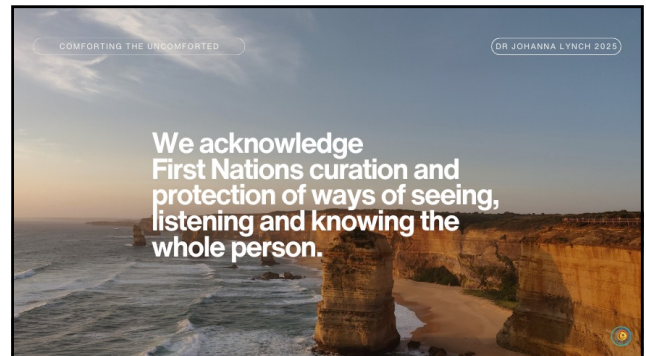
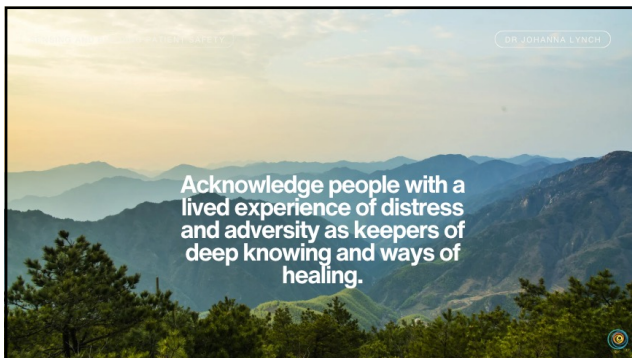


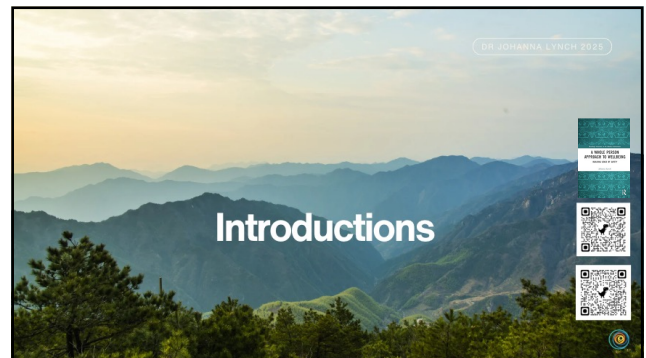
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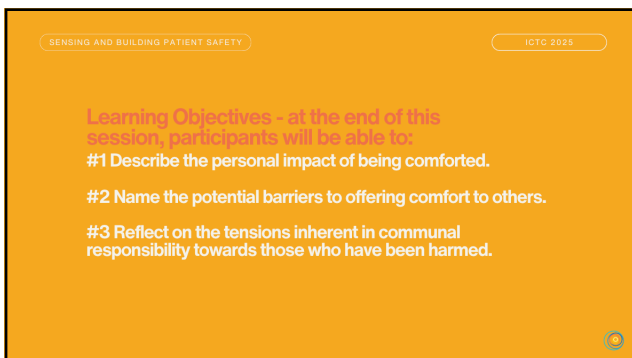
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6

COMFORTED AND THE UNCOMFORTED DR JOHANNA LYNCH

"If negative emotions normally come to be regulated through the *sensitive responding of the other*, what happens with states of mind when a *sense of terror or grief* in response to loss is not met by *reasonably attuned comforting*?"

Peter Fonagy in forward to Allen, J. G. (2012). Restoring mentalizing in attachment relationships: Treating trauma with plain old therapy. American Psychiatric Pub. (p. xiii)

7

BUILDING A SENSE OF SAFETY DR JOHANNA LYNCH

**body
relationship
community
spirit
heart
mind**

What happens with states of mind when a sense of terror or grief in response to loss is not met by reasonably attuned comforting?

Peter Fonagy in forward to Allen, J. G. (2012). Restoring mentalizing in attachment relationships: Treating trauma with plain old therapy. American Psychiatric Pub. (p. xiii)

8

COMFORTED AND THE UNCOMFORTED DR JOHANNA LYNCH

"...co-occurrence of *emotion regulation and social understanding* ensure normal development, the disjunction of these two processes creates the background to trauma"

Peter Fonagy in forward to Allen, J. G. (2012). Restoring mentalizing in attachment relationships: Treating trauma with plain old therapy. American Psychiatric Pub. (p. xii)

9

COMFORTED AND THE UNCOMFORTED DR JOHANNA LYNCH

"In my view, trauma stems from repeatedly being left *psychologically alone* in unbearable emotional pain."

Allen, J. G. (2012). Restoring mentalizing in attachment relationships: Treating trauma with plain old therapy. American Psychiatric Pub. (p. xxi) (Authors Italics)

10

COMFORTED AND UNCOMFORTED DR JOHANNA LYNCH

"The *social transformation* of trauma is probably as old as the social nature of humankind... the natural human response to danger is to *gather together, to seek out the safety of human companionship*."

Sandra Bloom (1998) By the crowd they have been broken, by the crowd they shall be healed: the social transformation of trauma. In Tadashi, R., Park, C., Calhoun, L. Post traumatic growth: theory, and research on change in the aftermath of crises. Mahwah, NJ: Lawrence Erlbaum.


11

COMFORTED AND UNCOMFORTED DR JOHANNA LYNCH

The goal of medicine...

"TO CURE SOMETIMES, HEAL OFTEN AND CONSOLE ALWAYS"

Ghani, S. N. 2008a. "Nosologomania: DSM & Karl Jaspers' Critique of Kraepelin" Philosophy, Ethics, and Humanities in Medicine 4 (1):10. (p. 4)



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COMFORTED AND UNCOMFORTED


DR JOHANNA LYNCH

Is offering “reasonably attuned comforting” at the heart of trauma responsive care?

13

SENSING AND BUILDING PATIENT SAFETY

DR JOHANNA LYNCH



What Brings us Comfort?

14

Reflect on right now (3-4 words)

Write your memory here - Take 2 minutes

A REFLECTION ON BEING COMFORTED

How are you feeling in your body right now?

Reflect on a time you received comfort or comforted yourself - where, who, how, what happened?

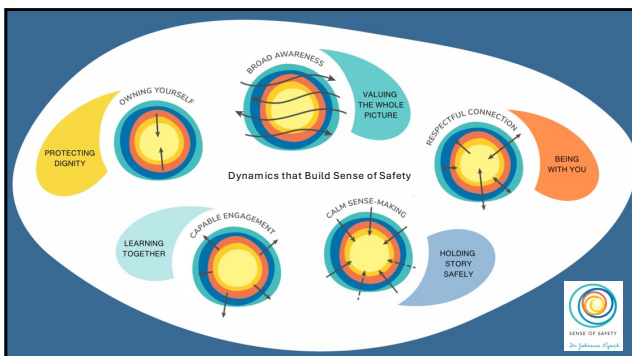
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Talk with your neighbour about what it was like to receive comfort: what happened during and after you were comforted



What is it like to reflect on that time now?

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SENSING AND BUILDING PATIENT SAFETY

HEADSPACE 2024

What helps you to feel safe?

- ORIENTATION
- PROPRIOCEPTION
- SIGHT
- SOUND
- TOUCH
- SMELL
- TASTE
- INTERCEPTION
- AFFILIATION

18



19



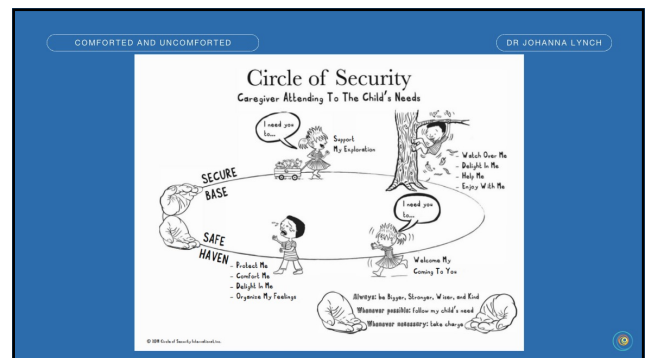
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SENSING AND BUILDING PATIENT SAFETY DR JOHANNA LYNCH

“If you feel loved, your brain becomes specialised in exploration, play and cooperation. If you are frightened and unwanted, it specialises in managing feelings of fear and abandonment”

VAN DER KOLK (2014) THE BODY KEEPS THE SCORE, VIKING NEW YORK, NY

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COMFORTED AND UNCOMFORTED DR JOHANNA LYNCH

Comfort (verb)

confortare (Latin): *con-* (intensive prefix, meaning “with” or “together”) *fortis* (meaning “strong”) → So, confortare literally meant: “to strengthen greatly.”

TO SOOTHE OR EASE THE GRIEF OR DISTRESS OF SOMEONE. TO MAKE PHYSICALLY COMFORTABLE.

TO GIVE STRENGTH OR ENCOURAGEMENT TO SOMEONE. (OXFORD DICTIONARY)

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COMFORTED AND UNCOMFORTED DR JOHANNA LYNCH

What is wrong with you?

↓

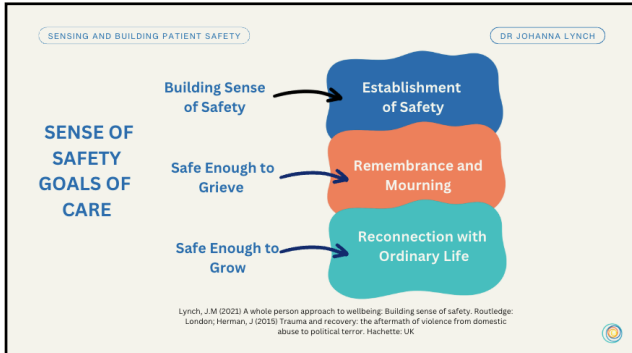
What happened to you?

↓

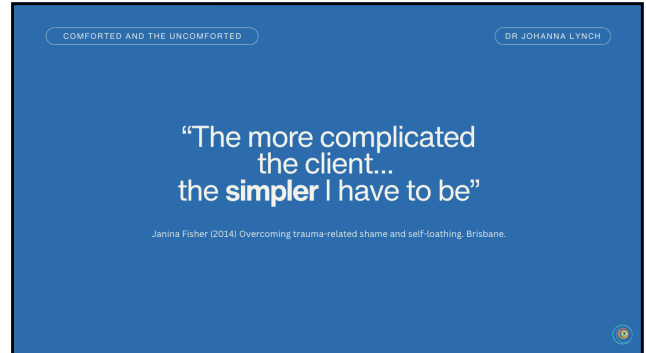
How are you being comforted?

How is your sense of safety being built?

24



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26

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 frightened it is almost like blinkers come down on all the other parts of life around us and within us - our awareness narrows we can lose perspective and lose accurate perception.

Remember to not lose sight of sensory details of self, other people, and the world around you. When we are frightened it is almost like blinkers come down on all the other parts of life around us and within us - our awareness narrows we can lose perspective and lose accurate perception.

Dr Johanna Lynch

Right now I am FEELING... Current emotion

And I am 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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SENSING AND BUILDING PATIENT SAFETY DR JOHANNA LYNCH

Sense of Safety Self Care Audit

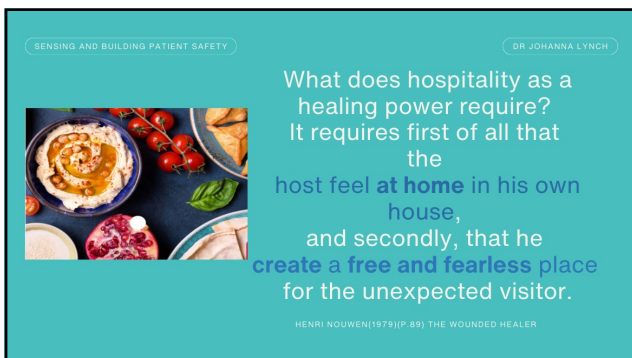
Reflect on these prompts - What do you do well? What do you need to do better? What do you need to do more of? What do you need to do less of? What do you need to do differently?

Sense of Safety Dynamic

| | Always | Often | Sometimes | Rarely | Occasionally | Frequently |
|---|--------|-------|-----------|--------|--------------|------------|
| BROAD AWARENESS | | | | | | |
| How well do you stay aware of yourself, others, and your environment? | | | | | | |
| Be curious | | | | | | |
| Spend time in nature | | | | | | |
| Notice your own experience - your dreams, thoughts, images, feelings, sensations | | | | | | |
| Be open to inspiration | | | | | | |
| Check in your optimism and hope | | | | | | |
| Be aware of non-verbal (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 experiences and enjoyment of your senses in everyday activities | | | | | | |

What helps you to feel safe?

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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 distress can come from many forms of threat and explore a new approach that offers a deeper 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.

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Dr Johanna Lynch

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Newsletters senseofsafety.com
drjohannalynch.com
Email hello@drjohannalynch.com

Thank you



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**Sense of Safety
for practitioners**

FOUNDATION COURSE

**10% OFF WITH CODE...
SOS10%OFF**



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