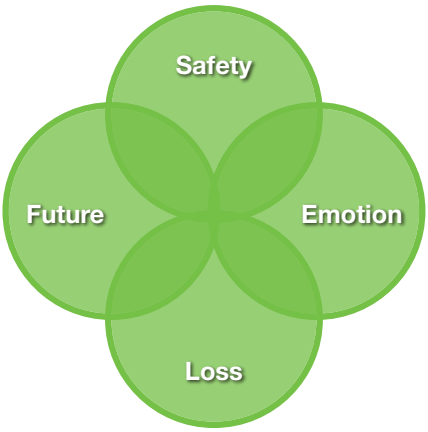
The S.E.L.F. Framework

An important component of the Sanctuary® Model is the problem-solving framework of S.E.L.F., which stands for the four categories Safety, Emotions, Loss, and Future. This framework is a trauma-informed way of organizing conversations and documentation in a simple and accessible language. The S.E.L.F. framework levels the playing field for clients, families, staff, and administrators by moving away from jargon and toward a more fundamental organizing system. These four categories (S.E.L.F.) represent the four dynamic areas of focus for trauma recovery. It is also used to solve system and organizational problems in a nonlinear fashion that appreciates complexity.



S.E.L.F. is a non-linear framework, so using it means sometimes going out of order when looking at an issue. Often, it makes sense to start with future (where we hope to be) and work backwards from there, considering concerns and possible interventions related to safety, emotions and loss.

Safety – 4 kinds:

Physical Safety
- Not tolerating violence of any kind
- Absence of self-destructive behavior
- Avoidance of risk-taking behavior

Psychological Safety:
- Self-protection
- Self-efficacy
- Self-discipline

Social Safety:
- Safe attachments
- Safety in the group
- Exercise of responsible authority

Moral Safety:
- Fair play
- Clean up your own mess
- Say you're sorry when you hurt somebody

Emotions:

- Trading in actions for words
- Neither expressing nor suppressing, but managing
- Recognizing the feelings of others
- Recognizing impact of your actions on others

Loss:

- Disrupting dysfunctional patterns
- Neither expressing nor suppressing, but managing
- Balancing the losses involved in change against the possible gains

Future:

- Changing trajectories
- New attractors
- Different choices
- Imagination, creativity, and innovation

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