

Restoring Sanctuary: Ch 1 'It Starts With
A Dream' pp. 1-13
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Topic of material:

☐ General info ☐ Trauma and Substance Use

☐ Working with Other Systems ☐ Other:

About how long did this material take to read?

30 minutes

What is the main idea of this material?

Sanctuary is a place where people can heal through the support of others. In order for us to be able to create this environment we have to begin with ourselves and use your imagination to envision a better world.

How would you summarize the material in just a few sentences?

Understanding trauma through a biopsychosocial lens shows us that the symptoms that are exhibited by individuals who have experienced trauma are the result of injury rather than a natural character flaw. Furthermore, it is important to acknowledge how adverse childhood experiences impact development, so that we can create a continuum of care that is supportive of individuals who seek mental health services and have endured traumatic stress throughout their lives.

How might this apply to doing community-based advocacy?

Creating services that integrate knowledge about the impact of stress on development as well as how social factors affect the people we work with will help us provide services that are cognizant of how important connecting the mind and the body is for healing and accessing resources. Trust is an essential part of working with people in the human services field, but often the clients we work with have experienced negative relationships that damage their ability to trust others. As advocates, we can model a trustworthy relationship with our clients, so they can feel safe when receiving services. Also, through teaching clients how to maintain emotional, physical, social and moral safety, they can begin to be able to manage and control their emotions and begin to envision a more positive future.

What is a critical question you have after reading this material? How can we create an environment that fosters hope and imagination for creating a better space for our clients and ourselves?