



THE FOUR PILLARS

THEORY

For individuals:

The psychology of chronic stress and trauma
Traumatic re-enactment
Learned Helplessness
Vicarious Trauma

For organisations:

Parallel Process
Collective Disturbance

SELF

Safety

Physical, emotional, social, moral and cultural

Emotional Management

Not just for kids!

Loss

So we don't get stuck

Future

How can we help things get better?

NORMS/VALUES

Eight Commitments

Non-Violence
Open Communication
Emotional Intelligence
Social Learning
Social Responsibility
Democracy
Growth and Change
Cultural Humility

TOOLS

For individuals:

Go To Plans
Self-Care Plans

For groups:

Community Meetings
Red Flag Meetings
Psychoeducation
Team Meetings
Core Team
Supervision
Training
Service Planning