## Five Day Sanctuary Training Agenda

*Note: There will be breaks each morning and afternoon as well as a break for lunch at noon*

### Day 1 – 2:00 PM – 6:30 PM

**Topics**
- Welcome and Overview
- Community Meeting
- Imagining Something Different
- Barriers/Obstacles
- Seven Commitments
- Organizational Assessment
- Safety Plans
- Homework

### Day 2 – 9:00 AM – 4:30 PM

**Morning Topics**
- Community Meeting
- Review of the Day
- Trauma and ACEs
- Using a Trauma Lens

**Afternoon Topics**
- Reenactment
- Looking at Your Vulnerability
- SELF
- SELF Service/Treatment Planning

### Day 3 – 9:00 AM – 4:30 PM

**Morning Topics**
- Community Meeting
- Review of the Day
- Parallel Process
- Bizarro World

**Afternoon Topics**
- Team Meetings
- Collective Disturbance
- Parallel Process/Collective Dist. Handout
- Red Flag Reviews

### Day 4 – 9:00 AM – 4:30 PM

**Morning Topics**
- Community Meeting
- Review of the Day
- Vicarious Trauma
- Self Care Plans
- The Use of Power

**Afternoon Topics**
- Staff Training
- Psychoeducation
- Implementation

### Day 5 – 9:00 AM – 3:00 PM

**Morning Topics**
- Community Meeting
- Review of the Day
- Supervision/Leadership
- Tool Kit Debate

**Afternoon Topics**
- Your Emotionally Intelligent Plan
- Next Steps or Scope
- Final Questions
- Closing Circle