



**Sanctuary Five Day Training Agenda**  
**September 21 – 25, 2020**  
**10:00am – 4:30pm EST.**

**Monday**

Welcome and Introductions

Overview of Sanctuary's Four Pillars

Myths and Misconceptions about Sanctuary

**Lunch**

Guided Fantasy: Imagining Something Different

Break Out: Barriers and Obstacles

The Seven Sanctuary Commitments

Sanctuary Toolkit: Community Meetings

Sanctuary Toolkit: Using Safety Plans

***Wrap Up***

**Tuesday**

Community Meeting

Adverse Childhood Experiences (ACEs) and their impact

Supporting Resilience

**Lunch**

Psychobiology of Trauma

S.E.L.F. Model

Sanctuary Toolkit: S.E.L.F. Treatment/Service Planning

Applying the S.E.L.F. Model

***Wrap Up***

## **Wednesday**

Community Meeting

Perspectives – looking at things differently

Parallel Process

### **Lunch**

Revisiting the Seven Commitments in the context of parallel process

Sanctuary Toolkit: Red Flag Meeting

Breakout group - Examining power at our agency

Sanctuary Toolkit: Team Meetings

### ***Wrap Up***

## **Thursday**

Community Meeting

Sanctuary Toolkit: Staff Training

Sanctuary Toolkit: Psychoeducation

### ***Lunch***

The Impact of Vicarious Trauma

Sanctuary Toolkit: Self-Care Plans

Expanded discussion of Implementation Steps – Developing a Core Team

Breakout – plan for Friday’s large group discussion

## **Friday**

Community Meeting

Sanctuary Toolkit: Supervision & Coaching

Ask the Experts: Q&A Panel

### **Lunch**

Large group discussion regarding community of practice

Implementation Planning

Evaluations

### ***Closing Ceremony***