



## 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	Seven Commitments
Community Meeting	Organizational Assessment
Imagining Something Different	Safety Plans
Barriers/Obstacles	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