



Virtual Sanctuary Five Day Training Agenda
January 10 – 14, 2022
10:00am – 5:00PM 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