

THE SANCTUARY MODEL'S S.E.L.F. FRAMEWORK

The Sanctuary model encourages us to rethink the way we manage conflict and crisis intervention. It supports people to form healthy communities and create a culture that prioritises safety and wellbeing at every level within an organisation. Sanctuary creates an understanding of how past adversity can continue to have an impact throughout life.

The S.E.L.F. framework is a tool within the Sanctuary model that can assist with challenges or conflicts and help us to work through issues more easily. It can help us get out of the maze of confusing problems, like a compass, pointing us in the right direction. S.E.L.F. stands for safety, emotion management, loss and future.

The framework is about constant movement through the four areas without getting stuck. Much of what we yearn for is just outside our comfort zone. One way to get there is to stretch. If you stretch, you get a glimpse of infinite possibilities for growth and change. Identify an issue and work through the questions below to discover a new way forward.

