Sanctuary Toolkit:

Psychoeducation

Traumatic experiences can push the brain into "survival mode".

Chronic exposure to adversity/trauma can also result in:

- Impaired cognition
- Learned helplessness
- Impoverished relationships



Psychoeducation is the tool we use to teach clients and staff about trauma as well as the strategies to promote success through the S.E.L.F components.

★ *As staff members, we have our own histories & views of the world.*
★ *This can lead us to get entangled in the reenactment triangle.*
★ *We need to be aware of our own reactions & know what our triggers are.*

Why psychoeducation?

- Helps to get everyone "on the same page"
- Organized framework
- Non-stigmatizing - education is for everyone
- Lack of jargon
- Concepts are consistent with people's own experiences
- Gives people words for what they already know & helps them see patterns where no patterns existed for them before

Palm Beach County
Board of County Commissioners