

The logo consists of a white circle containing the word "SAFE" in a bold, sans-serif font. To the right of the circle, the word "foundation" is written in a smaller, lowercase, sans-serif font.

SAFEfoundation

A decorative graphic in the top right corner consisting of a series of white dots of varying sizes arranged in a curved, wave-like pattern.

WE ARE SAFE FOUNDATION

Learn more about our work and join us
to transform trauma recovery.

SAFEfoundation THERAPY

Therapy & Training

We're one of the leading domestic abuse recovery organisations in Devon and beyond. We specialise in group therapy underpinned by the Felt trauma approach.

SAFEfoundation INFLUENCE

Learning & Research

We believe learning is essential if we want to reimagine approaches to trauma recovery. We're developing new research-informed lenses to trauma, powering the kind of extraordinary change that we need.

SAFEfoundation RESEARCH

Systems Change

In reimagining trauma recovery, we work with partners, commissioners and policymakers to ask how a new paradigm of transformative trauma recovery might profoundly shift the way millions of people live their lives.

SAFE Foundation is a relationship-based organisation; relationships are at the heart of our work. We believe that people are the vehicle of change.

Our approach

Our approach focuses on Felt trauma. Felt trauma is the trauma of feelings caused by not having our basic emotional needs met by our primary caregivers when we are children. The trauma gets absorbed into our developing psyche, causing our emotional development to become 'stuck' at (what we refer to as) our trauma age.

Symptoms

Felt trauma can cause primary symptoms (emotional responses), that include an inability to esteem ourselves, inability to protect ourselves, inability to own our own reality, inability to self-care and difficulty being moderate in behaviours and thoughts. If our primary symptoms are untreated, secondary issues can develop, including addiction, mood disorders, violence, physical illness and intimacy issues amongst others.

Treatment

SAFE treats Felt trauma by responding to the emotional, primary symptoms, freeing up the 'stuck' emotions, enabling healthy expression, resulting in less secondary issues and reactive behaviours.

Delivery

Felt Trauma Therapy® is delivered 1:1 or in groups by our SAFE therapists and we have a tiered costing model dependent on individual circumstances and income. Clients can choose to engage in one or both forms of therapy during their time with us.

Group therapy

Group therapy has its roots in trauma-responsive therapy. Group members share experiences and help each other to challenge their negative core beliefs, replacing them with healthy ones. The 8-week group enables clients to share common experiences and create healthy bonds within a safe environment which often leads to long lasting friendships with peers.



Clients and professionals can refer for Felt Trauma Therapy® through our website or by phone:



www.wearesafe.org.uk/make-a-referral



03030 300 112

Flourishing Families is a 6–12 month trauma responsive support programme for families who have experienced domestic abuse. We work with the non-abusive parent and their children age 5–18. Input is flexible, and may have periods of greater or lesser intensity, depending on individual and family needs.

Delivery

Every individual has their specific emotional needs supported before we facilitate them sharing experiences together, building understanding and coping skills to affirm and strengthen the family unit. We remain alongside families as they grow independence, providing autonomy but rapid intervention should additional engagement be required. Parental agency is continually prioritised – they must be committed to change to enable their children to change too.

Adults

Adults complete individual counselling before attending group (additional short-term counselling is available after group if beneficial), then move into whole-family work with their children.

Children

Children experience a centralising of their voice; by having their own worker for individual sessions shaped around their needs, their autonomy is strengthened, and we see greater agency for change. Children's support is tiered as they move through the programme, receiving support weekly, fortnightly or monthly and they step-down with their family at the end.

Referrals

Families are referred to Flourishing Families through statutory Early Help and social care pathways or via schools. During their time with SAFE, we attend multi-agency meetings to give families the best care and support across services, during and beyond their engagement in Flourishing Families.

Outcomes

Flourishing Families stimulates long-term healing and recovery, strengthening families. Individually tailored support promotes autonomy, growing trust and stability, redefining a family's experience of healthy relationships. By reducing the likelihood of children repeating devastating patterns of harm the intergenerational cycle of violence is broken, creating sustainable change, healthy individuals and a thriving society.

Programme includes:

- ✓ Adult 1:1 counselling
- ✓ Child 1:1 therapeutic sessions
- ✓ Adult group programme: *Domestic Abuse Recovery*
- ✓ Child groupwork
- ✓ Whole-family sessions
- ✓ Family activity resource packs



"My counsellor has given me so much respect for myself and what I can do. I am so much more positive and happier, and I know I am a good Mum." – Adult



"Working with you has helped me understand things better. I know that there may be difficult times in the future, but I can cope with that now." – Child



"SAFE is doing an amazing job! I can see the changes in mum and daughter and my heart warms." – Professional

Flourishing Futures supports young people aged 8-18 who are demonstrating unhealthy behaviours and attitudes within their relationships.

Our approach

Our experience with young people has taught us that violent or offending behaviours often result from the significant mental health distress and trauma they have experienced. Their behaviours act as a mask to their wounding. Flourishing Futures addresses the root cause of these behaviours: feelings that are alien and frightening. Taming the feelings, tames the behaviours.


Taking this approach from the outset can drastically improve outcomes for young people, thereby interrupting the trajectory towards violence, and breaking the cycle of abuse. We know that 50% of all mental health issues start before age 15: early intervention is vital.

Delivery


Flourishing Futures provides intensive 1:1 work, group support, and indirect family work over a 12-month period. We work with young people on a deeper therapeutic level, exploring the intersection between domestic abuse and mental health distress. SAFE works in partnership, co-locating in local schools to deliver group programmes, sharing expertise, strengthening relationships, and growing a strong community. We maintain contact with families throughout the young person's engagement in Flourishing Futures and facilitate a whole-family session in collaboration with school staff, at the end of the programme.

Outcomes

Engagement in individual and group therapy improves young people's ability to understand behaviours, esteem their self and grow selfcare. They feel better, can name some of their emotions, feel more equipped to make better decisions, and are able to problem-solve effectively without being reactive, improving their mental wellbeing. In groupwork, young people support each other to make healthy decisions, preventing and deterring harm in the immediate and long-term, producing healthier communities. The whole-family session uses the momentum they have built in individual and group work to strengthen the community around them, enabling them to continue to progress beyond the scope of the project.



"SAFE's support has helped me value myself and taught me how to show up for myself. I can now make sense of my reactions and take responsibility. I am a survivor." – Young man



"I feel better at home, not so angry with my mum, and actually see her feelings when I'm angry." – Young woman

Referrals

Individuals are referred to Flourishing Futures through statutory Early Help and social care pathways or via schools. During their time with SAFE, we attend multi-agency meetings to give young people the best care and support across services, during and beyond their engagement in Flourishing Futures.

Flourishing Minds is for families who have experienced mental health challenges. It follows the same model as our Flourishing Families programme, using a restorative strengths-based approach.

Our approach

Mental health distress doesn't just affect the individual who is struggling, but other family members too. We are responding to local need, seeing an increase in families seeking support to cope. When mental health difficulties are present for a family, children can experience Felt trauma because of being exposed to a carer's emotional distress or harmful behaviours (addiction, violence etc.). This can then result in their own emotional pain and challenging behaviours. Problems are often seen in isolation, meaning that the family's needs are not recognised as a whole, and they do not learn how to understand and support each other as a unit. We can change this.

Delivery

Flourishing Minds enables the family to grow and strengthen as a unit, to look forward to a strong future together. It is a 12-month trauma responsive support programme, and we work with adult caregivers and their children aged 5-18. Input is flexible, and may have periods of greater or lesser intensity, depending on individual and family needs.

Programme includes:

- ✓ Adult 1:1 counselling
- ✓ Child 1:1 therapeutic sessions
- ✓ Adult group programme: *Trauma Recovery*
- ✓ Child groupwork
- ✓ Whole-family sessions
- ✓ Family activity resource packs

Supporting hidden victims

We believe this programme will help to identify victims of domestic abuse who are, for whatever reason, not accessing services and therefore ensure we direct support to the hidden victims of domestic abuse.

Outcomes

Flourishing Minds supports the family to connect and engage with their own individual emotional recovery, and to collectively work together to improve their communication and resilience. This stimulates long-term healing and recovery. It reduces referrals to other services, providing stability and empowers the family to carry their recovery forwards, strengthening them for the long term.



"I know life is going to throw lots of things at me, but I feel now, because of SAFE that I can manage most things and that I am emotionally able to now talk to my girls about their thoughts and feelings." – Adult



"Doing the work with you makes me feel like my anger is going away. I still get angry, but I can deal with it better." – Child

Referrals

Families are referred to Flourishing Minds through statutory Early Help and social care pathways or via schools. During their time with SAFE, we attend multi-agency meetings to give families the best care and support across services, during and beyond their engagement in Flourishing Minds.

Storytelling supports children and young people aged 5-18 who have experienced any form of domestic abuse and trauma to creatively express their voice.

The project

The Domestic Abuse Act 2021 recognises children and young people as victims of domestic abuse in their own right. It is essential that children have a voice, and the silence is broken. Storytelling supports young people to increase their social visibility, expanding awareness and knowledge and creating change. We enable them to affirm their experiences, growing their internal resilience and emotional strength.

Delivery

Storytelling explores creative methods to express young people's experiences. This includes narrative storytelling, film, interviews, poetry, paintings, music, writing, photography, drawing, puppetry, comics, and animation. Any medium that works for the young person.



Outcomes

Using creative resources to form a coherent narrative is a highly effective therapeutic tool. It is an excellent vehicle for communicating feelings and experiences that there are often no words to describe. Having your voice heard and validated by sharing it with another helps to process trauma and bring a feeling of relief and personal understanding and empathy. This in turn means young people are more able to develop and grow emotionally, having a positive impact on behaviour, learning and relationships.

Impact

The stories crafted through Storytelling are each unique and are always the property of the young creator. Many young people simply enjoy the creative process. However, if they choose, once completed, they can share their work to help raise awareness of their experience with caregivers or individuals of their choice, reducing isolation. They can collectively raise their voices with other young creators to help make positive societal change and influence the services that support young people.



Referrals

We work 1:1 with young people over 6-10 sessions, supported by a skilled therapeutic facilitator. Sessions are held at school, home or the SAFE Hub. Young people can access the project through their involvement in our Flourishing Families, Minds and Futures programmes. They can also be referred specifically to the project through the statutory Early Help pathway.

This project is now closed to referrals. Working Together to Stay Together (WTST) is a pilot project funded by Devon County Council. The project aims to support families where conflict is a feature of the couple's relationship, but they want to remain together.

Project focus

Not all violence stems from the same place. Situational Couple Violence (SCV) is a typology of domestic abuse identified by Michael P Johnson, where conflict occasionally 'gets out of hand' but rarely escalates into serious or life-threatening forms of violence. Couples do not live in fear of each other.

Aims

WTST uses our Felt trauma approach for recovery. Felt trauma is the trauma of feelings caused by not having our basic emotional needs met by our primary caregivers when we are children. If left unresolved, it can surface as unhealthy behaviours in our current relationships.

The project takes our approach and applies it to families who want to work at finding another way to understand their conflicts and find healthy solutions. By better understanding the dynamics in the family, individuals and professionals can be helped to learn about triggers that cause conflict and develop strategies to manage them.

We want to work with families to strengthen and stabilise them, to help them understand what is driving their behaviours and what they can do to resolve conflict. We want to help families to stay together safely if that is what they want to do or support them to separate safely if necessary. Our project provides a deeper understanding of the current level of risk and helps professionals to provide support beyond the life of the project.

Delivery

We follow our Felt Trauma delivery model, providing 1:1 and groupwork for each adult with a separate therapeutic practitioner. Participants attend sessions in parallel, to ensure the learning is completed at the same pace. Once the couple are attending their groups, children access their own 1:1 therapeutic support to help them explore their experiences and emotions. Family work is completed at the end of the programme, helping to bring the family together, building a shared understanding of themselves and each other.



"We absolutely know there is a need; I welcome this opportunity and look forward to seeing how it evolves."

"This looks really interesting and much needed. There's definitely been a gap in our offering to families."



Outcomes

WTST works to provide adults with insight into what may be driving their behaviour and gives opportunity to explore a different way of responding. Communication skills and emotional wellbeing will be increased and stronger, more resilient bonds will be forged, helping to break the inter-generational cycle of harm. Professionals are supported to better target resources.

Referrals

We work with families referred through statutory Early Help or Child in Need social care pathways. Their practitioner or social worker will be active in supporting the family through the process alongside the work of SAFE. Both adults need to be willing and able to commit to the programme.

The Trauma Therapy Service is commissioned by Devon County Council and is rooted in offering choice to clients to ensure barriers to access are removed.

Service Offer

The Trauma Therapy Service provides up to 16 therapeutic sessions and is free at the point of access for 300 people per year.

Eligibility Criteria:

- ✓ 16 + years old
- ✓ Currently resident in Devon
- ✓ Experienced domestic abuse and accessed or would have accessed safe accommodation had they been able to

Choice

A key part of the service is to offer choice to individuals. By understanding all aspects of an individual's life, we will remove any barriers to access, meaning people can access support more easily.

Sessions:

- ✓ Individual / Group therapy
- ✓ Face to Face / Online / Telephone
- ✓ Day / Evening / Weekend

Modalities

Our skilled and qualified therapists are able to offer a range of therapeutic modalities to best suit individual needs:

- Eye Movement Desensitisation and Reprocessing (EMDR)
- Trauma-Focussed Cognitive Behavioural Therapy
- Compassion Focussed Therapy
- Group Psychotherapy
- Integrative Therapy
- Gestalt
- Felt Trauma Therapy®



"Being able to fit my sessions around my shift work has been amazing!"

"My therapist was so understanding about when is best for me to have sessions around my childcare."



Clients and professionals can refer for the Trauma Therapy service through our website or by phone:



www.wearesafe.org.uk/make-a-referral



03030 300 112

Felt Trauma Therapy® (FTT) Training is aimed at individuals and public, private and third sector organisations that support people.

Learning Objectives:

- ✓ Understand where Felt trauma comes from and its impact in adulthood
- ✓ Learn how to identify Felt trauma in our clients
- ✓ Understand how Felt Trauma Therapy® helps people to recover from Felt trauma

Felt trauma is the trauma of feelings caused by not having our emotional needs met in childhood. We refer to this as a *dis-ease* of emotional immaturity which makes it difficult to have functional relationships and healthy self-esteem.


Felt trauma, if left unprocessed, can show up in extreme reactions to everyday issues. Unprocessed Felt trauma means we arrive in adulthood in the physical body of an adult, but with the emotional vulnerabilities of a child.

Felt Trauma Therapy® treats the root cause of these reactions and behaviours helping clients to learn about themselves while feeling seen, heard, and felt. In essence, Felt Trauma Therapy® helps clients to become emotionally mature which makes navigating relationships, parenting and everyday life much easier.

The workshop introduces the Felt trauma therapeutic model, enabling participants to identify causes and impact of Felt trauma and to bring an understanding of how they can effectively help clients to process their Felt trauma.



"Looking at Felt trauma and addressing the feelings was massive for me, previously I looked at the big stuff but this opened my eyes to what trauma is."



"The whole day was so beneficial. I have attended trauma training before however this was the most informative and effectively explained. This has supported me on a personal level and helped me make sense of a few things."



"I found it all so informative. It has really opened my eyes to the cause of behaviour. Every practitioner working with families needs to do this training."

Our one-day workshop

Introduction to Felt Trauma Therapy®

6 CPD hours

£200 per individual

£2000 per organisation

Early booking discount available

Individuals and organisations can register their interest for Felt Trauma Therapy® Training through our website or by email:



www.wearesafe.org.uk/training



contactus@wearesafe.org.uk

All workshops are delivered face to face and run by a skilled therapeutic facilitator. All courses offer maximum of ten spaces per course and are CPD accredited.

Half-day workshops:

- ✓ Understanding Co-dependence
- ✓ Understanding Shame
- ✓ Understanding Family of Origin
- ✓ Understanding Addiction, Cross-addiction and Trauma

Additional options are available to help individuals and organisations grow skills and confidence to take their learning forwards. We offer half-day workshops and opportunities to become a Felt trauma champion.

Organisations can identify practitioners who have completed the Introduction to Felt Trauma Therapy® workshop who have skills and capacity to lead as Felt trauma champion within the organisation.

Felt trauma champion engages with staff to understand caseloads and presenting concerns. The Felt trauma champion brings concerns to supervision and has access to our consultancy service and resources. Supervision packages are tailored to each organisation.

Consultancy
from £60 per hour
Package tailored to
individual /
organisation

CPD
The CPD Certification Service

Group Supervision
from £60 per hour
Package tailored to
individual /
organisation

Half-day Workshops

3 CPD hours each

£100 per individual

£1000 per organisation

Early booking discount available

Individuals and organisations can register their interest for Felt Trauma Therapy® Training through our website or by email:



www.wearesafe.org.uk/training



contactus@wearesafe.org.uk



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