



An introduction to Felt Trauma Therapy

About Us

We're one of the leading domestic abuse recovery organisations in Devon and beyond.

Our journey started as a local federated branch of Women's Aid in 1974. Today, we're a nationally focussed charity reimagining approaches to trauma recovery by investing in therapy, training and research. For five decades, we've been supporting women & girls who experience domestic abuse. We specialise in group therapy underpinned by the Felt trauma approach. Our therapeutic programmes sit alongside our training, research and systems change work.

SAFE Foundation is led by people with lived experience of trauma and a deep understanding of the capability to help people recover from its impact. The voice of survivors is at the centre of work, enabling reflection and shaping our delivery and approach.

Mission and Vision

We're building a world free from the impact of trauma. Our mission is to:

- provide therapy and training to support families and individuals to break the cycle of abuse
- be a leading voice in trauma recovery through cutting edge research and innovation
- drive an ecosystem wide approach across communities and supporting agencies

We believe that it's time for a different conversation about trauma, a paradigm shift in how we deliver trauma recovery. We invite you to join us.



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The results of childhood trauma affect an estimated 8.4 m adults in the UK. When trauma is understood, so too are many of our social and health problems: anti-social behaviour, domestic violence and abuse, sexual abuse, poverty, crime and repetitive, generational childhood neglect and abuse.

Our approach to trauma recovery rests with the understanding of what we view as hidden trauma. We refer to this as Felt trauma, the trauma of feelings, caused by not having our basic emotional needs met from our primary care givers.

Felt trauma is subtle but consistent. It is covert but exists within the very fabric of the family. Left untreated, it dictates how someone sees themselves, how they see others and how they see the world around them.

We seek to educate, to support and to break this cycle of harm. For individuals and for social systems. Our understanding of the pervasive nature of Felt trauma and significant harm it creates, provides the foundation for SAFE's whole-family approach, which supports individuals to keep themselves and others safe by tapping into the root causes of their behaviours and help them to learn to model a positive identity and positive relational dynamics.

We're learning that the damage that runs through families is complex and entrenched. If we are to effectively support families to change then we must provide services that respect this complexity. Recovery is not linear, so neither is our approach. Recovery, just like domestic abuse, is circular and transformation will ebb and flow within this cycle as their journey progresses.

If you'd like to learn more about our therapeutic programme or our training for professionals, please visit our website.