## creating sanctuary:

practitioner, action research and activist development for individual and collective sustainability - guidelines and examples

Rosie Burrows, PhD Relational Resilience www.rosieburrows.com drrosieb@gmail.com Research & Practice Inquiry & Action  Inquiry – becoming co creators of SANCTUARY

how do I/you/we transform dynamics of individual and collective human and other than human un / sustainability?

- Method: -diverse 'level of systems'
- -long term collaborative work leading to paradigm shifts at diverse levels of systems
- -Now-into-next hearts desire / future we wish for /exploration that uses past present and future for transformative learning and explores what stands in the way
- -Intentional and complex trauma informed

Rosie Burrows, PhD, Relational Resilience www.rosieburrows.com drrosieb@gmail.com 1. Our Everyday Camino: practice is research is life

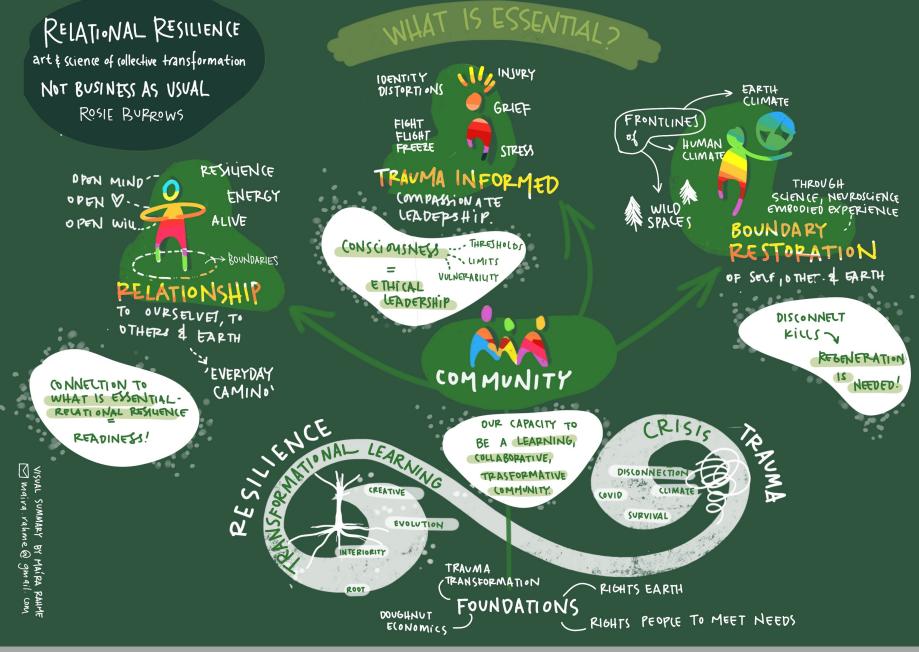
2. Field Complex Trauma & 'Genius' informed

3. Deep Connection/ Creativity = Transformational identity/dynamics

## Therapists+ = the 'immune system of communities'

Once we understand the impacts of trauma on the system of professionals who act as the firewall, the societal immune System, we recognize that these professionals deserve special consideration and care (Huebl, 2020).

<b>Dr Rosie Burrows</b> (gratitude to L.Heller , S.Porges, P. .evine, and others S. Resnick, E. Perel, R. Frank, J.Kepner)	/exploring 'resistance' Track Connection – Disconnection - Paradoxical theory of change and Active Activities. Present centred, non regressive Context/Ecological
Clarifying the Contract <b>and</b> the Social and Ecological Context / Ground	Embodied presence / support for embodiment Finding and holding the 'Golden Thread' of Genius
Exploratory Questions	Adults Exploring – not 'fixing ' - it's the CLIENTS work. Curiosity Compassion Confrontation Creativity Experimental Experiential Specific Situations
Embodied presence and active support for resourcing, embodiment, creativity, processing sensation and emotion)	Offering an enriching environment generative of new experiences. From inhibition to expansion. Neuroscience –Physiology and Emotion. Brakes and Accelerator - Arousal – Containment. Integrating the Life Force – F, F, F – split off parts. Connected = alive/loving/eros Bottom Up
Reflecting Positive Shifts	physical physiological psychological Sensation Emotional Image Movement Meaning Action
Reinforcing Agency and the Integration of Self) Copyright Dr Rosie Relatior	Supporting differentiation of Child and Adult consciousness and of the Relational Field Separation of past and present Deconstruction of Identity Uncoupling Top Down Burrows, Resilient is, 2019



dynamics of un / sustainability

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"To much beauty we ne to look after."

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