

# ***creating sanctuary:***

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

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# 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





**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).

<p>Organising principles and practices</p> <p>Dr Rosie Burrows (gratitude to L.Heller , S.Porges, P. Levine, and others S. Resnick, E. Perel, R. Frank, J.Kepner..)</p>	<p>Theoretical frame Non goal orientation – learning into /exploring ‘resistance’ Track Connection – Disconnection - Paradoxical theory of change and Active Activities. Present centred, non regressive Context/Ecological</p>
<p>Clarifying the Contract <i>and</i> the Social and Ecological Context / Ground</p>	<p>Embodied presence / support for embodiment Finding and holding the ‘Golden Thread’ of Genius</p>
<p>Exploratory Questions</p>	<p>Adults Exploring – not ‘fixing ’ - it’s the CLIENTS work. Curiosity Compassion Confrontation Creativity Experimental Experiential Specific Situations</p>
<p>Embodied presence (and active support for resourcing, embodiment, creativity, processing sensation and emotion)</p>	<p>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</p>
<p>Reflecting Positive Shifts</p>	<p>physical physiological psychological Sensation Emotional Image Movement Meaning Action</p>
<p>Reinforcing Agency (and the Integration of Self)</p>	<p>Supporting differentiation of Child and Adult consciousness and of the Relational Field Separation of past and present Deconstruction of Identity Uncoupling Top Down</p>



# RELATIONAL RESILIENCE

art & science of collective transformation

NOT BUSINESS AS USUAL

ROSIE BURROWS

## WHAT IS ESSENTIAL?

IDENTITY  
DISTORTIONS  
INJURY  
GRIEF  
STRESS  
FIGHT  
FLIGHT  
FREEZE

**TRAUMA INFORMED**  
COMPASSIONATE  
LEADERSHIP.

CONSCIOUSNESS  
= ETHICAL  
LEADERSHIP  
THRESHOLDS  
LIMITS  
VULNERABILITY

**COMMUNITY**

FRONTLINES  
of  
HUMAN  
CLIMATE  
EARTH  
CLIMATE  
WILD  
SPACES

THROUGH  
SCIENCE, NEUROSCIENCE  
EMBODIED EXPERIENCE  
**BOUNDARY  
RESTORATION**  
OF SELF, OTHER & EARTH

DISCONNECT  
KILLS  
REGENERATION  
IS NEEDED!

OPEN MIND  
OPEN V  
OPEN WILL  
RESILIENCE  
ENERGY  
ALIVE  
BOUNDARIES

**RELATIONSHIP**  
TO OURSELVES, TO  
OTHERS & EARTH

CONNECTION TO  
WHAT IS ESSENTIAL-  
RELATIONAL RESILIENCE  
= READINESS!

'EVERYDAY  
CAMINO'

**RESILIENCE**  
TRANSFORMATIONAL  
LEARNING  
CREATIVE  
EVOLUTION  
INTERIORITY  
ROOT

OUR CAPACITY TO  
BE A LEARNING,  
COLLABORATIVE,  
TRANSFORMATIVE  
COMMUNITY.

**CRISIS**  
DISCONNECTION  
COVID  
CLIMATE  
SURVIVAL  
**TRAUMA**  
RIGHTS EARTH  
RIGHTS PEOPLE TO MEET NEEDS

TRAUMA  
TRANSFORMATION  
**FOUNDATIONS**  
DOUGHNUT  
ECONOMICS

VISUAL SUMMARY BY PAI'RA RAHME  
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"So much beauty we need  
to look after."

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