

Adapting Through Uncertain Times-
How S.E.L.F.
(Safety Emotions Loss and Future)
Impacts First-Generation Students

Angelle E. Richardson, Ph.D., LPC

Assistant Professor, Thomas Jefferson University

Stephanie Taboada

M.S. Student, Thomas Jefferson University



Learning Objectives:

- Participants will increase their understanding of the four principles of S.E.L.F.
- Participants will gain insight into the impact of historical and intergenerational trauma.
- Participants will learn strategies to engage students who have experienced trauma.



Historical and Intergenerational Trauma



“Traditional” Trauma vs. Historical Trauma

- Trauma signifies EVENT and RESPONSE
- Historical Trauma Response:
 - Constellation of features in reaction to massive group trauma
 - Historical Traumatic Grief

The background features two large, overlapping, curved bands. The left band is blue and curves from the top left towards the bottom left. The right band is green and curves from the top right towards the bottom right. Both bands have a soft, gradient-like appearance with multiple overlapping layers, creating a sense of depth and movement.

Historical Trauma

A cumulative exposure to traumatic events that affect an individual and continues to affect subsequent generations



Intergenerational Trauma

When trauma is not resolved, subsequently internalized, and passed from one generation to the next.

S.E.L.F.

Conceptual Framework of the Sanctuary Model

Safety

Emotions

Loss

Future



SAFETY

SAFETY

What does safety mean to you?

Where and when do you feel safe?

What is it about these places and times that make you feel safe?



Types of Safety

Physical Safety

Being able to keep one's self physically safe.

Psychological Safety

Being safe with yourself, free from threats to your emotional well-being.

Social Safety

Having the ability to make and sustain healthy relationships and to be safe in social settings.

Moral Safety

Having a system of values that are consistent, guide behavior, and are based on a deep respect for self, others, and all living things.



**Situations That
May Cause People
To Feel Unsafe**

Separation from loved ones

Death of a loved one

Illness

Social/Civil Unrest

Job loss

Unexpected moves

Isolation

Abuse

**How Is This
Showing Up?**

Feeling Unsafe Regarding:

Immigration Status

Race/Ethnicity/Culture

Family

Future

Health

Gender

Sexual Identity

Jobs

Education

Common Responses to Feeling Unsafe

Fight, Flight, Freeze
Controlling Behaviors
Shutting Down
Emotional Dysregulation



Ways to Promote Safety

Provide Choices

Remain Calm

Establish a Safe Environment

Identify a Support System

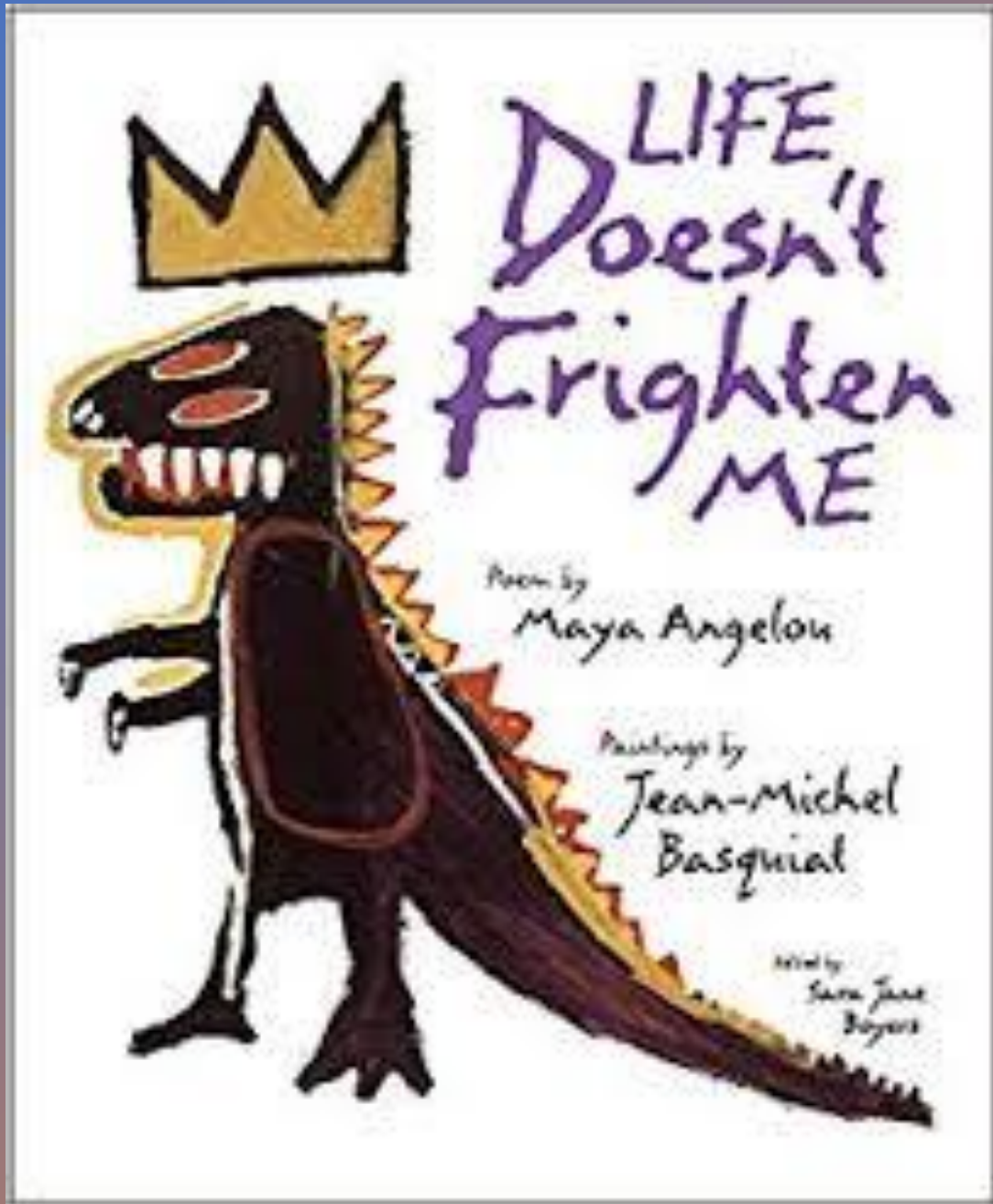
Maintain a Routine

Encourage Positive Self Talk

Encourage Self Care

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EMOTIONS



Emotions can be scary
for people who have
experienced loss
and/or trauma.

Trust the validity of your feeling.
It may be abstract, ridiculous,
irrational, absurd.
There's a root somewhere.

Yrsa Daley-Ward

FEELINGS ARE NOT THE ENEMY!

Feelings are biological responses to stimuli.

ALL feelings are valid.



How Is This Showing Up?



Fear

Sadness

Worry

Depression

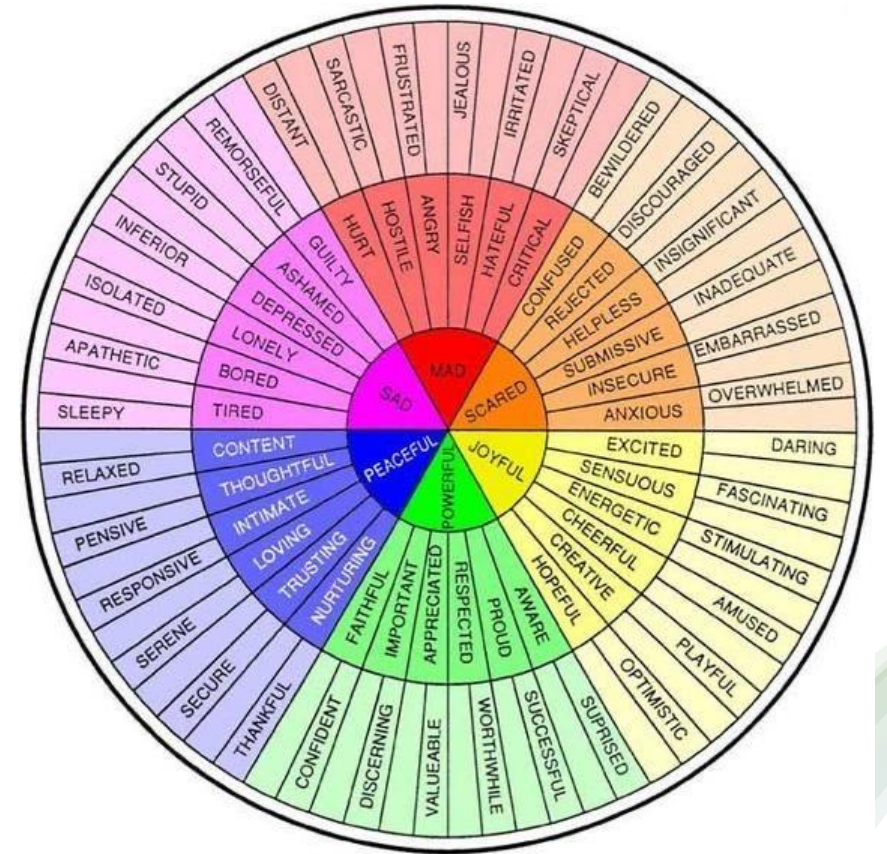
Irritability

Difficulty Sleeping

Changes in Appetite

How We Provide Support...

- Name our feelings and help other people name theirs
- Understanding when we and others don't have the words for our feelings
- Finding ways to express feelings other than words
- Be kind to ourselves and others
- Give ourselves and others grace





LOSS



Loss is covers more than death.



Types of Losses

Primary Loss

Secondary Loss

Intangible Loss

*All of these are being experienced currently

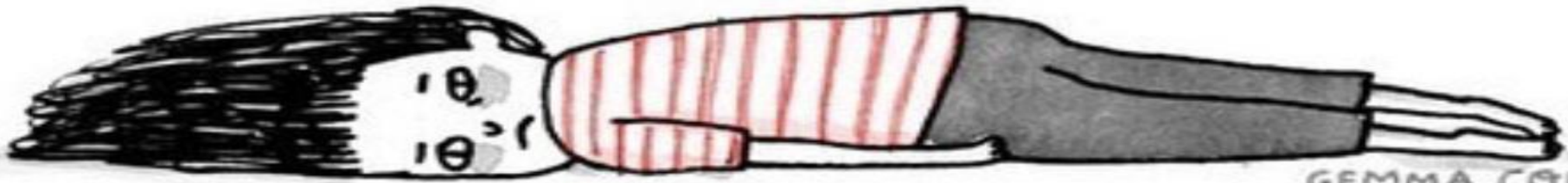
People who have a history of
trauma and grief may develop a
world view that
incorporates loss.

i.e.

Nothing is permanent

Nothing will last

NOPE.



GEMMA CORRELL

Loss and Letting
Go

People who have experienced grief and/or loss may have a difficult time of moving forward.

What do people need to let
go of to move forward?

If you want to *fly*,
you have to give up
the things that
weigh you down.
Toni Morrison



How We Can Support...

Preparing for transitions

Creating healthy rituals for loss

Recognizing positive goodbyes

Creating a safe environment to discuss loss

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FUTURE

Past

Present





Imagining the Future

Why do people (children and adults) need to play and have fun?

Rehearsal for new behaviors

Habit change/Alter established patterns

Social learning

Learn to trust

Establish safety in friendship

We can help by...

- Allowing time for healthy play
- Engaging in play ourselves
- Help people to explore their future
- Encourage people to dream
- Allow people to change their minds
- Encourage people to engage in new experiences to expand their worldview



Q&A

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THANK YOU!

Angelle E. Richardson, Ph.D., LPC
Angelle.Richardson@Jefferson.edu

Stephanie Taboada
Stephanie.Taboada@Jefferson.edu