

Sense of Safety for Practitioners Foundation Course

A course to help people care for each other more

This course has been developed by Dr. Johanna Lynch and powered by Better Health Company.

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What is Sense of Safety?

Sense of Safety is an approach researched and designed by Dr. Johanna Lynch, aimed at professionals in health, education, and public policy. The approach encourages practitioners to look at the whole person, considering not just their physical health, but also their emotional, social, and psychological needs. By using this approach, professionals can create environments that promote safety, trust, and healing, ultimately supporting better outcomes for the people they work with.



SENSE OF SAFETY

Want to know more about Sense of Safety?

Enrol in our **FREE** introduction to Sense of Safety course to learn more.

hub.betterhealthcompany.org/courses/introduction-to-sense-of-safety

About this course

This course introduces the rationale, history, and research behind the Sense of Safety Approach, grounded in clinical experience and transdisciplinary evidence. It provides an in-depth look at how to integrate whole person, trauma informed care into practice, using insights and approaches that enhance both practitioner and client safety. By adopting these strategies, practitioners can improve their own sense of wellbeing while fostering a supportive environment for patients or clients. The course is practical and paced to ensure sustainable change without adding to a practitioner's workload.

Who is this for?

This course is designed for practitioners who care for people in our community, including but not limited to health professionals, social workers, educators, mental health professionals, and public policy makers. It is ideal for anyone seeking to integrate trauma informed, whole person approaches into their practice, to enhance both their own sense of safety and the safety of their clients or patients. The course supports practitioners in building sustainable, effective, and compassionate care strategies.



How this course can help you...

Do you encounter clients who have experienced trauma or feel unsafe in different aspects of their lives? This course will equip you to offer care that not only supports their healing but also promotes a deeper sense of compassion and connection. By prioritising safety for both your clients and yourself, you'll be able to create an environment where people truly care for and support each other, empowering everyone to thrive.

What is included in the course?

This course contains up to 10 hours of self-paced content plus additional resources and reading for learners to engage with to strengthen their approach to building a sense of safety.

- Practical tools to use in practice with clients.
- Reflection activities to prompt personal reflection.
- Calming techniques for use by practitioners or with clients as part of consultations.
- Further reading and resources.
- Downloadable completion certificate to claim CPD hours.

What you will learn:

Applying the concepts of the Sense of Safety Approach in practice, emphasising practitioner wellbeing and client care.

Identifying stressors affecting practitioners and their sense of safety.

Evidence-based techniques for managing stress and enhancing safety when providing care.

Applying the seven Whole Person Domains of trauma informed care.

The link between relationships, lifelong health, and the importance of safety.

Course structure

As well as a welcome and summary, this course is structured around the five core concepts of the Sense of Safety Approach. Each of these concepts are designed to equip practitioners with practical tools and insights to foster safety, trust, and wellbeing in their work. The course will guide you through each of these areas, building on the previous topic, providing a comprehensive framework for creating supportive, safe environments.

Welcome to the course

Explore the rationale, history, and research behind the Sense of Safety Approach.

Whole person

Learn how to recognise the different factors that can help or harm someone's sense of safety by focusing on the person as a whole.

Trauma informed

Understand how distress can come from many forms of threat and explore a new approach that offers a clearer understanding of trauma and how to support healing.

Relationship-based

Discover how safe and trusting relationships are key to improving health and wellbeing, especially between a care provider and their clients.

Embodied awareness

Understand how a person's life story and experiences impact their body and their sense of wellbeing, and learn how to apply this in practice

Healing oriented

Practice skills and attitudes that keep a recovery focus and help to consistently build and restore a sense of safety for both clients and practitioners.

Summary A brief summary looking at the key components of this course.

Who has developed this course?

This course has been developed by Dr Johanna Lynch in collaboration with a team of learning specialists and health professionals at Better Health Company.

Dr. Johanna Lynch, General Practitioner

- Advocate and mentor in whole person care
- Founder of Sense of Safety
- Senior Lecturer at the University of Queensland
- Doctor of Philosophy
- Bachelor of Medicine, Bachelor of Surgery
- Graduate Certificate in Grief and Loss
- Fellow of Australian Society for Psychological Medicine
- Fellow of the Royal Australian College of General Practitioners

Jaimee Craft, Learning Experience Manager and Nutritionist

- Bachelor of Health Science (Nutrition)
- Diploma of Leadership and Management
- Certificate IV Training and Assessment

Sarah Lukeis, Health Psychologist

- Master of Psychology (Clinical)
- Bachelor of Applied Science (Psychology) (Honours)
- Bachelor of Social Science (Psychology)

Isabella Fedele, Accredited Practising Dietitian

- Master of Dietetic Practice
- Bachelor of Health Science
- Certificate IV Training & Assessment

"This course is so helpful for ensuring that health professionals are able to offer victims or survivors of trauma the important support they need- with safety and compassion"

Janise Mitchell, CEO Australian Childhood Foundation

"Thank you for such a practical distillation of Sense of Safety. It has helped me to care for myself through reflective prompts and to bring these dynamics to my patients. This is crucial wisdom for anyone working in whole person generalist care."

Dr Ami Thies, Australian General Practitioner

"This course is beautifully written and designed. Not only is it a masterclass in integrating theory, practice, and decades of wisdom, it supports the everyday work of the healthcare professional and the professional themselves in equal measure. You will actually enjoy moving through each module and realise that we have more in common with our clients and patients than we think."

Dr Paul Fung, Deputy Commissioner, Mental Health Commission of New South Wales

Authored by Dr Johanna Lynch | Powered by Better Health Co

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