Sense of Safety: Domains and Dynamics that Name a Transdisciplinary Language of Wellbeing

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BACKGROUND
Jargon-filled culture barriers between biomedicine and the social sciences prevent unified research frameworks and clinical approaches to the person.

Can the ordinary language of ‘sense of safety’ offer an integrative whole person appraisal relevant across the disciplines? A transdisciplinary consultation.

CONCLUSION
Sense of Safety is an embodied, relational and strengths-based language. It integrates knowledge across the disciplines from the cellular to the communal.

What does the phrase ‘sense of safety’ mean to you?

What causes threat?

How do people sense that they are safe?

INTEGRATIVE EMBODIED AND RELATIONAL: CONCURRENT AND DYNAMIC APPRAISAL

SELF
CONNECT
INTEGRATE
ENGAGE
CONTEXT
OTHER

"I think Sense of Safety is a lovely phrase – it’s a common English – it works – everyone knows they know what it means – and probably what everyone’s idea of what it means is not too different from what everyone else’s idea of what it means – so it is useful" (Mental health clinician and Academic pool member).

SENSE OF SAFETY WHOLE PERSON DOMAINS: SCOPE OF ASSESSMENT

ENVIRONMENT
SOCIAL CLIMATE
RELATIONSHIPS
INNER EXPERIENCE
SELF
MEANING & SPIRIT

DYNAMICS THAT BUILD SENSE OF SAFETY: THERAPEUTIC GOALS

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