



## **CRISIS STABILIZATION AND SAFETY**

### **SOMATIC EXPERIENCING**

Somatic Experiencing (SE™) is a body-oriented therapeutic model for healing trauma and other stress disorders. SE™ therapy is focused on creating awareness of inner physical sensations, which is viewed as the carrier of the traumatic memory. The SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

### **CRISIS STABILIZATION AND SAFETY PROGRAM**

Crisis Stabilization and Safety (CSS) is an emerging complementary modality of SE™ and a bottom-up, SE™ informed, wellness experience. CSS is designed for frontline workers, first responders, and people dealing with intense pressure to create stabilization, safety, and support structures during a community-wide crisis such as a disaster, a mass casualty event, or even a pandemic. It provides a framework for crisis intervention by providing support procedures that help improve safety measures and increase the ability to navigate various difficult situations.

## **SOMATIC EXPERIENCING INTERNATIONAL COMMUNITY-CENTERED CRISIS STABILIZATION AND SAFETY PROGRAM**

**"PARTICIPATING IN CSS WAS  
PHYSICALLY, SPIRITUALLY,  
AND EMOTIONALLY HEALING."**

- 2021 CSS PARTICIPANT



## COLLABORATIVE PROCESS OF COMMUNITY-CENTERED CSS

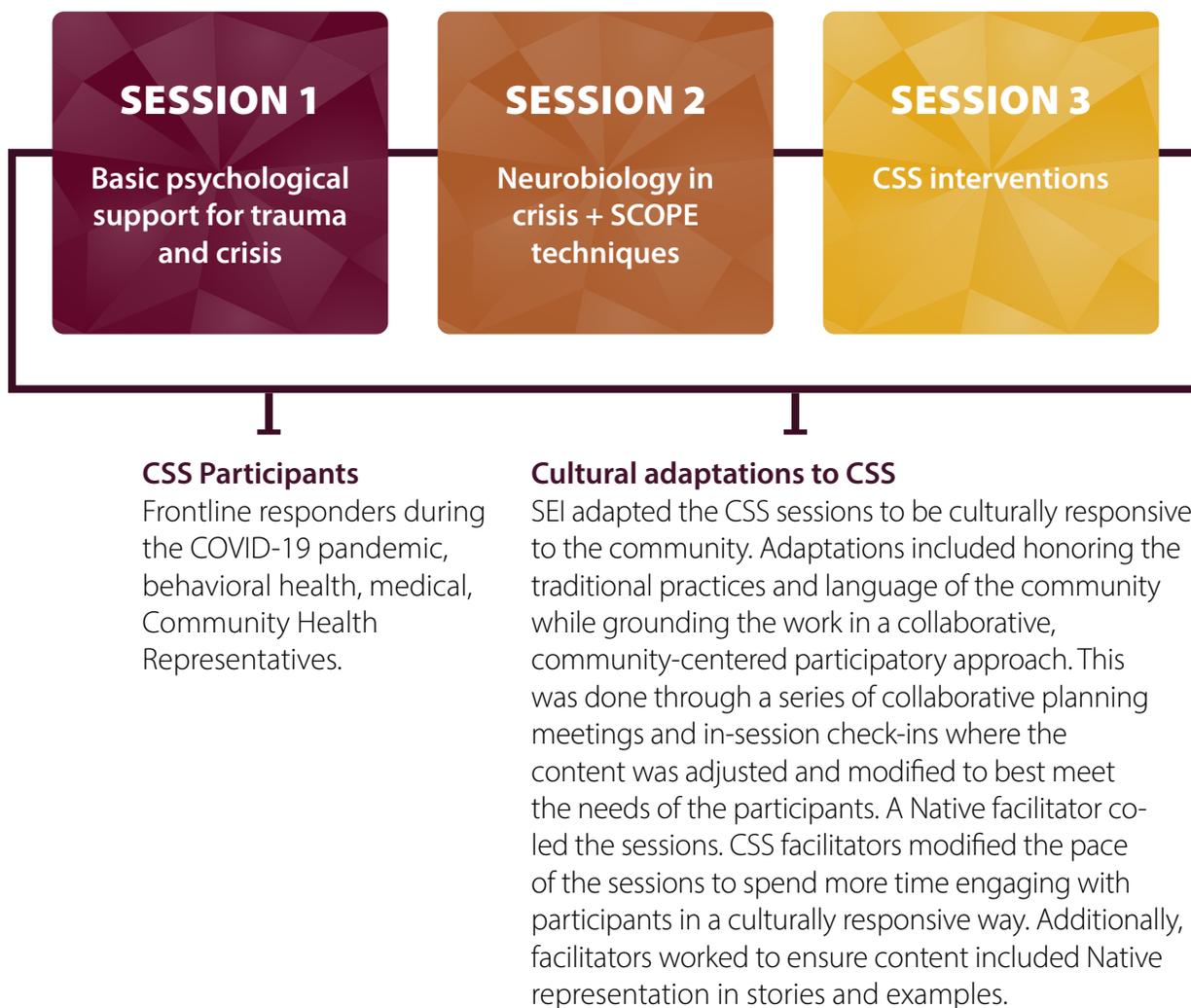
SEI worked with an Indigenous community to provide CSS sessions for COVID-19 frontline responders.

### PLANNING

SEI conducted several planning meetings to collaborate on content and identify the needs for crisis stabilization services.

### IMPLEMENTATION

SEI provided three, two-hour CSS resource sessions. The resource sessions were an adaptation of the six-module CSS Program. Participant engagement defined the resource sessions. Through a bottom-up approach, participants were provided tailored resources that would enable them to directly apply crisis stabilization techniques to their own experiences. The adaptation loosely followed the CSS key learning objectives. Due to the COVID-19 pandemic, the resource sessions were offered through Zoom rather than in-person.



### EVALUATION

SEI worked with Allyson Kelley and Associates, PLLC to conduct an Indigenous-centered evaluation of the CSS sessions. The evaluation explored the reach of CSS, strengths of CSS in tribal communities, and areas of engagement.

## CSS RESOURCE SESSION OUTCOMES

Participants shared how their involvement in the CSS sessions impacted them and had the potential to reach clients and the community.

### REACH OF CSS

#### SELF

"[CSS] gives you a tool to be able to handle yourself in a crisis. It gives you something else in your toolbox to be mindful of when people do share information. And it helps you to be able to help those in crisis but to also help yourself when you feel like you're in a crisis."

#### CLIENT

"...this gave me ways to help the clients to recalibrate."

#### COMMUNITY

"In our community there is trauma, and it's something that they're just used to and so having a framework and being able to kind of give them tools and have them address these big traumas and crises in their life and in particular, their families I think is just so needed."

### STRENGTHS OF CSS IN A TRIBAL COMMUNITY

#### TOOLS AND STRATEGIES

"The sessions provided a practical approach to working with personal and collective trauma to help yourself but also to help your community in times of trauma or times of crisis. So that you can help stabilize people and get them back into their body into the present moment."

#### UNDERSTANDING

"These sessions provided a framework for understanding how trauma impacts the brain and the body and all the layers of personal and community impact."

#### CONNECTION

"It was a reminder that we're not the only one going through these stressful situations and times. Sometimes it does feel like nobody understands what you're feeling because you're doing this kind of work but there are other people who really know."

### ENGAGEMENT

#### PARTICIPANT ENGAGEMENT

"At first, I felt uncomfortable in the session, I was cautious.... and stood in the background and just observed. But by the second session, just even in the tone of the facilitators voice you could tell that they were sincere about what they were doing. And..with humor it in...I started to be more vocal and feel more comfortable..."

#### SPIRITUAL ENGAGEMENT

"One of the main things that stood out was the spiritual engagement that a lot of indigenous people can relate to, whether we do it the same way or not, the sessions gave ideas on how to incorporate our own spirituality into these practices."

#### REFLECTION

"During this pandemic we have been frontline workers. We have encountered many challenges and things with the job, and with our own personal lives. This training is a benefit to us because it reminds us to take care of ourselves."



**CRISIS  
STABILIZATION  
AND SAFETY**

For more information about  
the Crisis Stabilization and Safety Program,  
please visit [Somatic Experiencing International](https://www.somaticexperiencinginternational.org)  
or email [publichealth@traumahealing.org](mailto:publichealth@traumahealing.org)