

Building Strong Relationships with Felt Safety

**Healing Centered Families
Wisconsin 2024 Conference**

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welcome

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Registered Play Therapist- Supervisor™
She | Her

Identity

Biracial Black Woman | Cisgender | Able-Bodied
Middle Class | Adoptive Parent | Foster Parent

Professional Lens

Clinical Social Worker | Early Childhood Mental
Health | Play Therapist | Anti-Oppression | Trauma
Resilience | Relational Healing

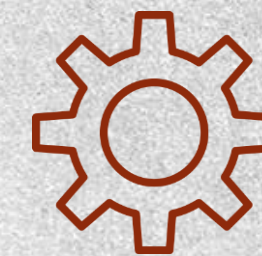
Today's Agenda



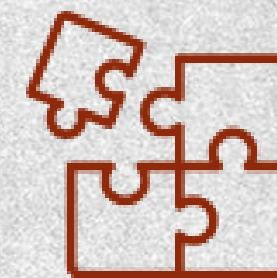
**Understanding
Felt Safety**



**Felt Safety & The
Brain**



**Relationship
Building
Strategies**



Reflections

IN THIS ROOM...

WE RESPECT AND VALUE
ALL RELATIONSHIPS AND
STORIES



Connection

Attunement

Trust

What is Felt Safety?

Security

Predictability

Empowerment

Felt Safety & The Brain

Amygdala = Headquarters

Fear & Stress Response

“Fight, Flight, or Freeze”



Disney Pixar
**INSIDE
OUT 2**

Activity



Felt Safety

“When you arrange the environment and adjust your behavior so your children can feel in a profound and basic way that they are truly safe in their home with you.

Until your child experiences safety for themselves, trust can't develop, and healing and learning won't progress.”

-Karen Purvis





...Intentional Moments
...Space and Grace for "Do Overs"

Strategies for Building
Strong Relationships





Felt Safety – Welcoming
“Hellos & Goodbyes”



Felt Safety – Playful Transitions



Felt Safety –
Times of Trouble

Reflection

✧ ✧ ✧ FELT SAFETY NOTES & INSPIRATION ✧ ✧ ✧ ☺

3 WAYS WE CREATE FELT SAFETY IN OUR HOME:

REFLECTION

5 NEW IDEAS TO TRY:

WORDS TO INSPIRE ME:

3 WAYS TO CLOSE EACH DAY

REFLECTION

01.

02.

03.



**“I am brave, I am bruised
I am who I'm meant to be, this is
me.”**

**“This is brave, this is bruised
This is who I'm meant to be, this is
me.”**





Thank you

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There are so many resources out in the world to learn more about felt safety.

Here is my list of books and podcasts that have had an impact on me personally. Enjoy!
-Shanna



Book

What Happened to You

Conversations on Trauma, Healing & Resilienc,
Bruce D Perry, and Oprah Winfrey

Book

Hunt, Gather, Parent:
What Ancient Cultures
Can Teach Us About the
Lost Art of Raising
Happy, Helpful Little
Humans, Michaleen
Doucleff

Book

The Connected
Child, Karyn
Purvis

Podcast

**THE BAFFLING
BEHAVIOR SHOW**
Robyn Gobbel

Book

**RAISING KIDS WITH
BIG, BAFFLING
BEHAVIORS**

Brain-Body-Sensory
Strategies that
Really Work, Robyn
Gobbel