Making Mindfulness Safer

A trauma-informed approach to practice and facilitation

DEFINITIONS



TRAUMA
What happens inside us when experiences overwhelm our ability to cope.



TRAUMA-INFORMED MINDFULNESS
Practice adapted for safety, choice, and regulation.



SAFETY
Not universal. Shaped by identity, culture, history.

THE PERSON

Triggers
Sensory, Social, Cultural

Responses
Physical, Emotional, Behavioural

Power responses
Push through, Masking, Silence, Hypervigilance, Shutdown

3 ELEMENTS

Every moment includes all three:



THE PRACTICE

Risks
Assuming safety, Bypassing pain, Over-focus on regulation

Understand
Trauma lives in body, Safety is contextual, Healing isn't always still

Adapt
Choice, Titration, Multiple anchors, Stay relational

FACILITATOR (WORKING WITH SELF) – RAIN

(Tara Brach)

R **Recognise**
What's happening in me?

A **Allow**
Can this be here?

I **Investigate**
Body, control, perception, power

N **Nurture**
What supports steady response?

♡ *Staying with ourselves helps us stay in relationship* ♡

IN THE MOMENT

What is happening in the person?
(Nervous system, Safety, Power)

What about the practice?
(Choice, Pacing, Flexibility)

What is happening in me?
(Pressure, Urgency, Need to fix)

What helps me respond?
(Slow down, Stay relational, Offer choice)

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