

MULTI-
LAYERED
SAFETY
& TRUST

DR KAREN TREISMAN / SAFE HANDS AND
THINKING MINDS

BRICK PARENTS
SECURE BASES
SAFE HAVENS

CULTURAL
SAFETY

PHYSICAL
SAFETY

RELATIONAL
SAFETY

MORAL
SAFETY

EMOTIONAL &
PSYCHOLOGICAL
SAFETY

INTERNAL
SAFETY

REPEAT
REPAIR
RELATE
REFLECT
REGULATE

SAFETY & TRUST

WHEN SAFETY & TRUST INCREASE,
THREAT, FEAR & DANGER DECREASE