

Gifts of the FAN (Facilitating Attuned Interactions)

- I have a theory of change that grounds me.
- I have tools I can use in the moment to guide me.
- I understand that relationships are achieved not assumed and I am gentle not harsh with myself.
- I can catch myself when I'm out of balance and bring myself back to center.
 - I know what gets me stirred up or shut down.
 - I can read my own cues.
 - I have strategies to bring me back to balance.
- I can hold big feelings and stay regulated.
 - I have words and ways to respond.
 - I know to speak simply and pause.
- I can stay with another person and not rush to fix them or their problems.
- I can give my gifts of information and be heard.
- I have a structure to use which helps create mutual safety.
- I have a working model for trauma-informed practice.
- I can be my vital rather than fragmented self.
 - I can name things.
 - I can track what is happening.
 - I can stay calm and organized.
- And when I am not my vital self, I can use support and reflection to find myself again and again.

Linda Gilkerson, 2019