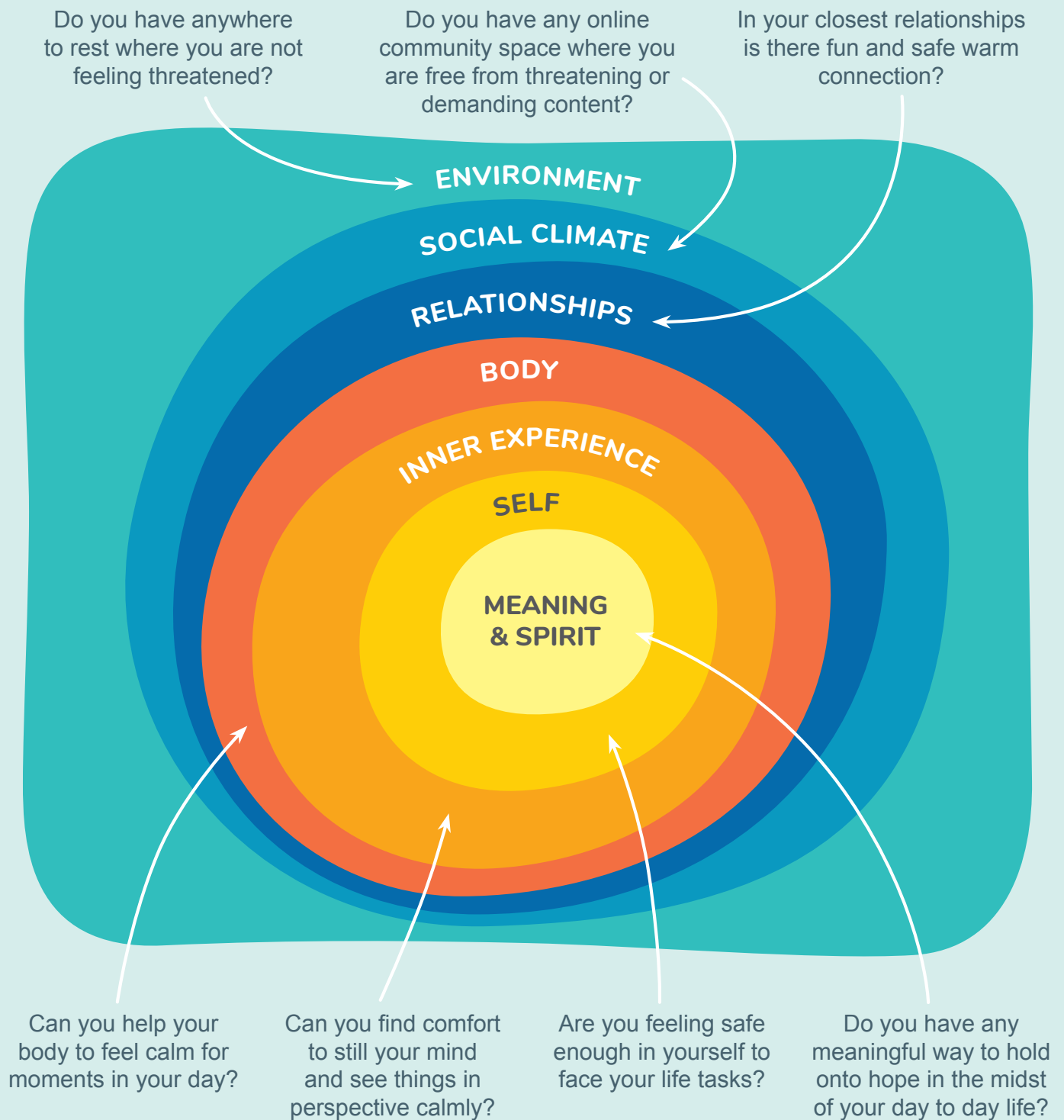


Sense of Safety for Clinicians



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This model of self-care is the outcome of a transdisciplinary project that integrates attachment, trauma-informed, psychophysiology and stress research in the context of whole person approaches to distress in primary care.

More on the sense of safety framework can be found in ***A Whole Person Approach to Wellbeing: Building Sense of Safety*** (2020 Routledge).

Lynch, J.M., Sense of Safety: a whole person approach to distress, in Primary Care Clinical Unit. 2019, University of Queensland: Brisbane. © Copyright 2020 Dr Johanna Lynch.