

Applying the Principles of Trauma Informed Care

Principles of Trauma Informed Care

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment

The purpose of this document is to:

- reflect upon when we are already being trauma informed
- enhance our opportunities to be trauma informed moving forward

As individuals, teams and as organizations, think about the principles and how they show up in our day-to-day, environments and interactions.

SAFETY: (Physical, Psychological, Cultural and Intersectional)

- A. What is in place now to create physical, psychological, cultural and intersectional safety for your clients/families?
- B. What would you like to do differently so that your clients/families feel even more physical, psychological, cultural and intersectional safety?
- C. What is in place now to create physical, psychological, cultural and intersectional safety for staff in the workplace?
- D. What would you like to do differently so that you feel even more physical, psychological, cultural and intersectional safety while at work?

TRUSTWORTHINESS

- A. What is in place now to create/build trust between you and your clients/families?
- B. What would you like to do differently to increase a sense of trust for your clients/families as they interact with us?
- C. What is in place now to create/build trust between you and your peers, supervisors and your organization?
- D. What would you like to do differently to increase a sense of trust between you and your peers, supervisors and your organization?

CHOICE

- A. What is in place now which allows you to offer choice to your clients/families?
- B. What would you like to do differently to provide your clients/families more choice even when the outcome or expectation cannot change?
- C. What is in place now to which allows you to have choice within your role?
- D. What would you like to do differently so that you have more choice within your role?

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COLLABORATION/PARTNERSHIP

- A. What opportunities are available now for your clients/families to collaborate with you?
- B. What would you like to change so that your clients/families have more opportunities to collaborate with you?
- C. What is in place now which allows you to collaborate with each other, your supervisors and systems partners?
- D. What would you like to do differently so that you can collaborate better with each other, supervisors and system partners?

EMPOWERMENT – Strengths Based Skill Building

- A. What is in place now that allows you to identify existing resilience factors in your clients/families so that you can support their goals and work with them?
- B. What would you like to do differently so that you can empower your clients/families to better meet their goals and work with them?
- C. What is in place now to empower you and build your resiliency and professional skill set?
- D. What would you like to do differently to feel empowered and build your resiliency and professional skill set?

