Principles of Trauma-Informed Care

* **Trauma Awareness** – incorporates an understanding of trauma into all aspects of care provision
* **Emphasis on Safety** – emphasizes physical and emotional safety for patients and providers, establishes clear roles and boundaries co-designed with mutual respect
* **Opportunities to rebuild control/Empowerment**– creates predictable environments emphasizing the importance of choice to build a sense of self efficacy and personal control
* **Strengths-based approach** – focuses on strengths rather than deficits, on the future and skill building to further develop resiliency

Hopper et al. The Open Health Services and Policy Journal, 2010, 3, 80-100.

TIC: Intro Toolkit

**Think…**

* + Environment
  + Body positioning / Language / Self-Awareness
  + Ask permission, ask permission, ask permission
  + Listen for and reflect underlying needs
  + Listen for and reflect underlying values
  + Acknowledge strength and retire the clinical child-speak
  + Help people find their feet, and help their feet find the ground