

Becoming Trauma Informed – Services

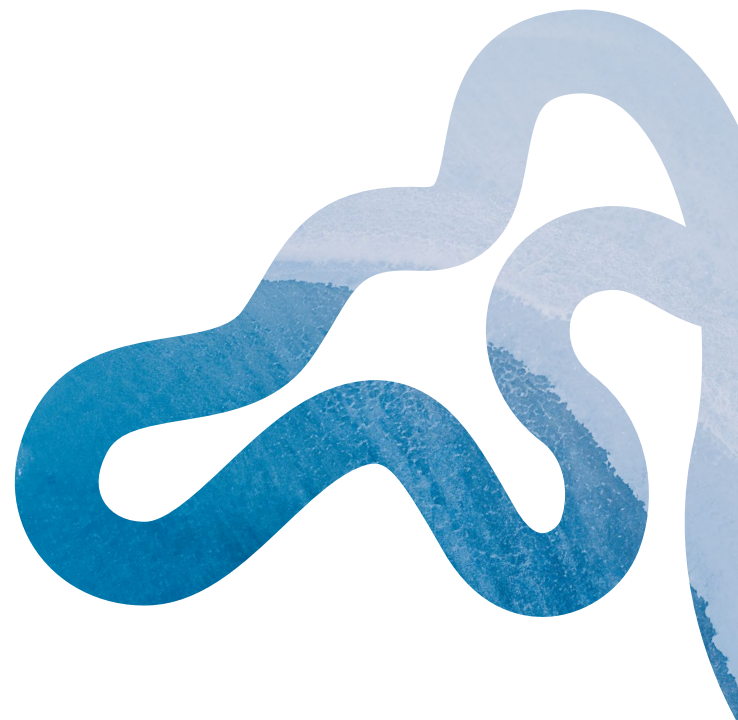
Blue Knot Foundation fact sheet about becoming trauma-informed for service providers

We can all become informed about trauma, and act on this awareness. The core principals of ‘trauma-informed practice’ are applicable on all services, interpersonal contexts, and society-wide.

Becoming trauma-informed, and putting its basic principles into practice, lowers stress levels and reduces the likelihood that people who have experienced trauma will be overwhelmed. It also assists interactions in general, and is a ‘win-win’ for everyone.

Trauma-informed practice:

- Rests on the foundation principle of ‘do no harm’.
- Does not require clinical knowledge and is not ‘treatment’.
- Understands the effects of stress on the brain and body.
- Considers what has happened to the person (not what is ‘wrong’ with the person).
- Regards ‘symptoms’ as outgrowths of coping strategies.
- Is sensitive to client comfort levels and to THE WAY IN WHICH a service is delivered (not just WHAT the service is).
- Works with (rather than ‘doing to’) the client.



Core trauma-informed principles

(embedded service-wide)

Safety

Emotional as well as physical; e.g. are the physical space, reception, and intake procedures welcoming?

Trust

Is your service sensitive to the client needs t all levels of contact? How does the service consistently convey its reliability?

Choice

Does your service provide choice to clients at all levels at which it is appropriate and possible to do so? In what ways?

Collaboration

Does your service consistently communicate to clients a sense of 'doing with' rather than 'to'? How?

Empowerment

Is empowering clients an ongoing goal of your service? How is this goal enabled by service systems, programs and processes?

Respect for Diversity

Does your service convey and enact respect for client diversity in all its forms? In what ways?

