

Values/Principles of Trauma-Informed Care

Safety



Trustworthiness



Choice



Collaboration



Empowerment



Definitions

Ensuring physical and emotional safety for all. Generally involves protection of self or others.

Maximizing trust, ensuring clear expectations, and having consistent boundaries. Refers to transparency.

Making individual choice and control a priority. Refers to the right to self-determination and autonomy.

Sharing power and working together with individuals. The idea of working with, not doing to or for.

Involves the recognition of strengths and skills to build a realistic sense of hope and possibility.

Values/Principles in Practice

Create a welcoming environment

Ask what safety looks like

Embrace diversity and inclusion

Provide clear information about expectations

Maintain confidentiality and privacy

Express patience and acceptance

Inform others about options available to them

Balance flexibility while defining parameters

Reflect options regarding race, gender and culture

Seek ideas and feedback

Explore others' circumstances from their perspective

Acknowledge power dynamics

Build on strengths and capacities

Ensure interactions are validating and affirming

Use person-first and inclusive language

Institute on Trauma and Trauma-Informed Care (2021)
Informed by Fallot & Harris (2009) Creating Cultures of Trauma-Informed Care