

## **Six Guiding Principles of Trauma-Informed Practice\***

- ❖ **Safety:** Because trauma involves a physical or emotional threat it's important that services and supports be hospitable.
- ❖ **Trustworthiness:** Trauma impacts one's ability to trust. Trust comes from role clarification, clear and consistent actions and policies, and clear tasks.
- ❖ **Choice:** Prioritizing family and youth choice in services and supports and providing mutuality; a shared relationship.
- ❖ **Collaboration:** Working jointly with families and youth through shared power.
- ❖ **Empowerment:** Recognizing the importance for families and youth to achieve mastery, develop skills, and utilize these skills.
- ❖ **Language Access & Cultural Competence:** Eliminating health disparities based on culture and language differences.

*\*Modified by THRIVE family and youth and based on Using Trauma Theory to Design Service Systems, eds. Falot and Harris*

## **Key Questions in Reviewing Service Procedures**

- How can we ensure physical and emotional safety for families, youth and staff?
- How can we maximize trustworthiness? Make tasks clear? Maintain appropriate boundaries?
- How can we enhance family and youth choice and mutuality?
- How can we maximize collaboration and sharing of power with families and youth?
- How can we prioritize family and youth empowerment and skill-building at every opportunity?



## **Traditional Human Services Paradigm**

### ***Understanding of Trauma***

- PTSD as organizing model
- Impact of trauma predictable & obvious
- Trauma is an event
- Trauma impact follows definable course

### ***Understanding of Child/Youth Survivor***

- Different system, different view of child & problem
- Understood out of context as individual difficulty
- The problem is the symptom, so treat symptom
- Responsibility not allocated appropriately

### ***Understanding of Services***

- Primary goal is stability & absence of symptom
- Crisis-Driven
- Time limits economically & administratively driven

### ***Understanding of Service Relationship***

- Child/youth/family passive recipients of services
- Child/youth/family's safety & trust taken for granted
- Provider/Consumer relationship uniformly hierarchical

## **Trauma-Informed Human Services Paradigm**

### ***Understanding of Trauma***

- Complex PTSD as organizing model
- Impact of trauma is complex & seen in apparently unrelated life domains over life course
- Trauma a core event changing one's development

### ***Understanding of Child/Youth Survivor***

- Integrated, whole person view of child & challenges
- Contextual, relational view of challenges & solutions
- "Symptoms" seen as coping & survival strategies
- Developmentally appropriate allocation of responsibility

### ***Understanding of Services***

- Primary goals are growth, empowerment, resilience & life skill development
- Service priorities are prevention driven
- Service time limits are determined by child's needs

### ***Understanding of Service Relationship***

- Each child, youth, family member & service provider has a unique & valuable perspective
- Young voices need to be drawn out in empathic relationships, sensitized to the silencing impact of trauma
- Young person's safety must be ensured & trust developed over time
- Service relationships involve developmentally appropriate collaboration