Trauma-Informed Principles

Moving from “What’s wrong with you?” to “What has happened to you & how can I help?”

A trauma-Informed approach:
Realizes presence of trauma
Recognizes how trauma affects all individuals, including SELF
Responds by putting knowledge into practice
Resists re-traumatizing people

Trauma-Informed Principles
• Safety
• Trustworthiness & transparency
• Collaboration & mutuality
• Empowerment, voice, & choice
• Peer support
• Awareness of cultural, historical, & gender issues/equity