

BLUE KNOT FOUNDATION

FACT SHEET: BECOMING TRAUMA-INFORMED



We can all become informed about trauma, and act on this awareness. The core principles of 'trauma-informed practice' are *applicable in 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 foundational 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 (*embed 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 client needs at 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?*)

