

# 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