

CARE

INFORMED

OF TRAUMA

FUNDAMENTALS

6

HERE ARE THE

Trustworthiness and

Transparency

Be consistent

Communicate  
effectively

VALIDATE THEIR

FEELINGS

Make them feel safe

*Be patient*

OPPRESSION

DISCRIMINATION AND

EXPERIENCES OF

THEIR OWN UNIQUE

EACH INDIVIDUAL HAS

ACKNOWLEDGE THAT

INTERSECTIONALITY

*Value All Voices*

**Peer Support**

Peer support groups

can help people feel

connected to others

who have

experienced trauma.

Emotional relief

Coping skills

Self-confidence

Friendship

Empowerment

Are benefits of peer support

compassion

with

community

Help your

Care

informed

Trauma

CULTURAL AND HISTORICAL

Understanding a trauma

survivor's cultural and

historical background is

crucial because it can

significantly impact how they

experience and process

trauma, providing context for

their reactions and offering

potential avenues for healing

by allowing for culturally

relevant coping mechanisms

and acknowledging the

collective trauma experienced

by their community or group

throughout history; this is

often referred to as "historical

trauma."

lost\_renegade

@Insta



spoon.

Wave

Please remember

always examine systems and bias

Marginalized groups have experienced trauma in the very places they seek help

Intersectionality is a framework that can help improve trauma-informed care by considering how a person's identity intersects with their experience of trauma

# Safety

- Physical safety: Protection from harm and danger, including basic needs like food, shelter, and protection from physical threats
- Emotional safety: Feeling secure enough to express thoughts and feelings without fear of judgment, ridicule, or harm
- Sense of security in one's environment: The belief that one's surroundings are stable and predictable

## 1. SAFETY

## 2. TRUSTWORTHINESS AND TRANSPARENCY

## 3. PEER SUPPORT

## 4. COLLABORATION AND MUTUALITY

## 5. EMPOWERMENT, VOICE, AND CHOICE

## 6. CULTURAL, AND HISTORICAL

# COLLABORATION

# MUTUALITY AND

Involve them in decision making

**Avoid any Power imbalance**

Strive for transparency

TRAUMA-INFORMED CARE SHIFTS THE FOCUS FROM

"WHAT'S WRONG WITH YOU?"

TO "WHAT HAPPENED TO YOU?"

IT CONSIDERS THE PATIENT'S PAST AND PRESENT LIFE SITUATION

# United as

## EMPOWERMENT VOICE AND CHOICE

- Respect their choices: Allow them to express themselves in the way they need to, whether that's through talking, writing, or creative outlets.
- Respect their boundaries: Ask for consent before touching, hugging, or asking personal questions.
- Respect their preferences: Follow their lead on how much and when they want to talk about their trauma.

## WHAT IS TRAUMA?

Trauma results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, and/or spiritual well-being.

Why is this concept of care so important?

Let me explain...

WE HAVE TO CREATE OPPORTUNITIES FOR INDIVIDUALS AND COMMUNITIES TO SHARE THEIR STORIES, GRIEVE, AND BE VALIDATED IN THEIR EXPERIENCES IN ORDER TO MOVE TOWARDS HEALING.

-- Laura Porter

Keep up the amazing community work.