



Activity 3: Practice the Trauma-Informed Care Principles

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Observe: Complete the table below with the cards you identified from the card activity.

Observe: Use this table to identify areas for exploration		
Trauma-Informed Care Model	Behavioral Statements	How can you practice this behavior more frequently or well? Be specific.
1	Safety	
2	Trust	
3	Peer Support	
4	Collaboration	
5	Empowerment	
6	Culture	
7	Physical	
8	Psychological	
9	Social	

Questions to Explore

Evaluate:

1. As you think about the behaviors you selected, what resonates most with you?

2. Did anything surprise you? What?

Respond:

3. Which behavior will have the greatest impact on you and others? Explain.

4. Who can you ask for help and support?