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Activity 4: Explore the Trauma-Informed Care Model

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As you think about your understanding of the Trauma-Informed Care Model, answer the questions to explore to the right.

Questions to Explore

1. How does it help you to know that there is a model describing Trauma-Informed Care?
2. What resonates most with you about the Trauma-Informed Care Model given your own experience?
3. How does the Trauma-Informed Care Model help you see alignment or gaps in your life?
4. How does the Trauma-Informed Care Model motivate you to explore your behaviors and act to practice them more frequently and well?

Trauma-Informed Care

How do I instill the 6 principles in practice?

6 Guiding Principles



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Trauma-Informed Care

How do I instill the 6 principles in practice?

Environment



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Trauma-Informed Care

How do I instill the 6 principles in practice?

SAFETY

Ensure physical and psychological safety

TRUST

Build trust through transparency

PEER SUPPORT

Value peers as an integral part of care services

COLLABORATION

Collaborate through respectful shared decision making

EMPOWERMENT

Empower others through their strengths, voice, and choices

CULTURE

Recognize and respect all cultures and historical trauma



Trauma-Informed Care

How do I instill the 6 principles in practice?

Environment

PHYSICAL ENVIRONMENT

PSYCHOLOGICAL ENVIRONMENT

SOCIAL ENVIRONMENT

