

UNDERSTANDING TRAUMA INFORMED CARE

KEY PRINCIPLES:

SAFETY

Ensuring that both patients and healthcare staff feel physically and psychologically secure during interactions and within healthcare organizations.



TRUSTWORTHINESS & TRANSPARENCY

Making decisions with transparency and prioritizing building and maintaining trust with patients.



PEER SUPPORT

Integrating individuals with shared experiences into healthcare organizations as crucial contributors to service delivery.



COLLABORATION

Leveling power differences to support shared decision-making among staff, clients, and within the organization.



EMPOWERMENT

Recognizing and validating patient and staff strengths, believing in resilience, and the capacity to heal from trauma.



HUMILITY & RESPONSIVENESS

Acknowledging and addressing biases, stereotypes, and historical trauma.



Source Material:

- “Trauma-informed Care.” Human Trafficking Collaborative, University of Michigan, 2023, <https://humantrafficking.umich.edu/education/trauma-informed-care/#:~:text=A%20trauma%2Dinformed%20approach%20is,sense%20of%20control%20and%20empowerment>.
- General Awareness, Because Organization, 2023, <https://www.becauseorg.com/generalawareness>