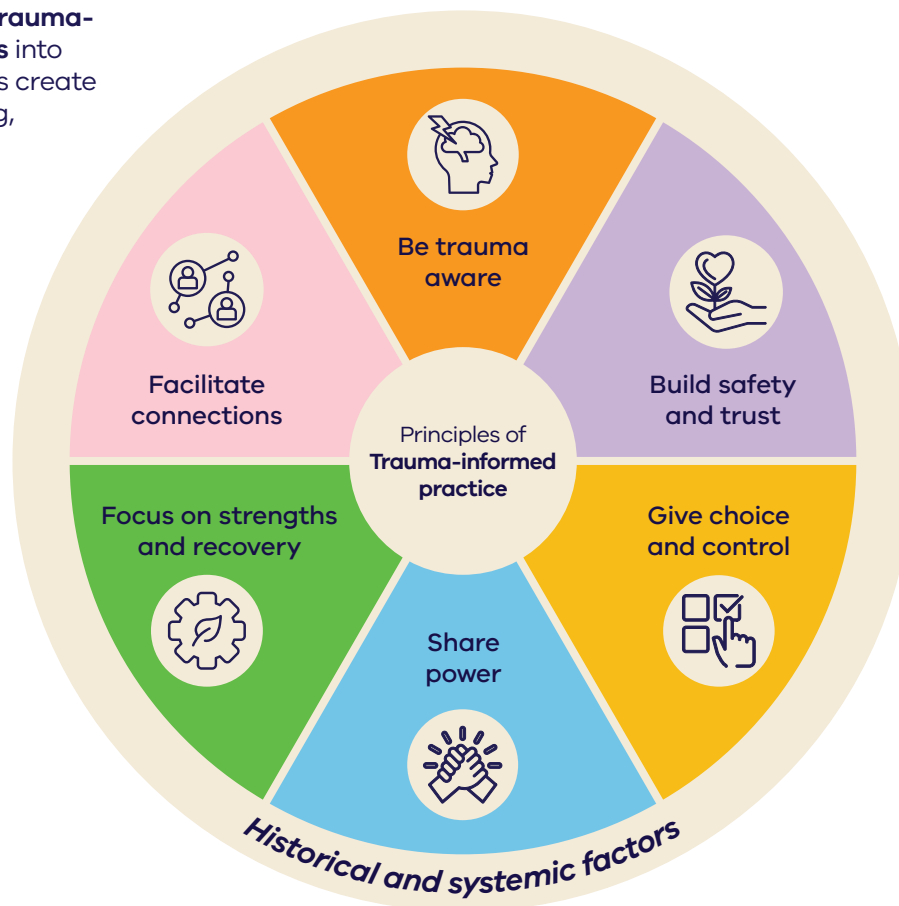


6 principles of trauma-informed practice

Integrating these **trauma-informed principles** into daily practice helps create a safe, empowering, and supportive environment for every person we work with.



1. Be trauma aware

Understand the impacts of trauma and adversity on individuals, families, and community. Understand how trauma experience shapes needs, behaviours, and relationships.

2. Build safety and trust

Create physical and emotional safety, and minimise service-related harms. Build trust through a shared understanding of needs, identity, and culture. Support worker wellbeing.

3. Give choice and control

Support people to make informed choices by explaining roles, what to expect, and the options available. Wherever possible, involve service users, and the people they trust, in decisions about care.

4. Share power

Reduce power imbalances by working together with the service user. Ensure that consumers are aware of their right to make decisions about their care. Value their knowledge and experience when setting goals. Involve service users, their families and carers in service improvement and review.

5. Focus on strengths and recovery

View people as resourceful and resilient. Encourage them to use existing strengths and focus on meaningful goals. Everyone has a role in supporting recovery from trauma.

6. Facilitate connections

Take a holistic view of people's needs, taking into account their context and community. Provide integrated and co-ordinated care. Support meaningful connections.

Applying the 6 principles of trauma-informed practice

Instructions: This worksheet can be used by individual workers or teams reviewing their practice. Write down how you're applying each of these principles in your work.



1. Be trauma aware

E.g., Understand how trauma and adversity shape service users' behaviour, needs and relationships.



2. Build safety and trust

E.g., Create physical and emotional safety, and minimise service-related harms. Promote worker self-care.



3. Give choice and control

E.g., Explain your role and options clearly so service users can make informed choices about the care they receive. Involve them and those they trust in decisions.

Applying the 6 principles of trauma-informed practice (continued)



4. Share power

E.g., Work together with the service user to reduce power imbalances. Value their experience and knowledge when setting goals. Ensure they are aware of their rights. Involve service users, family, carers in service improvement.



5. Focus on strengths and recovery

E.g., View people as resourceful and resilient, encourage them to use existing strengths, and focus on meaningful goals. Everyone has a role in supporting recovery from trauma.



6. Facilitate connections

E.g., Take a holistic view of people's needs, taking into account their context and community. Provide integrated and co-ordinated care. Support meaningful connections.