



Elephant in the Room!

What is Trauma-Informed Care?

TRAINING PROGRAM



Karen Hulls
SOCIAL WORK SERVICES

8 Principles of Trauma-Informed Care

Healing Happens in Relationships:

Believing that establishing safe, authentic and positive relationships can be corrective and restorative to survivors of trauma.

Recovery is Possible:

Understanding that recovery is possible for everyone regardless of how vulnerable they may appear; instilling hope by providing opportunities for consumer and former consumer involvement at all levels of the system, facilitating peer support, focusing on strength and resiliency, and establishing future-oriented goals.

Understanding Trauma and Its Impact:

Understanding traumatic stress and how it impacts people and recognising that many behaviours and responses that may seem ineffective and unhealthy in the present, represent adaptive responses to past traumatic experiences.

Promoting Safety:

Establishing a safe physical and emotional environment where basic needs are met, safety measures are in place, and provider responses are consistent, predictable, and respectful.

Ensuring Cultural Competence:

Understanding how cultural context influences one's perception of and response to traumatic events and the recovery process; respecting diversity within the program, providing opportunities for consumers to engage in cultural rituals, and using interventions respectful of and specific to cultural backgrounds.

Integrating Care:

Maintaining a holistic view of consumers and their process of healing and facilitating communication within and among service providers and systems.

Sharing Power and Governance:

Promoting democracy and equalisation of the power differentials across the program; sharing power and decision-making across all levels of an organisation, whether related to daily decisions or in the review and creation of policies and procedures.

Supporting Consumer Control, Choice and Autonomy:

Helping consumers regain a sense of control over their daily lives and build competencies that will strengthen their sense of autonomy; keeping consumers well-informed about all aspects of the system, outlining clear expectations, providing opportunities for consumers to make daily decisions and participate in the creation of personal goals, and maintaining awareness and respect for basic human rights and freedoms.

REFERENCE

Guarino, K., Soares, P., Konnath, K., Clevil, R., and Bassuk, E. (2009). *Trauma-Informed Organisational Toolkit*. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, and the Daniels Fund, the National Child Traumatic Stress Network, and the W.K. Kellogg Foundation. Available at www.homeless.samhsa.gov and www.familyhomelessness.org

To book into this training program or others please contact Karen Hulls on 0400 510 441 or email: karenhulls@gmail.com or refer to website: www.karenhulls.com.au