

# FIVE PRIMARY TRAUMA-INFORMED CARE GUIDING PRINCIPLES

1. SAFETY – Physical and emotional safety. Both the setting and interactions are physically and psychologically safe which includes where and when services are delivered, as well as awareness of an individual’s discomfort or unease.

*Question: What other things would you consider for safety?*

2. TRUSTWORTHINESS AND TRANSPARENCY – Meaningful sharing of power and decision-making. Transparent operations and decisions maintain trust. Ensuring trustworthiness through clarity and consistency.

*Question: What other areas would you consider important regarding trustworthiness?*

3. CHOICE – Voice and choice. The aim here is to strengthen staff’s, participants’, and families’ experience of choice. There is recognition of the need for an individualized approach. There is active participation in decision-making regarding services. It is understood that offering built-in small choices make a real difference.

*Question: What kind of choice is relevant to providing services?*

4. COLLABORATION AND MUTUALITY – Partnership, leveling of power differences. Recognition that healing happens in relationships and meaningful sharing of power.

*Question: What does collaboration look like in your day-to-day work?*

5. EMPOWERMENT – An individual’s strengths are recognized, built on and validated.

*Question: How would you go about empowering your clients?*

(Fallot and Harris, 2006)