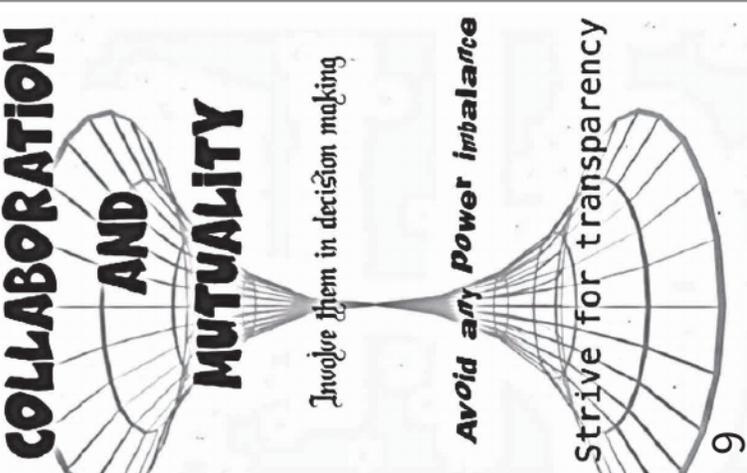


TRAUMA-INFORMED CARE SHIFTS THE FOCUS FROM "WHAT'S WRONG WITH YOU?" TO "WHAT HAPPENED TO YOU?" IT CONSIDERS THE PATIENT'S PAST AND PRESENT LIFE SITUATION.

WE HAVE TO CREATE OPPORTUNITIES FOR INDIVIDUALS AND COMMUNITIES TO SHARE THEIR STORIES, GRIEVE, AND BE VALIDATED IN THEIR EXPERIENCES IN ORDER TO MOVE TOWARDS HEALING.
 - Laura Porter

Safety

- Physical safety: Protection from harm and danger, including basic needs like food, shelter, and protection from physical threats
- Emotional safety: Feeling secure enough to express thoughts and feelings without fear of judgment, ridicule, or harm
- Sense of security in one's environment: The belief that one's surroundings are stable and predictable



Instagram @
 Lost_renegade

Made by
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♥ **Trauma** ♥
 informed
 ♥ **Care** ♥
 ☆ Help your ☆
 community ☆
 ☆ with ☆
 compassion

CULTURA AND HISTORICAL

Understanding a trauma survivor's cultural and historical background is crucial because it can significantly impact how they experience and process trauma, providing context for their reactions and offering potential avenues for healing by allowing for culturally relevant coping mechanisms and acknowledging the collective trauma experienced by their community or group throughout history; this is often referred to as "historical trauma."

HERE ARE THE
 6
 FUNDIMENTALS
 OF TRAUMA
 INFORMED
 CARE

6. CULTURAL, AND HISTORICAL

5. EMPOWERMENT, VOICE, AND CHOICE

4. COLLABORATION AND MUTUALITY

3. PEER SUPPORT

2. TRUSTWORTHINESS AND TRANSPARENCY

1. SAFETY

Peer Support

Peer support groups can help people feel connected to others who have experienced trauma.

- Emotional relief
- Coping skills
- Self-confidence
- Friendship
- Empowerment

Are benefits of peer support

BE patient

Follow their lead on how much and when they want to talk about their trauma.

Respect their preferences: Ask for consent before touching, hugging, or asking personal questions.

Respect their choices: Allow them to express themselves in the way they need to, whether that's through talking, writing, or creative outlets.

EMPOWERMENT, VOICE AND CHOICE

Trustworthiness and Transparency

Be consistent

Communicate effectively

VALIDATE THEIR FEELINGS

make them feel safe

Be patient

Let me explain...

Why is this concept of care so important?

Why is this concept of care so important?

emotional, and/or spiritual well-being.

mental, physical, social,

the individual's functioning and

with lasting adverse effects on

disturbing or life-threatening

events that are emotionally

to an incident or series of

WHAT IS TRAUMA?

Please remember

always examine systems and bias

Marginalized groups have experienced trauma in the very places they seek help

Intersectionality is a framework that can help improve trauma-informed care by considering how a person's identity intersects with their experience of trauma

Intersects with their experience of trauma

work.

community

amazing

Keep up the

Value All Voices

INTERSECTIONALITY

ACKNOWLEDGE THAT EACH INDIVIDUAL HAS THEIR OWN UNIQUE EXPERIENCES OF DISCRIMINATION AND OPPRESSION

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Are benefits of peer support