

Trauma Informed Approach

A social work definition

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Trauma- informed *Approach*

Trauma-
informed
Care
(TIC)

Person-
centered
care

Trauma-
informed
Services
(TIS)

Trauma-
informed
Practices
or
Principles

A way of thinking

“Being trauma informed is not only **an approach**, but also **a way of thinking**. It is **strengths-based** and focused on better understanding human behavior, coping mechanisms, and how one processes traumatic experiences...to view **the whole person** and not as solely a victim of the traumatic incident(s) ... Trauma-informed care (TIC) then can be defined as ways in which violence, victimization, and other traumatic experiences may have impacted the lives of the individuals involved and to **apply that understanding to the...provision of services** so they accommodate trauma survivors' needs...”

Approach to service delivery

“...Trauma-informed care is **not so much a new model of service delivery as it is an approach to service delivery.** It weaves trauma knowledge and sensitivity into existing actions and models in a way that **avoids or minimizes negative side-effects** of intervention and increases the likelihood of meaningful engagement...Effective trauma-informed care does rely on the capacity to deliver evidence-based and evidence-informed trauma-specific interventions when needed, but it **goes further in viewing the whole service-delivery experience through a trauma lens.** Trauma-informed care engages the customers and clients **as partners, empowering them** to help guide their intervention and seeking out the unique path to **safety** and resilience that will give the clients the capacity to face and overcome trauma triggers and new adversities in the future.”

Core principles

“Trauma-informed care is a way of providing services by which social workers **recognize the prevalence of early adversity** in the lives of clients, view presenting problems as **symptoms of maladaptive coping**, and understand how early trauma shapes a client's fundamental beliefs about the world and affects his or her psychosocial functioning across the life span.

Trauma-informed social work **incorporates core principles of safety, trust, collaboration, choice, and empowerment** and delivers services in a manner that **avoids inadvertently repeating unhealthy interpersonal dynamics** in the helping relationship. Trauma-informed social work **can be integrated into all sorts of** existing models of evidence-based services across **populations and agency settings**, can strengthen the therapeutic alliance, and facilitates posttraumatic growth.”



WHAT HELPS?



Creating a Trauma-Informed environment using the following five principles:

SAFETY

CHOICE

EMPOWERMENT

COLLABORATION

TRUSTWORTHINESS



**CREATING
AREAS THAT
ARE CALM AND
COMFORTABLE**

**PROVIDING AN
INDIVIDUAL
OPTIONS IN
THEIR
TREATMENT**

**NOTICIING
CAPABILITIES IN
AN INDIVIDUAL**

**MAKING
DECISIONS
TOGETHER**

**PROVIDING
CLEAR AND
CONSISTENT
INFORMATION**

SAFETY

CHOICE

EMPOWERMENT

COLLABORATION

TRUST

Aligns with the ALA Core Values

Confidentiality
Privacy

Diversity

Democracy

Service

Professionalism

Social
Responsibility

Social
Responsibility

The Public
Good

Non-judgemental and transformative

“What is a trauma-informed library? People come to the library for many reasons beyond taking out a book—they may be looking for housing, a job, information on health services, or a safe and warm place to sit for a while. Many of the library patrons have experienced trauma in their lives. **A trauma-informed library is a place where people who have been affected by trauma are welcomed, respected, and helped to find the resources they need, where library staff are supported to understand the challenges of patrons who have experienced trauma and to respond in a positive and non-judgmental way, and where the space of the library itself conveys a message of safety and caring...**[it] is not simply providing social work services in a library setting. **[TIC] transforms the library,** the place that people trust and where they can get help without stigma...”

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