TRAUMA-INFORMED CARE

Trauma-Informed Care follows five guiding principles that serve as a framework for how care-givers and systems of care can work to reduce the likelihood of re-traumatization. These principles are generalizable across a variety of settings. Rather than providing a set of practices and procedures, the principles can be interpreted and applied in ways that are appropriate for a specific type of setting.

### Definitions

<table>
<thead>
<tr>
<th>SAFETY</th>
<th>TRUSTWORTHINESS</th>
<th>CHOICE</th>
<th>COLLABORATION</th>
<th>EMPOWERMENT</th>
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</thead>
<tbody>
<tr>
<td>Ensuring physical and emotional safety</td>
<td>Task clarity, consistency, and interpersonal boundaries</td>
<td>Individual has choice and control</td>
<td>Making decisions with the individual and sharing power</td>
<td>Prioritizing empowerment and skill building</td>
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### Principles in Practice

| Ensuring physical and common areas are welcoming and privacy is respected | Respectful and professional boundaries are maintained | Individuals are provided a clear and appropriate message about their rights and responsibilities | Individuals are provided a significant role in decision making | Providing an atmosphere that allows individuals to feel validated and affirmed |

These principles are important to keep in mind while intervening with an individual and when developing a culture in your workplace, classroom, or community.
COMPASSION FATIGUE

It is common for caregivers to experience feelings of fatigue, emotional distress, or apathy as a response to continued demands of caring for others. For caregivers, it is important to take action to protect and care for yourself while supporting others.

SYMPTOMS

- Feeling overwhelmed
- Irritable/decreased patience
- Lowered frustration tolerance
- Withdrawing socially and disconnecting from others emotionally
- Helping others begins to feel burdensome
- Empathy may decrease while cynicism sets in
- Emotions become blunted as positive feelings occur less frequently
- Self-destructive behavior
- Loss of hope
- It becomes difficult for helpers to believe they can make a difference
- Changes in worldview
- The helper may no longer see the world as a safe place
- Diminished sense of purpose
- Motivation and drive decrease and the quality of care suffers

CAUSES

- Witnessing suffering
- Lack of self-care
- Unresolved personal trauma
- Feeling powerless
- Multiple roles
- Lack of social support
- Inadequate coping skills
- Not understanding the dangers of empathy

SELF-CARE

- Practicing self-awareness
- Regular exercise, healthy diet, and rest
- Setting healthy boundaries
- Debrief difficult situations
- Maintain other interests
- Maintain healthy relationships
- Seek professional assistance