

# 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.

## SAFETY



## TRUSTWORTHINESS



## CHOICE



## COLLABORATION



## EMPOWERMENT



### DEFINITIONS

Ensuring physical and emotional safety

Task clarity, consistency, and interpersonal boundaries

Individual has choice and control

Making decisions with the individual and sharing power

Prioritizing empowerment and skill building

### 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