



Avoid any power imbalance
Strive for transparency
Surroundings are stable and predictable

PATIENT'S PAST AND PRESENT LIFE
IT CONSIDERS THE
STUDY



—Laura Porter

TO MOVE TOWARDS HEALING.

GRIEVE, AND BE VALIDATED IN THEIR EXPERIENCES IN ORDER TO SHARE THEIR STORIES.

TO "WHAT HAPPENED
TO YOU?"

"WHAT'S WRONG
WITH YOU?"

FOCUS FROM
CARE SHIFTS THE TRAUMA-INFORMED

WE HAVE TO CREATE OPPORTUNITIES FOR INDIVIDUALS AND COMMUNITIES

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 ones environment: The belief that one's surroundings are stable and predictable

Mutuality and Collaboration

CULTURAL 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

♡ Trauma^o informed care ♡

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★ Help your ★
community
with ★
compassion

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 FUNDAMENTALS
OF TRAUMA
INFORMED
CARE

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Let me explain... 

Why is this concept
of care so important?

- Respect their preferences:
Follow their lead on how much
and when they want to talk about
their trauma.

community 

amazing 
Keep up the

Trauma results from exposure
to an incident or series of
disturbing or life-threatening
events that are emotionally
and/or spiritually
traumatic, physical, social,
emotional, and/or spiritual
well-being.

WHAT IS TRAUMA?

Please remember

Trustworthiness and
Transparency

Be consistent

Communicate
effectively

VALIDATE THEIR
FEELINGS

make them feel safe

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

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

Emotional relief
Coping skills
Self-confidence
Friendship
Empowerment

Be patient

Are benefits of peer support

1. PATIENT

Let me explain... 

6. CULTURAL, AND HISTORICAL

5. EMPOWERMENT, VOICE, AND
CHOICE

4. COLLABORATION AND
MUTUALITY

3. PEER SUPPORT

2. TRUSTWORTHINESS AND
TRANSPARENCY

1. SAFETY
Ask for consent before touching,
hugging, or asking personal
questions.

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always examine systems and bias

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

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

Value All Voices

INTERSECTIONALITY