

Six Principles That Guide A Trauma-Informed Approach

Substance Abuse and Mental Health Services Administration - SAMHSA



Safety on Multiple Levels – physical, psychological and emotional safety. Creating an environment where everyone feels that they can be themselves related to their identity, religion, race, gender, and sexuality and speak about their needs, grievances, or concerns.



Trustworthiness & Transparency – Trustworthiness is holding integrity and doing what you say you will do and transparency is being open about the way you do things and why you do them. Trust is developed by being present and accountable to the community you serve.



Peer Support – With peer support, we are creating community and fostering meaningful relationships that connect and empower us to address the issues that lead to burnout and also celebrate successes and the joy of the ministry that we do.



Collaboration & Mutuality – Addressing the power dynamics that often exist between different people and groups includes analyzing the notion that one group of people are the hurting ones and that others are the healers. We need to have mutual respect and acknowledgment that all of us have experienced trauma or hurt in order to co-create and be co-responsible for the work.



Empowerment, Voice & Choice – Trauma robs you of your autonomy and personal power and the ability to make decisions. When we work with trauma survivors it is important to help them regain the power they have lost by honoring their voice and choice in the services they receive.



Cultural, Historical & Gender Issues – To be trauma-informed means that we take into account the ways marginalized identities are oppressed and commit to respecting differences in identities such as race, culture, identity, gender, sexuality, ability, age, and history, and honor the strengths of these communities.

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