

The Five Principles of Trauma-Informed Care

Safety

Definition

Ensuring physical and emotional safety

Principles in Practice

Common areas are welcoming and privacy is respected

Choice

Definition

Individual has choice and control

Principles in Practice

Individuals are provided a clear and appropriate message about their rights and responsibilities

Collaboration

Definition

Making decisions with the individual and sharing power

Principles in Practice

Individuals are provided a significant role in planning and evaluating services

Trustworthiness

Definition

Task clarity, consistency, and Interpersonal Boundaries

Principles in Practice

Respectful and professional boundaries are maintained

Empowerment

Definition

Prioritizing empowerment and skill building

Principles in Practice

Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency