

Trauma-Informed Care

Nursing

Six principles that change how a service behaves, not a treatment for trauma.

An approach that assumes trauma may be present and organises care to avoid causing further harm.

QUESTION

What happened

NOT

What is wrong

APPLIES TO

Every service

- Safety — physical and emotional, as the person defines it
- Trustworthiness — clear, consistent, transparent practice
- Choice — genuine options wherever they exist
- Collaboration — decisions made with, not for
- Empowerment — building on existing strengths
- Cultural, historical and gender responsiveness

LOOK FOR IT

Explaining a procedure and asking permission before touching costs seconds and prevents a re-traumatising experience.

Educational reference. Trauma-informed practice is a service-wide approach, not a therapy. Trauma treatment is delivered by trained