

JOIN VA TICNS IN CELEBRATING Resilience Week Va MAY 1-7, 2025



6 PRINCIPLES OF TRAUMA-INFORMED CARE (TIC)



Safety

TIC begins with a commitment to creating safe and welcoming spaces. Whether in physical spaces, communities, or daily interactions, prioritizing safety provides a foundation for healing and connection.

WHAT WE CAN DO

Acknowledge the prevalence of trauma and its diverse manifestations. Foster an environment where individuals feel seen, heard, and protected.



Trust

Building trust is crucial for healthy relationships. TIC emphasizes transparent communication. By establishing trust, we cultivate an atmosphere of mutual respect and empowerment.

WHAT WE CAN DO

Clarify and maintain appropriate boundaries. Explain the reasons behind policies, procedures, and approaches.



Peer Support

TIC encourages peer support and collaboration. Creating opportunities for individuals to connect, share their stories, and support each other fosters a sense of community.

WHAT WE CAN DO

Create safe spaces and opportunities for peers to connect and support one another.



Collaboration & Mutuality

Share power in decision-making. Acknowledge that people are experts in their own lives.

WHAT WE CAN DO

Involve individuals with lived experience in the learning and teaching process.



Empowerment, Voice & Choice

Empowerment is a guiding principle that underlines the importance of autonomy and choice in the healing journey. Trauma survivors are respected as active participants in their own recovery, allowing them to make choices that align with their unique needs and preferences.

WHAT WE CAN DO

Communicate adaptive trauma responses and validate resilience. Highlight strengths. Provide choices, listen to others, and embrace diverse perspectives.



Cultural, Historical & Gender Awareness

Diversity is celebrated in Trauma-Informed Care. Cultural sensitivity and humility are integral aspects, acknowledging the unique experiences of individuals from various backgrounds. The impacts of biases, stereotypes, systemic oppression, and historical trauma are recognized and addressed.

WHAT WE CAN DO

Respect names and pronouns. Recognize the impact of historical and cultural trauma. Actively engage in cultural and community honoring practices.

Adapted from: Strengthening Our Practice: The Ten Essential Strengths of Sexual Violence Victim Advocates in Dual/Multi-Service Advocacy Agencies (2016). Resource Sharing Project.

SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (2014). Substance Abuse and Mental Health Services Administration.

The Healing Project by Gretchen Miller. Six Principles of TIC blog
<https://www.gretchenlakshmi.com/understanding-trauma-informed-care>