

# 5 Principles of Trauma Informed Care

## Safety



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Ensuring physical and emotional safety

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Common areas are welcoming and privacy is respected

## Choice



Individual has choice and control

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

## Collaboration



### Definitions

Making decisions with the individual and sharing power

### Principles in Practice

Individuals are provided a significant role in planning and evaluating services

## Trustworthiness



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Task clarity, consistency, and Interpersonal Boundaries

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Respectful and professional boundaries are maintained

## Empowerment



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Prioritizing empowerment and skill building

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

*Chart by the Institute on Trauma and Trauma-Informed Care (2015)*

<http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html>