

A PROVIDER'S GUIDE TO TRAUMA-INFORMED CARE

What is Trauma-Informed Care?

- Trauma-informed care is an approach where providers focus on how past traumatic experiences may affect a patient's response to current care.
- TIC understands that there is a high possibility of patients having past traumatic experiences that can influence their receptiveness to current care and services.

Signs of Trauma:

- Anxiety, Fear, or Worry
- Avoidance
- Addictions
- Trouble Sleeping
- Anger

6 Principles of Trauma-Informed Care

SAFETY



- Establish a Safe and Welcoming Environment
- Remind patients that they are safe now. Bringing them back to the realization that the environment they are currently in is safe.

TRUSTWORTHINESS/TRANSPARENCY



- Be open and transparent with your patient about your decision-making.

PEER SUPPORT



- Actively Listen
- Reflect on Concerns that are shared
- Refer and offer resources that provide support among peers with similar experiences.

COLLABORATION/MUTUALITY



- Partner with your coworkers and patients, remember hope can be established through meaningful relationships.

EMPOWERMENT/CHOICE



- Encourage patients by focusing on the positives.
- Be optimistic about how far your patient has come in their experience already.

CULTURAL AWARENESS



- Be aware that cultural differences can positively or negatively affect the perception of the care that your patient is receiving.
- Avoid Biases and Stereotypes

Avoid Re-Traumatizing by Avoiding Triggers

- Don't have patients recount their traumatic experience
- Respect Emotional Boundaries
 - Speak in simple and direct language
 - Stay consistent

