

## **One Page Summary: Trauma-Informed Principles**

Trauma-informed principles serve as a foundation for creating environments that promote healing, resilience, and trust. They guide interactions, policies, and practices to ensure that individuals feel safe, valued, and empowered.

### **1. Safety**

- Prioritise physical, emotional, and psychological safety in all interactions.
- Design spaces and processes that reduce fear and anxiety.
- Recognise that safety is subjective and varies by individual.

### **2. Trustworthiness and Transparency**

- Build trust through clear, consistent, and honest communication.
- Establish reliable systems and follow through on commitments.
- Share decision-making processes openly to foster confidence.

### **3. Choice and Clarity**

- Empower individuals by offering choices, even in limited circumstances.
- Provide clear explanations about options, processes, and decisions.
- Respect personal preferences and autonomy.

### **4. Collaboration**

- Foster partnerships with service users, staff, and stakeholders.
- Promote shared decision-making to rebalance power dynamics.
- Recognise and value the expertise of lived experience.

### **5. Empowerment**

- Focus on strengths, resilience, and self-determination.
- Create opportunities for individuals to take control of their lives.
- Support personal growth and recovery through encouragement and resources.

### **6. Inclusivity**

- Actively address inequalities, oppression, and exclusion.
- Acknowledge and respect diversity in gender, ethnicity, ability, culture, and identity.
- Adapt practices to meet the unique needs of marginalised groups.

These principles align with the core values of trauma-informed practice and are essential for creating equitable and effective systems that support recovery and well-being.