



What does being a Trauma - Informed Therapist mean?

It means that as a practitioner I ...

- ✓ Realise that trauma can affect individuals, groups and communities
- ✓ Recognise the signs, symptoms and widespread impact of trauma
- ✓ Prevent re-traumatisation

Six Key Principles that I will work with are

- ✓ Safety
- ✓ Trustworthiness
- ✓ Choice
- ✓ Collaboration
- ✓ Cultural consideration

As a trauma informed practitioner I embody:

- ✓ recognising trauma
- ✓ avoiding re-traumatising the client
- ✓ delivering psychological information
- ✓ using stabilisation techniques
- ✓ being culturally competent around trauma
- ✓ managing in room dissociation
- ✓ paying attention to my own self care