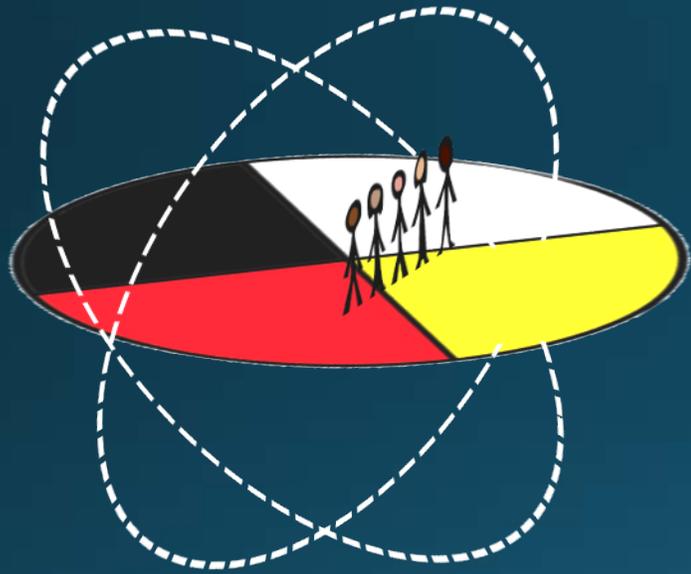


The Seven Principles of Trauma-Informed Care:
Making Whole the People

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The gifts given to the people



1. Directions (4+3)
2. Oneness (non-linearity)
3. Ceremony
4. History
5. Prayer
6. Song
7. Dance

Value: Respect



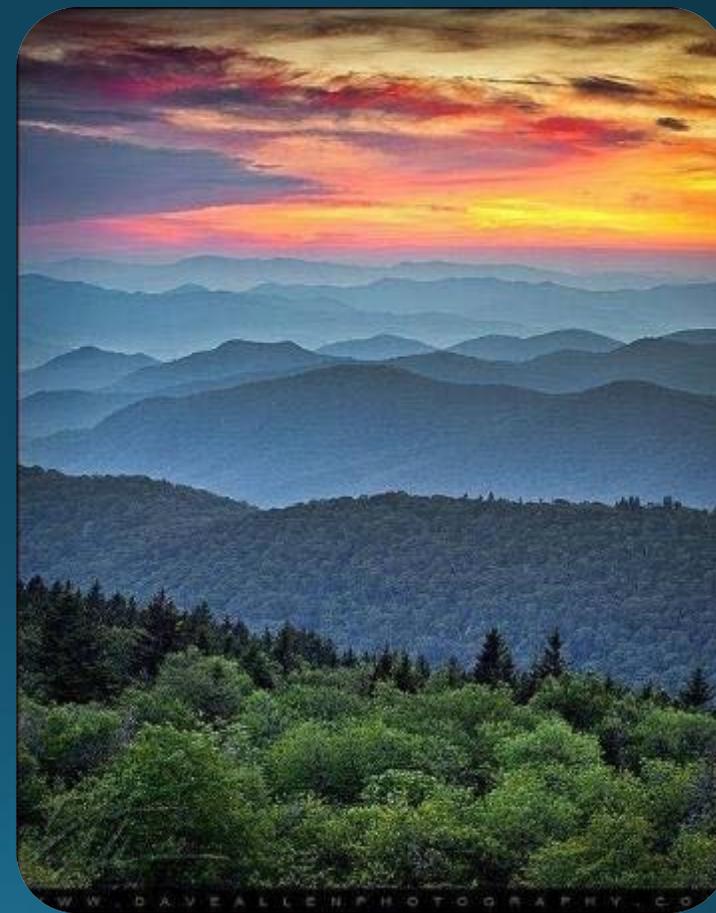
Value: Simplicity



Value: Clan



Value: Harmony



Value: Spirituality

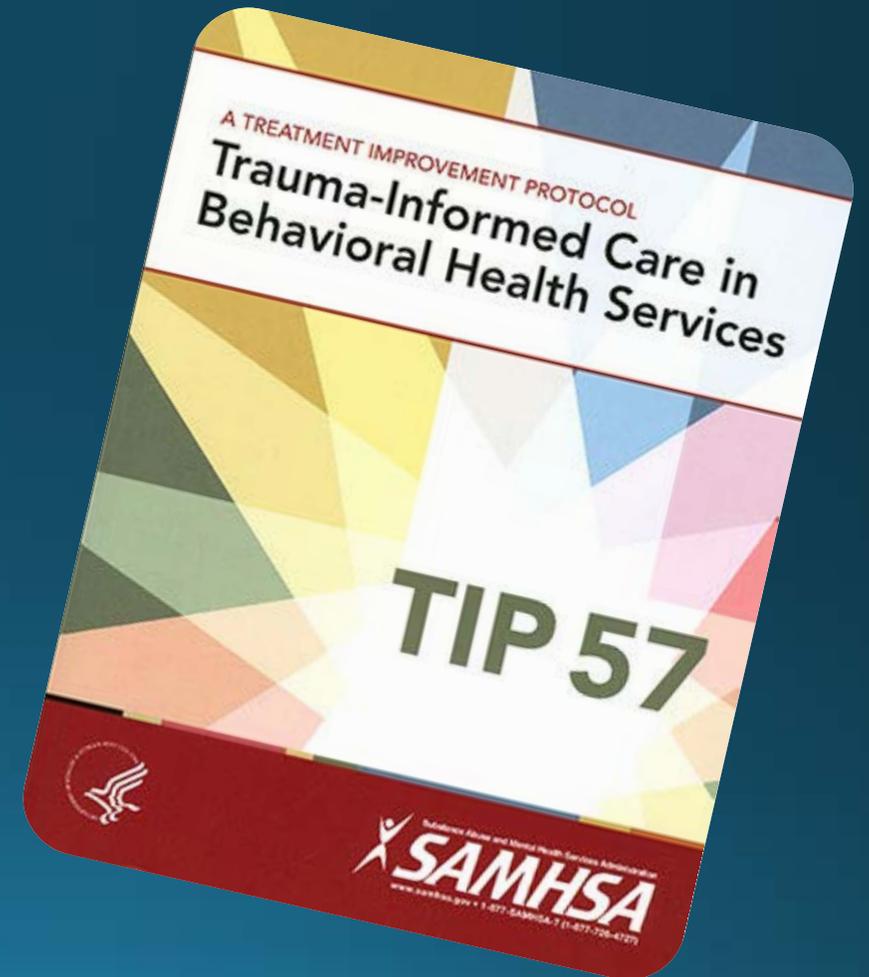


Value: Giving / Sharing / Mutuality



SAMHSA's 6 Principles of Trauma-Informed Care

1. Safety
2. Trustworthiness / Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues



A Taxonomic Perspective on SAMHSA 6

1. Culture

1.1 Safety

1.1.1 Trustworthiness

1.1.2 Transparency

1.1.3 Collaboration

1.1.4 Mutuality

1.2. Empowerment

1.2.1 Voice

1.2.1.1 Mutuality

1.2.1.2 Collaboration

1.2.2 Choice

1.2.2.1 Trustworthiness

1.2.2.2 Mutuality



Historical issues
Gender issues
Ability issues
Political issues
Shared power issues

SAMHSA's 10 Recovery Principles

1. Hope
2. Person-driven
3. Many pathways
4. Holistic
5. Peer support (mutuality)
6. Relational
7. Culture
8. Addresses trauma
9. Strengths / responsibility
10. Respect



A Taxonomic Perspective on SAMHSA 10

1. Culture

1.1 Characteristics

1.1.1 Person-driven

1.1.2 Hope

1.1.3 Holistic

1.1.4 Respect

1.1.5 Relational

1.1.6, 1.2.4 Strength/responsibility

1.2 Practices

1.2.1 Person-driven

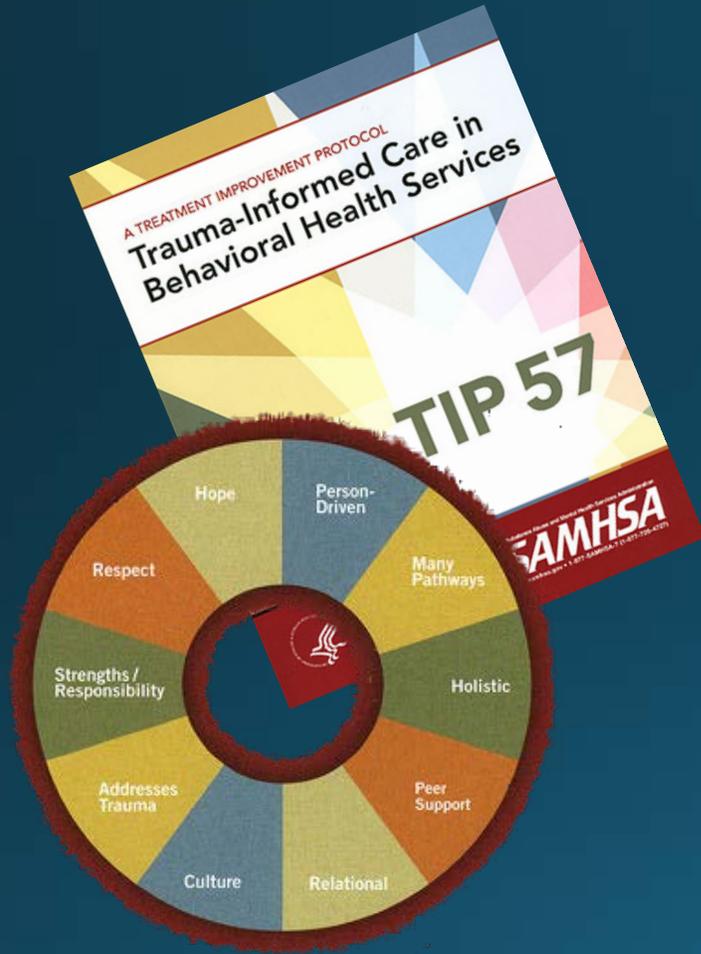
1.2.1.1 Many pathways

1.2.1.2 Holistic

1.2.2 Peer support

1.2.3 Addresses trauma

Seven Principles of TIC



1. Respect
2. Cultural
3. Relational (trustworthiness, collaboration, mutuality, empowerment, voice, choice)
4. Addresses trauma
5. Holistic (many pathways)
6. Peer support
7. Strengths-based

Principle 1: Respect



- Trust and mutuality rely on respect
- Trauma-responsive systems foster respect
- Respect increases safety and empowerment

Principle 2: Culture

- Who we are
- Where we come from
- What we expect
- How we relate
- What we believe
- Practices of meaning to us



Principle 3: Relational



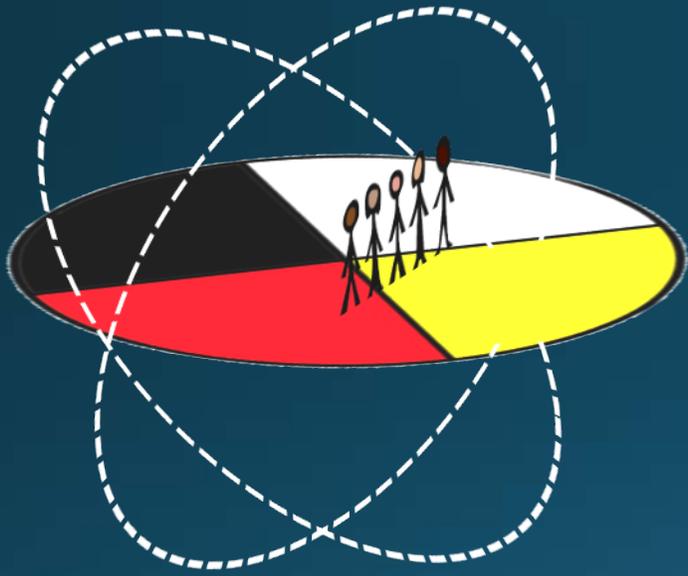
- Traumatic experiences occur in **relationships**
- Healing occurs in **relationship**
- Our work is **relationship**
- Growth-promoting **relationships** heal

Principal 4: Address trauma

- Recognize **all** trauma
- Know realms trauma **impacts**
- Use **relationship** in healing
- Ask how behavior **helps**
- Manage **secondary** trauma
- Stop **re-traumatization**



Principle 5: Holistic (many pathways)



- Trauma impacts **all pathways**
- Interrupts **development**
- **Brain, genetic** changes
- **Way of being** in world changes
- **Many ways to heal** using mind, body, spirit, plants, animals
- **About evidence..**

Principle 6: Peer support (mutuality)

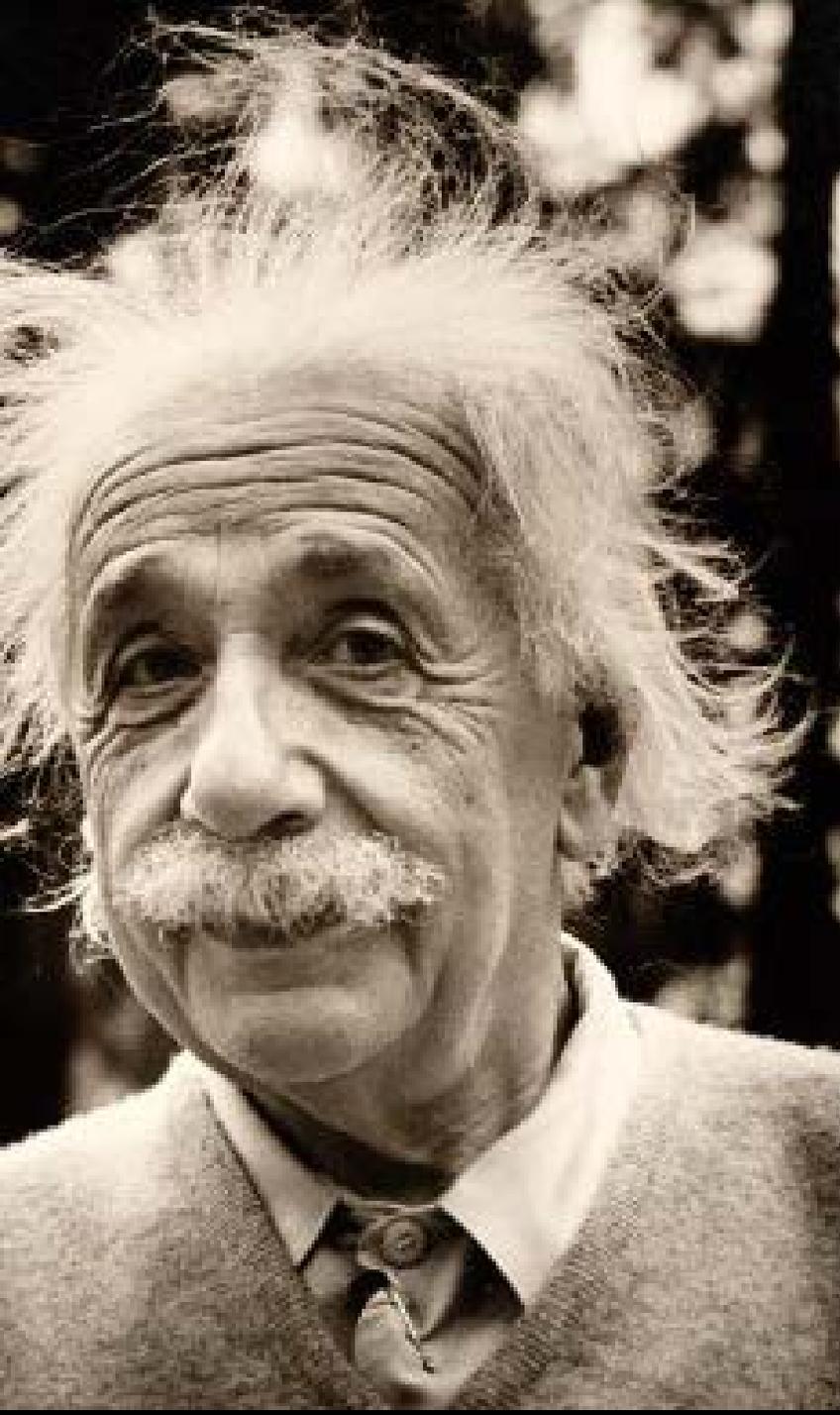
- Hope building
- Communal
- Giving / sharing
- Restoring voice
- Re-embodiment self
- Being visible



Principle 7: Strengths based



- Views people as **resilient, resourceful**
- **Observe** what's going well
do more of it,
build on it
- **Strengthens** the self and all affected
- **Antithetical** to colonization and the
"doctrine of discovery"



-

Linear thinking

a *process* of thought

following known cycles or *step-by-step* progression



where a *response to a step must be elicited*

before another step is taken.

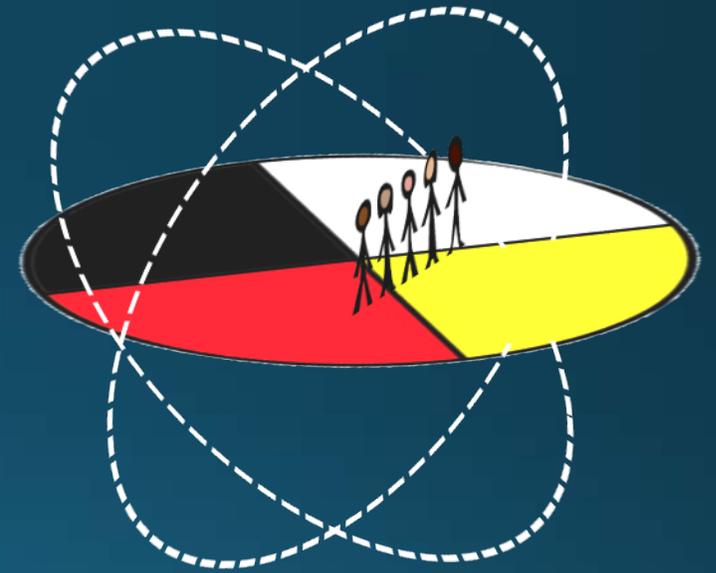
Non-linear thinking

Human thought characterized by

expansion in multiple directions rather than in one direction, and

*based on the concept that there are **multiple starting points***

from which one can apply logic to a problem.

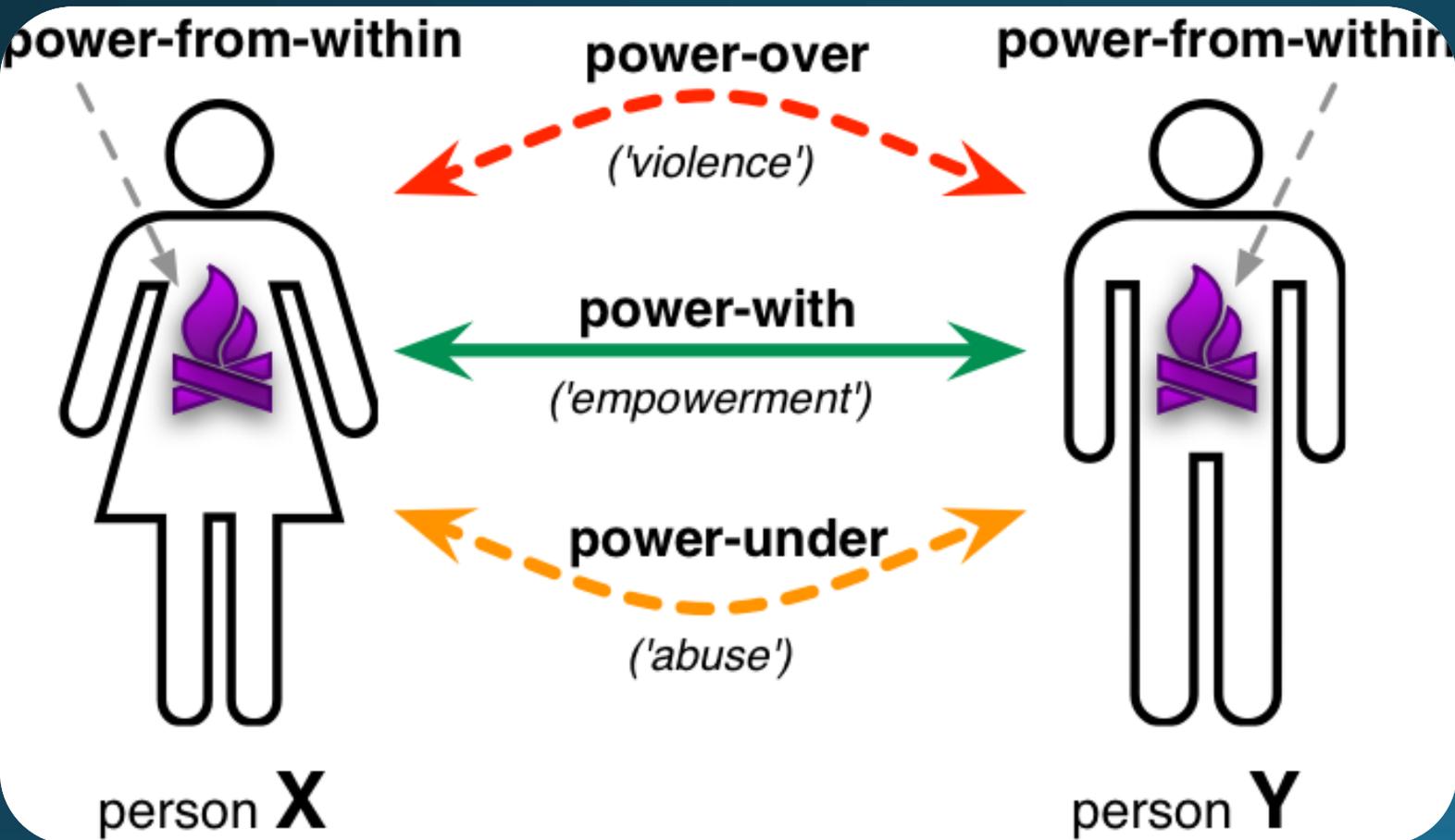


Non-linear thinking and recovery



- How many ways are there to heal?
 - Canoe Journey
 - Cognitive Behavioral Therapy (adapted)
 - Talking Circle
 - Lodge programs
 - Native HOPE
 - Sweat Lodge
 - Urban Trails
 - Project Venture
 - Making Relatives (PCIT, adapted)
 - Gathering of Native Americans
- And more—depending on the type of evidence you honor

Leadership

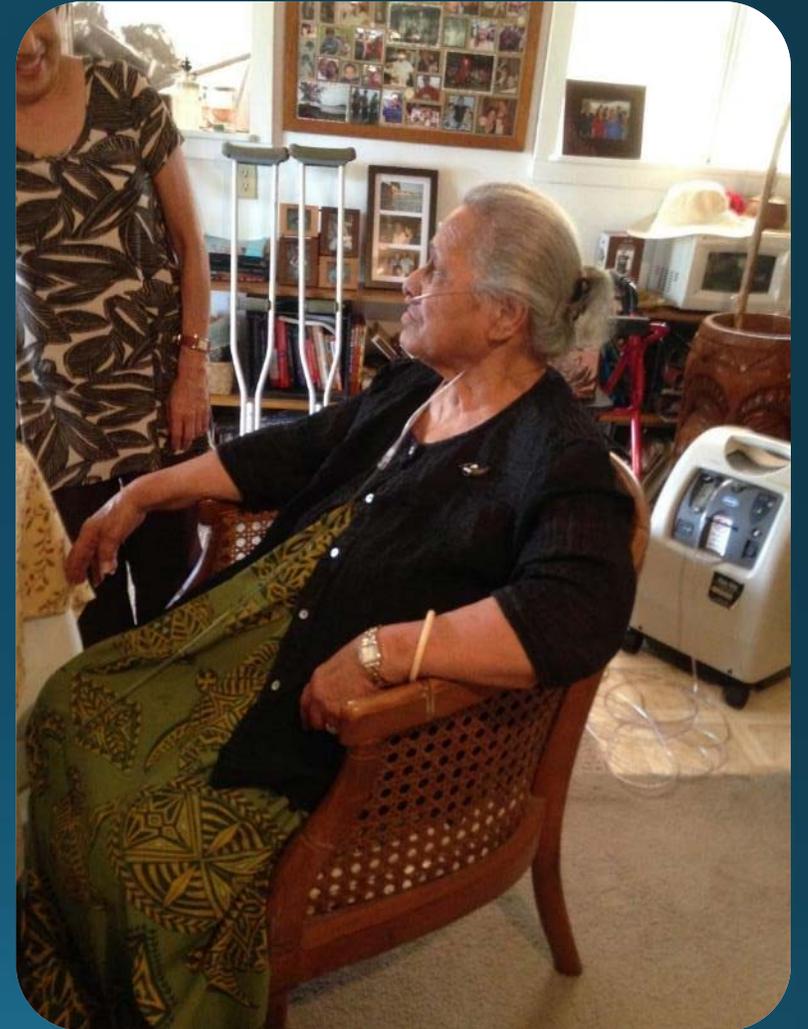


English metaphor..
leader as the apex of a
vertical hierarchy,

Yolngu metaphor ... a
leader as being on the
same horizontal plane
as those who confer
authority... through
consensus.

Leadership

- Legitimacy has to be continuously earned and proven through actions and communication



Leadership



- A positive attitude
- Courage
- Introspection
- Self-reflection
- Cultural identity
- Communication

Leadership



- There is always more wisdom in the circle than in one individual
- **Use the gifts given to the people**

Leadership



1. Decide that trauma-informed care is the right path
2. Identify and eliminate re-traumatizing language, policies and practices
3. Reward the management of vicarious or secondary trauma in staff
4. Reframe care: what does the **person** say brings them to seek assistance

Leadership



5. Ask the person what **they** identify as the central issue
6. Ask and talk story about the **behavior** that is problematic, and who it bothers
7. Identify—in a genuine way—how the problematic behavior actually helps them
8. Openly acknowledge the impact of generational and historical trauma

Leadership



10. Make room for, and engage traditional practices and ceremony
11. Add strength-based assessments and tools to build people up
12. Engage in healing practices for yourself
13. Model asking “what happened?” instead of “what’s wrong?” (focus on traumatic events over diagnosis)
14. Change processes to focus on the **person** instead of the system

Leadership

**Be the change you wish
to see in the world.**

- Mahatma Gandhi



Thank you...

- For who you are
- For what you do
- For your commitment to the people
- For being here