

Helping to Heal:

Conversations About Trauma-Informed Principles

Collaboration and Mutuality

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“If you support someone with self-care or cleaning respecting their space and body boundaries - that means asking if this is a good time to clean and not touching their belongings without asking. And especially with intimate care like showers asking before touching the person and keeping doors closed.”

Perri Spencer, Advocate



Respect other's privacy and the boundaries they set



Ask permission



Build trust and safety by respecting people's choices



Understand how someone communicates and respect what they say



Teach people how to say no

Importance is placed on partnering and the leveling of power differences between staff and clients and among organizational staff from clerical and housekeeping personnel, to professional staff to administrators, demonstrating that healing happens in relationships and in the meaningful sharing of power and decision-making. The organization recognizes that everyone has a role to play in a trauma-informed approach. As one expert stated: “one does not have to be a therapist to be therapeutic.”

Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.

For more information and resources on trauma and trauma informed practices, visit The Link Center website: thelinkcenter.org