

TRAUMA-INFORMED PRINCIPLES DEFINED

- **Safety:** Ensure physical and emotional safety, recognizing and responding to how racial, ethnic, religious gender or sexual identity may impact safety across the lifespan.
- **Trustworthiness:** Foster genuine relationships and practices that build trust, making tasks clear, maintaining appropriate boundaries and creating norms for interaction that promote reconciliation and healing. Understand and respond to ways in which explicit and implicit power can affect the development of trusting relationships. This includes acknowledging and mitigating internal biases and recognizing the historic power of majority populations.
- **Choice:** Maximize choice, addressing how privilege, power, and historic relationships impact both perceptions about and ability to act upon choice.
- **Collaboration:** Honor transparency and self-determination and seek to minimize the impact of the inherent power differential while maximizing collaboration and sharing responsibility for making meaningful decisions.
- **Empowerment:** Encouraging self-efficacy, identifying strengths and building skills which leads to individual pathways for healing while recognizing and responding to the impact of historical trauma and oppression.

Originally adopted based on Creating Cultures of Trauma Informed Care by FalLOT and Harris, Revised 2018 by the Missouri State Trauma Roundtable.