The Five Principles of Trauma-Informed Care

Safety
Definition
Ensuring physical and emotional safety

Principles in Practice
Common areas are welcoming and privacy is respected

Choice
Definition
Individual has choice and control

Principles in Practice
Individuals are provided a clear and appropriate message about their rights and responsibilities

Collaboration
Definition
Making decisions with the individual and sharing power

Principles in Practice
Individuals are provided a significant role in planning and evaluating services

Trustworthiness
Definition
Task clarity, consistency, and Interpersonal Boundaries

Principles in Practice
Respectful and professional boundaries are maintained

Empowerment
Definition
Prioritizing empowerment and skill building

Principles in Practice
Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency