

What is Trauma-Informed Care (TIC)?

Trauma-informed care is a way of supporting people who have experienced upsetting things in their life

The 4 Rs of TIC:

REALISE

All staff have a realisation about trauma, and how it can affect people, their families, and their communities

"It's not you, it's what happened to you"

AVOID TRAUMA REMINDERS

TIC aims to be sensitive in a way that does not accidentally trigger trauma-related symptoms or lead people to remember trauma

RESPOND

Programmes, staff, and communities respond by practising a trauma-informed approach



RECOGNISE

All staff are able to recognise the signs and symptoms of trauma

The 10 Principles of Trauma-Informed Care:

These principles reflect the values and practices that trauma-informed care is all about

1. Recognise that experiencing upsetting things can impact the way people develop and use coping strategies

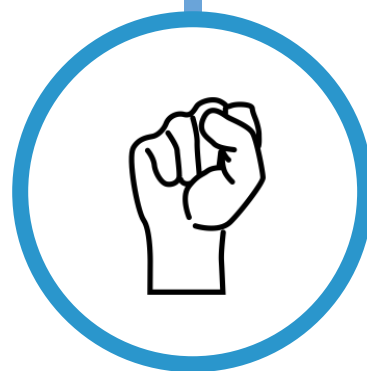


3. Use a model of empowerment



5. Recognise that people need to heal from trauma in an environment where the relationships are the opposite of upsetting

2. Make recovery from trauma a main goal



4. Try to offer people as much choice and control over recovery as possible



6. Create an atmosphere that respects people's need for safety, respect, and acceptance



8. The goal is to avoid accidentally reminding someone about their trauma



10. Involve people in designing and evaluating services

7. Emphasise people's strengths and highlight resilience



9. Aim to understand a person in the context of their life experiences and cultural background

