

10 Principles of Trauma Informed Reflective Practice

1. **Awareness of trauma** - understanding the nature and prevalence of trauma and the likely short and long term impacts on children, young people and adults.
2. **Importance of safety** - healing cannot occur unless the person feels a degree of safety in their lives generally, internally in themselves and in relationship with us; and this includes attention to confidentiality.
3. **Importance of power and control** - healing cannot occur unless the person feels some degree of power and control over their own lives.
4. **Importance of relationship-based practice** - meaningful connection and engagement are essential for challenging old patterns and establishing new ones.
5. **Importance of a compassionate response** - all our interactions should be characterised by compassion which means not judging but seeing the person in their total context.
6. **Value of trauma-specific healing and therapeutic work** - many people will require specific therapy to facilitate their healing from childhood trauma.
7. **Reflective practice for workers** - our capacity for reflection is our greatest asset and assurance that we are working effectively. It is a complex skill that we develop over our years of practice and there are many things we can do to foster this attribute.
8. **Focus on worker self-awareness, purpose and role** - through our use of reflection we can increase our awareness of self and most particularly our purpose and role, ensuring we are well boundaried and clear about our work.
9. **Focus on worker well-being and appropriate organisational responses** - this work takes its toll on workers and we need to keep ourselves well enough to be present with those we work with; this is also the responsibility of the organisations we work for.
10. **Connecting individual experiences of trauma to the social and political context** - we are dealing primarily with social issues that impact heavily on individuals; it is crucial that we explore opportunities for change on all levels in society.