**Trauma-Informed Approach and Trauma-Specific Interventions**

A trauma-informed approach and trauma-specific interventions address trauma’s consequences and facilitate healing.

**DEFINITION OF A TRAUMA-INFORMED APPROACH (SAMSHA)**

“A program, organization, or system that is trauma-informed:
1. Realizes the widespread impact of trauma and understands potential paths for recovery;
2. Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
3. Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and
4. Seeks to actively resist re-traumatization.”

**SIX KEY PRINCIPLES OF TRAUMA (SAMHSA)**

A trauma-informed approach reflects adherence to six key principles that may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues

**TRAUMA-SPECIFIC INTERVENTIONS (SAMSHA)**

Trauma-specific intervention programs generally recognize the following:
- The survivor’s need to be respected, informed, connected, and hopeful regarding their own recovery
- The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers

[https://www.samhsa.gov/nctic/trauma-interventions](https://www.samhsa.gov/nctic/trauma-interventions)

**DOMAINS OF TRAUMA INFORMED CARE (NCBH)**

The National Council of Behavioral Health’s Seven Domains of Trauma-Informed Care model is built on the following core values and principles reflected in a trauma-informed care organization:
- Safe, calm and secure environment with supportive care
- System wide understanding of trauma prevalence, impact, and trauma-informed care
- Cultural competence
- Consumer voice, choice and self-advocacy
- Recovery, consumer-driven and trauma specific services
- Healing, hopeful, honest and trusting relationships

Domain 1 - Early Screening and Comprehensive Assessment
Domain 2 – Consumer Driven Care and Services
Domain 3 - Trauma-Informed, Educated and Responsive Workforce
Domain 4 - Trauma-Informed, Evidence-Based and Emerging Best Practices
Domain 5 - Safe and Secure Environments
Domain 6 - Community Outreach and Partnership Building
Domain 7 - Ongoing Performance Improvement and Evaluation