

# 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>

## 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**

<http://www.tristatetraumanetwork.org/wp-content/uploads/2017/05/National-Council-Seven-Domains-of-Trauma-Informed-Care.pdf>