



# Safer Seven

On: Trauma Informed Practice



## 1. Introduction

Trauma-informed approaches have become increasingly cited in policy and adopted in practice as a means for reducing the negative impact of trauma experiences and supporting mental and physical health outcomes. They build on evidence developed over several decades. However, there has been a lack of consensus within the health and social care sector on how trauma-informed practice is defined, what its key principles are and how it can be built into services and systems.

## 2. What is Trauma?

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as harmful or life threatening. While unique to the individual, generally the experience of trauma can cause lasting adverse effects, limiting the ability to function and achieve mental, physical, social, emotional, or spiritual well-being.

## 3. Trauma can affect individuals, groups, and communities

Trauma-informed practice is an approach to health and care interventions which is grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological, and social development.

### Key Principles of Trauma Informed Practice:

- Safety
- Trust
- Choice
- Collaboration
- Empowerment
- Cultural consideration

## 4. Recognise the signs, symptoms, and widespread impact of trauma

Trauma-informed practice aims to increase practitioners' awareness of how trauma can negatively impact on individuals and communities, and their ability to feel safe or develop trusting relationships with health and care services and their staff.

It aims to improve the accessibility and quality of services by creating culturally sensitive, safe services that people trust and want to use. It seeks to prepare practitioners to work in collaboration and partnership with people and empower them to make choices about their health and wellbeing.

Trauma-informed practice acknowledges the need to see beyond an individual's presenting behaviours and to ask, 'What does this person need?' rather than 'What is wrong with this person?'

## 5. Prevent re-traumatisation

DSPP seeks to avoid re-traumatisation which is the re-experiencing of thoughts, feelings or sensations experienced at the time of a traumatic event or circumstance in a person's past. Re-traumatisation is generally triggered by reminders of previous trauma which may or may not be potentially traumatic in themselves.

The purpose of trauma-informed practice is not to treat trauma-related difficulties, which is the role of trauma-specialist services and practitioners. Instead, it seeks to address the barriers that people affected by trauma can experience when accessing health and care services.

## 6. Support for Practitioners

DSPP provides training on Trauma Informed Practice to help partners:

- develop understanding of the theory and concepts behind the potential impact of ACEs and trauma across the life course
- understand what trauma-informed and trauma-responsive practice looks, sounds and feels like.
- gain a basic understanding into how an organisation can begin a journey towards a trauma-informed organisational culture.

Click [here](#) to book on to the training.

## 7. Further information:

Visit our Learning Zone to see our selection of briefings and more [HERE](#)