

Trauma-Informed Approaches to our Practice

Consider to what extent your program or service is already applying trauma-informed principles and practice, and note them in the 1st column. The 2nd column is for ideas that might be the focus of further action.

Principles	We are already...	Commitments for going forward...
Increasing trauma awareness		
Providing safety-physical emotional social and moral		
Offering opportunities for choice, collaboration and connection		
Offering opportunities for skill building- self regulation, grounding		