

UCI CARE

INTEGRATING TRAUMA-INFORMED VALUES

Instructions: use this handout to develop ways in which you can integrate trauma-informed values and care into your work and everyday interactions. Actively thinking about how you can interact with others affected by trauma in safe and caring ways can help you minimize the risk of unintentionally behaving in a way that triggers or reminds a person about the trauma they have experienced, which can interfere with their healing and growth.

SAFETY

Ensuring physical and emotional safety.

Things I can do to integrate this value:

1. _____
2. _____
3. _____

TRUST & CLARITY

Building trust by maintaining appropriate boundaries with clients, and being open and clear about what clients can expect from an interaction.

Things I can do to integrate this value:

1. _____
2. _____
3. _____

CHOICE & CONTROL

Putting a client's personal choice and control first.

Things I can do to integrate this value:

1. _____
2. _____
3. _____

COMPASSION & SUPPORT

Offering compassion and support by using a non-judgmental attitude towards clients and their willingness to participate in activities or engage with you.

Things I can do to integrate this value:

1. _____

2. _____
3. _____

COLLABORATION

Working together with clients to identify what feels more healing and supportive for them.

Things I can do to integrate this value:

1. _____
2. _____
3. _____

STRENGTH-BASED

Emphasizing a client's strengths and resilience.

Things I can do to integrate this value:

1. _____
2. _____
3. _____

CULTURAL SENSITIVITY

Being sensitive to the diverse identities of the clients, as well as various ways they cope with their experiences.

Things I can do to integrate this value:

1. _____
2. _____
3. _____

EMPOWERMENT

Helping clients feel strong, in-control, and free to make their own choices.

Things I can do to integrate this value:

1. _____
2. _____
3. _____