

Principles of Trauma Responsive Practice – Cheat Sheet

Principles of Trauma Responsive Practice	Notes & Reflective Questions:
Build upon our understanding of trauma and its impacts (individual and collective impacts)	<ul style="list-style-type: none"> • Applying theory into practice • How do we understand what's happening in a person's brain and nervous system and how will that influence our practice? • All behaviour is a form of communication – usually unmet need: how will our responses address that unmet need rather than focussing solely on the behaviour?
Promote safety and stability for group members	<ul style="list-style-type: none"> • Safety: Belonging • Polyvagal theory – biological safety, person's perception of safety, neuroception of safety (felt safety in our nervous system) • Clear sense of purpose for coming together as a group • Clear limits and expectations for group members • Environmental – does the group's environment promote a perception of safety? Sensory input – smells, sights, sounds, etc.
Practice cultural humility (as group facilitators) and provide cultural safety to group members	<ul style="list-style-type: none"> • Culture is a resource! • Continual self-reflection builds cultural humility – who am I? What are my biases? In what ways can I keep listening and learning? • Client's sense of identity, belonging: How is that supported/promoted by facilitator? • Cultural safety – being allowed to express identity, practice culture and have values honoured and respected without fear of ridicule or prejudice • Cultural responsiveness: develop collaborative and respectful relationships with refugee communities to respond appropriately to their issues and needs in ways which promote social justice and human rights
Provide opportunities for group members to build relationships and social connections	<ul style="list-style-type: none"> • Relationships: Connection • Group members experience safe, attuned, consistent relationships.

	<ul style="list-style-type: none"> • A group is dynamic, changeable not static: groups change people and people change over time
Provide opportunities for group members to have a voice and choice in decision making	<ul style="list-style-type: none"> • Person centred practice – client’s voice is heard and valued • How do you show your acknowledgement of your client’s experiences? • How do you support clients to be actively involved in decision making processes and making choices for themselves? • Diversity - Who has a voice in this space?
Hold hope for healing and foster hope-based recovery	<ul style="list-style-type: none"> • Hold hope for your clients until they can re-build hope for themselves • Explore possibilities in creative ways • Increase people’s access to resources
Provide opportunities for group members to connect with their own wisdom and strength	<ul style="list-style-type: none"> • Meaning making: Identity • Reflect and shine a light on the strengths and wisdom that group members bring to the shared space
Promote and practice worker Self care	<ul style="list-style-type: none"> • Co-facilitate where possible – ‘hold space’ together and make space for each other’s individual styles • Acknowledge the impact that trauma work can have on staff and seek to minimise risk • Notice your own strengths: what facilitation skills did you use or grow? • Were there challenges you experienced that you can take to supervision or talk through with a colleague?

ASeTTS Model of Recovery:

- To **restore safety** and **enhance control** and reduce the disabling effects of fear and anxiety
- To **restore attachment** and **connections to other human beings** and a **sense of belonging**
- To **restore meaning, identity and justice**
- To **restore dignity and value** and **reduce shame and guilt**

“Be patient, listen carefully, and understand that we come from different cultural backgrounds with difficult experiences.”

– FASSTT service user