

Tips for Talking: Trauma Informed Care

Principle	Example
Safety	"We want this to be a safe space. Please let me know if you feel uncomfortable at any time, so we can address it right away."
Choice	"Help me understand what you think about medication, therapy, and other treatment choices." "If you need to end now, that's OK. We can talk later."
Collaboration	"Let's come up with a plan we can all agree on."
Trustworthiness	"I will give you my honest opinion, and we should talk about what stays private and what information should be shared."
Empowerment	"It sounds hard, everything you've been through. But people do get better. It'll take work on both our parts."

From the Expert Q&A:
"Principles of Trauma Informed Care," by Rehan Aziz, MD
The Carlat Child Psychiatry Report
 Number 5&6, July/August/September 2020
www.thecarlatchildreport.com