

TRAUMA-INFORMED CARE IN PRACTICE

by Breyta Psychological Services, P.A.
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Trauma-informed care (TIC) provides a framework for health care providers and institutions to decrease persistent traumatic stress responses in their patients. Benefits for providers and patients are powerful and far-reaching.

FOR PATIENTS

Offers the opportunity to engage more fully in their health care, develop a trusting relationship with their provider, resists re-traumatization, and improves long-term health outcomes.

FOR PROVIDERS

Helps reduce burnout among health care providers, potentially reducing staff turnover, and strengthens provider-patient alliance.

SAFETY

- Recognize presence of trauma symptoms or trauma history
- Allow patient to face doorway
- Always greet patient and family
- Make eye contact
- Ask if patient is aware of triggers
- Respect privacy

CHOICE

- Provide clear and appropriate message about rights and responsibilities
- Whenever possible, emphasize patient has choice and control
- Emphasize informed decisions
- *Ask permission* before touching patient or performing procedures

COLLABORATE

- Do things *with*, not *for*, the patient
- Share power by including patient in decision-making process
- Patient has significant role in planning and evaluating service
- Ask preferred name / pronouns
- Ask questions to assess symptoms of distress

TRUST

- Clearly and simply explain what you are about to do *before* you do it; be consistent
- Respectful and professional boundaries are maintained
- Respond calmly and non-judgmentally to strong emotion

EMPOWER

- Validate and affirm experience
- Provide education on patient condition and procedures
- Teach skills to manage pain and anxiety during procedure

Trauma And Self

L Darling-Hammond



Trauma And Self:

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, **Trauma And Self** . This educational ebook, conveniently sized in PDF (Download in PDF: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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