



# Trauma informed practice



Website:

[www.brightoptions.org.uk](http://www.brightoptions.org.uk)

## Trauma Informed Practice

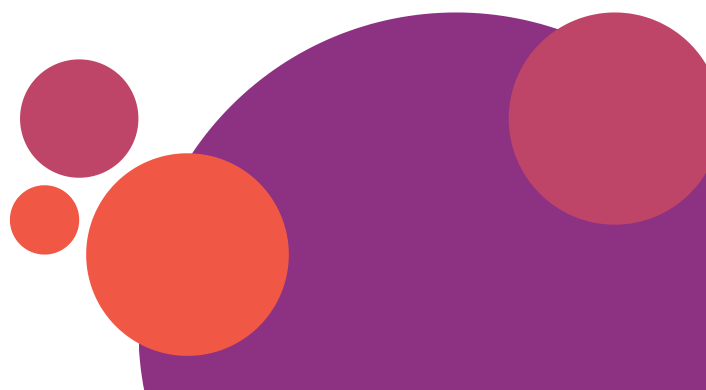
A trauma informed practice recognises the widespread impact of trauma and understands potential paths for recovery.

It acknowledges that trauma can affect how individuals think, feel, behave, and engage with services.

Rather than asking "*What's wrong with you?*", trauma-informed approaches ask "*What has happened to you?*", shifting the focus toward understanding, empathy, and support.

At its core, trauma informed practice is grounded in creating environments that are physically, emotionally, and psychologically safe.

It seeks to avoid re traumatisation while promoting healing, resilience, and empowerment.



## Key Principles

- **Safety**

We prioritise the physical and emotional safety of all individuals. Environments are welcoming, predictable, and respectful, allowing people to feel secure and supported.

- **Trustworthiness and Transparency**

Clear communication and consistency help build trust. We are open about processes, decisions, and expectations to reduce uncertainty and anxiety.

- **Choice and Empowerment**

Individuals are supported to make informed choices about their care or involvement. Their voice is central, and their autonomy is respected at all times.

- **Collaboration**

We work in partnership with individuals, recognising them as experts in their own experiences. Power is shared wherever possible.

- **Cultural Sensitivity and Inclusivity**

We acknowledge the impact of cultural, historical, and social factors on trauma. Practice is inclusive, respectful, and responsive to diverse identities and experiences.



## **How We Apply Trauma-Informed Practice**

We create supportive environments that minimise triggers and promote calm and stability.

Staff are trained to recognise signs of trauma and respond with empathy rather than judgement.

Communication is compassionate, clear, and non threatening.

We prioritise consistency and reliability in our interactions.

Feedback from individuals is actively encouraged and used to improve services.

## **Why It Matters**

Trauma can have long lasting effects on mental, emotional, and physical wellbeing. Without a trauma informed approach, services may unintentionally cause distress or disengagement. By embedding trauma informed principles, we create spaces where individuals feel respected, understood, and empowered to move forward.

## **Our Commitment**

We are committed to continuous learning and reflection in our trauma informed approach. This includes ongoing staff development, reviewing our practices, and listening to the experiences of those we support. Our goal is to ensure that every interaction promotes dignity, safety, and healing.