

Planning tool for trauma-informed reflective practice

Create formal and informal opportunities for reflection. What opportunities are there to explore workers and service users' experiences from a trauma-informed perspective? Consider how you want to build reflective practice discussions into your meetings (e.g., adding reflective practice to the agenda; keeping part of the agenda open).



Opportunities for reflection

- ☐ Meetings to review service user needs and approach to their care (e.g., consumer care reviews or case reviews)

Aims (e.g., include trauma-informed principles, move from diagnosis-focussed or problem):



- ☐ Individual supervision

Aims (e.g., explore aspects of trauma-informed practice less confident in, use trauma-informed principles to explore service user's needs):



- ☐ Formal reflective practice sessions

Aims (e.g., structure sessions around trauma-informed principles):



- ☐ Staff or handover meetings (e.g., handover between staff shifts or team meetings)

Aims (e.g., provide opportunity to reflect on impact of shift on worker, move from being task-focussed to reflective practice):



- ☐ Discussion with peers or senior staff to discuss a difficult interaction with service users, their families, or carers

Aims (e.g., support workers' emotional safety):



Use the table on the next page or the [reflective practice cards](#) in this toolkit to support trauma-informed reflective discussions.

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Aims of reflective practice	Team priority 1 (low) – 5 (high)	Reflections/Actions
 Be trauma aware Understand service users' experience of trauma, including how it impacts their family and community. Address potential harms associated with service delivery.		
 Build safety and trust Examine what creates emotionally safe spaces and interactions. Understand barriers to providing a culturally safe service and how service users' culture and circumstances shape their hopes, needs and approach to addressing trauma. Address the impact of vicarious trauma.		
 Give choice and control Understand what contributes to collaborative decision-making and how to balance 'duty of care' with supporting service users to make their own decisions when at risk.		
 Share power Address assumptions about power and how decisions are made, and promote collaborative consent processes. Seek feedback from service users, families and carers.		
 Focus on strengths and recovery Examine personal and team's view of capacity, recovery and healing and how these fit with service users' views and needs. Understand how service users' resources and strengths can be included in service provision.		
 Facilitate connections Take into account the person's whole system of supports and examine what assists and what gets in the way of coordinated care.		