

Post-session check-in

Instructions: What am I doing with the person or family I'm supporting that is consistent with the principles of trauma-informed practice?



Be trauma aware

What have I noticed about the way the person or family has engaged with me and responded to our service environment? Did their experiences of past trauma and adversity have an impact on how they feel?



Build safety and trust

What have I noticed that tells me the person or family I'm supporting feels emotionally safe? If not, what do they need to feel safe?



Give choice and control

In what way have I made decisions together with the person or family I'm supporting? How do I know that they feel actively involved in decisions about their care? Have I included family and carers?

Post-session check-in



Share power

How have I drawn upon the expertise and knowledge of the person or family when identifying solutions and setting goals? How have I obtained consent about care, risk management and information sharing?



Focus on strengths and recovery

What strengths have I noticed in the person or family I'm working with? What relationships are important to them? How can these relationships support their goals?



Facilitate connections

What do I know about the service user's community and social connections? How does that help me understand their needs and goals? Have I helped the service user to access additional services?