

## Things to Know When Utilizing a Trauma Informed/ Survivor Centered Approach

1. **Do** treat everyone as if they might be a trauma survivor.
2. **Do** be prepared to respond if participants begin to discuss trauma.
3. **Do** acknowledge that trauma is a common experience in the lives of those in recovery.
4. **Do** be respectful at all times and give participants as much choice and control as possible.
5. **Do** encourage participants to explore ways that trauma is impacting them in the present.
6. **Do** provide information about the interaction of trauma, substance use and mental health problems.
7. **Do** encourage participants to identify their trauma triggers.
8. **Do** encourage participants to monitor their own emotional responses.
9. **Do** encourage participants to identify and practice ways to calm themselves when upset.
10. **Do** encourage participants to make safe choices in responding to triggers or difficult events.
11. **Do not** encourage participants to talk about the **details** of their traumatic experience.
12. **Do** redirect participants who are sharing details by asking how those experiences affect them now or how they coped with those experiences.
13. **Do** refer those who have good coping skills and want to process their traumatic experiences to individual therapy.
14. **Do** give participants as much information as possible.
15. **Do** remove as many trauma triggers as possible from the environment.
16. **Do** acknowledge, give choice and control and help to plan for unavoidable triggering events.