

Understanding Trauma-Informed Care

1. What is Trauma-Informed Care?

Trauma-Informed Care (TIC) is an approach that recognizes the widespread impact of trauma and prioritizes safety, trust, and empowerment in every interaction. It is based on the understanding that trauma can affect how people think, feel, and relate to others. Rather than asking, “What’s wrong with you?” trauma-informed care asks, “What happened to you?” This approach creates compassionate environments where people feel seen, respected, and supported. Trauma-informed care is guided by key principles: safety, trustworthiness, collaboration, empowerment, and cultural humility.

2. What can Trauma-Informed Care help with?

Trauma-informed care can support healing and resilience across many settings, including therapy, healthcare, education, and community programs. By understanding and responding to the effects of trauma, TIC helps build safety and trust while reducing the risk of retraumatization. Trauma-informed care can help with:

- Emotional regulation and self-awareness
- Anxiety, depression, or post-traumatic stress
- Relationship and attachment difficulties
- Recovery from abuse, neglect, or loss
- Creating safer, more supportive environments in organizations

Through compassion, collaboration, and empowerment, trauma-informed care promotes healing, resilience, and a deeper sense of connection.

■ *This information is provided for educational purposes and is inspired by the principles of trauma-informed care as defined by the Substance Abuse and Mental Health Services Administration (SAMHSA).*