

# NON TRAUMA INFORMED

- POWER OVER
- YOU CAN'T CHANGE*
- JUDGING
- PEOPLE NEED FIXING FIRST*
- OPERATE FROM THE DOMINANT CULTURE
- PEOPLE ARE OUT TO GET YOU*
- RIGHT/WRONG
- HELPING*
- "YOU'RE CRAZY!"
- COMPLIANCE/OBEDIENCE*
- NEED-TO-KNOW BASIS FOR INFO
- PRESENTING ISSUE*
- "US AND THEM"
- LABELS, PATHOLOGY*
- FEAR-BASED
- I'M HERE TO FIX YOU*
- DIDACTIC
- PEOPLE MAKE BAD CHOICES*
- BEHAVIOR VIEWED AS PROBLEM
- WHAT'S WRONG WITH YOU?*
- BLAME/SHAME
- GOAL IS TO DO THINGS THE 'RIGHT' WAY*
- PRESCRIPTIVE
- PEOPLE ARE BAD*
- CONSIDER ONLY RESEARCH AND EVIDENCE
- EXPERT*

- POWER WITH
- YOUR BRAIN IS 'PLASTIC'*
- OBSERVING
- PEOPLE NEED SAFETY FIRST*
- CULTURAL HUMILITY
- PEOPLE CAN LIVE UP TO THE TRUST YOU GIVE THEM*
- MULTIPLE VIEWPOINTS
- LEARNING*
- "IT MAKES SENSE"
- EMPOWERMENT/COLLABORATION*
- TRANSPARENCY AND PREDICTABILITY
- WHOLE PERSON AND HISTORY*
- WE'RE ALL IN THIS TOGETHER
- BEHAVIOR AS COMMUNICATION*
- EMPATHY-BASED
- SUPPORT HEALING*
- PARTICIPATORY
- PEOPLE WHO FEEL UNSAFE DO UNSAFE THINGS*
- BEHAVIOR VIEWED AS SOLUTION
- WHAT HAPPENED TO YOU?*
- RESPECT
- GOAL IS TO CONNECT*
- CHOICE
- PEOPLE ARE DOING THE BEST THEY CAN*
- CONSIDER ALSO LIVED EXPERIENCE
- ENLIGHTENED WITNESS*

# TRAUMA INFORMED CARE