

KNOWLEDGE OF TRAUMA-INFORMED CARE PRINCIPLES

An ability to draw on knowledge that the experience of trauma is common in those receiving acute mental health inpatient care

An ability to draw on knowledge that trauma-informed care involves ensuring that patients:

have their physical and emotional safety addressed

have choice and control over their treatment

are collaboratively involved in their care (that decisions about their care are made jointly)

have care providers who are trustworthy, honest, and open

have interactions with staff which validate and affirms them as individuals, and so empowers them

An ability to draw on knowledge that people can be re-traumatised by negative experiences of services, for example giving them a sense that:

they are viewed only through the lens of a diagnosis or label

they have no choice over their treatment

things are done 'to' them rather than 'with' them

they do not have the opportunity to give feedback about the care they are receiving

their trust has been violated

they have been subjected to coercive practices

An ability to draw on knowledge that re-traumatisation can impact on the patient's sense of self, their sense of others, and their beliefs about the world, and can directly impact on their emotions (for example, cause distress and/or dissociation), and their ability or motivation to connect with and use services

An ability to draw on knowledge that trauma-informed care involves developing and maintaining a relationship that helps the patient to feel safe on the ward
