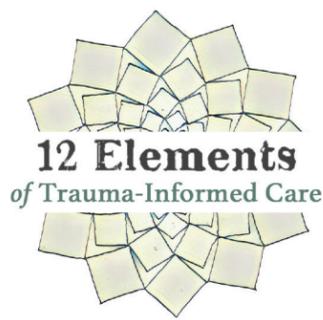


To provide *trauma-informed care* that empowers their client, the practitioner will want to...



When seeking care from a healing arts practitioner, *survivors of sexual trauma* are encouraged to...

Checklist for Trauma-Informed Care

- Practitioner -

- Maintain a nonjudgmental view on the ways in which the client has attempted to cope.
- Allow the client to have control over the process – provide feedback, make decisions, even to stop treatment at any moment.
- Remember and affirm that healing looks different for each client, and do not assume what will be easy or difficult for them in their recovery.
- Validate their clients' responses to trauma, which are legitimate regardless of the details of their story.
- Understand *fight, flight, and freeze* responses and how the nervous system can be rebalanced.
- Invite their client to establish a clear connection to the *here and now* with a variety of practices they can use before, during and after treatment.
- Help strengthen their client's verbal and nonverbal communication by collaborating and engaging with them during the treatment.
- Provide ample opportunities for their client to practice making firm, clear, self-directed choices.
- Recognize and attend to how sexual violence intersects with other forms of violence and systems of oppression.
- Plan ahead for triggers and flashbacks in the practice space, and develop tools to orient, ground and soothe their client.
- Work with and refer out to a multidisciplinary team, staying very clearly within their own scope of practice.
- Prioritize their own self care as essential, not optional.

- Client -

- Remember that their symptoms are a natural response to trauma and learn what their resources are for managing them.
- Give the practitioner feedback during or after treatment and expect that they will not be judged for doing so.
- Listen to what feels true about the pace of their healing process from the inside, rather than follow an arbitrary timeline.
- Know there is no need to minimize their encounters with sexual violence in comparison to what has happened to others.
- Understand their body may be impacted by autonomic, primitive survival responses, which can be addressed through gentle treatment of the nervous system.
- Cultivate a growing sense of inner safety by developing practices that allow them to notice their internal experiences while maintaining a connection to their outer world – and practicing those skills regularly.
- State their needs and desires, viewing their practitioner as an ally with whom they can collaborate for their healing.
- Practice setting and honoring boundaries by tracking subtle body cues that signal “yes,” “no,” or “maybe,” and expressing them to their practitioner.
- Recognize their right to access culturally competent care. They can ask the practitioner to seek resources to dismantle their bias and/or choose a new provider.
- Notice what tools successfully ground and center them, and bring them back to the present moment after a triggering experience.
- Seek out multiple health care and healing arts providers who can contribute in different ways to their recovery.
- Build accessible and simple ongoing wellness practices, attend to personal reflection and engage community support in addition to seeking out professional care.



Join the FREE e-course & move through this checklist with us!

Subscribe to the *12 Elements of Trauma-Informed Care* from The Breathe Network.

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