

Trauma Informed Support

Quick Reference Guide for Practitioners

Six Core Values:



1. **Safety:** Safety is the foundational value on which all other principles depend. This includes ensuring the physical, psychological, social (including ensuring communication needs are met), moral and cultural safety of everyone engaged in the service.



2. **Relationships:** Getting to know and understand the person being supported. Maximizing trustworthiness through relationships, task clarity, consistency and interpersonal boundaries. Assisting people to develop and maintain strong and therapeutic support networks.



3. **Collaboration:** Actively seeking opportunities to collaborate with the person being supported and their extended support network including family, friends, service providers, advocates and staff.



4. **Choice:** Empowering the person being supported to make their own choices and have control over their lives. This might include what they want to wear, who they want to spend time with, what level of support they want or the kinds of risks they want to take.



5. **Voice:** Listening to what the person being supported is saying and prioritising the person's voice being heard and heeded. For people who do not use language to communicate, we must support their method of communication to ensure they are being empowered to have their voice heard.



6. **Person-centred practice:** Ensuring the person's needs, goals and wishes guide and inform any decision that affects the person's life.

Acknowledgement:

The information above is based on the evidence-informed values outlined in the [Taking Time Framework](#)*

*Jackson, A. L., & Waters, S. E. (2015). Taking Time – Framework: A trauma-informed framework for supporting people with intellectual disability. Melbourne, Australia: Berry Street. This report was sponsored by the NSW Statewide Behaviour Intervention Service (SBIS), Clinical Innovation and Governance (CIG), Ageing Disability and Home Care (ADHC), Family and Community Services (FACS).

Useful Resources:

Berry Street developed the Taking Time Trauma-Informed Framework to guide service providers who support people with intellectual disability. This framework was sponsored by the NSW Statewide Behaviour Intervention Service (SBIS), Clinical Innovation and Governance (CIG), Ageing Disability and Home Care (ADHC), Family and Community Services (FACS).

- **Taking Time Framework: A trauma-informed framework for supporting people with intellectual disability.**
Available at: <https://learning.berrystreet.org.au/sites/default/files/2018-05/Taking-Time-Framework.pdf>
- **Taking Time – A Literature Review: Background for a trauma-informed framework for supporting people with intellectual disability**
Available at: <https://learning.berrystreet.org.au/sites/default/files/2018-05/Taking-Time-Literature-Review.pdf>

National Disability Services (NDS) have developed Trauma Informed Support films as a part of the Zero Tolerance Initiative. These films aim to assist support workers, providers, people with disability and their families to understand what trauma is, the impact it can have, and ways in which everyone in an organisation can provide trauma-informed support.

- **Understanding Trauma**
- **What is Trauma Informed Support?**
- **A Trauma Informed approach to Positive Behaviour Support**
- **How can Organisations Embed a Trauma Informed Approach?**
- **Building networks of support and recognising vicarious trauma**

The above short films are available at: <https://www.nds.org.au/zero-tolerance-framework/considering-additional-risk>

Blue Knot Foundation is the National Centre of Excellence for Complex Trauma. They have developed various resources for practitioners in regards to Trauma Informed Practice. Suggested resources include:

- **Trauma Informed Practice: Blue Knot Foundation Factsheet for Workers in Diverse Service Settings.**
Available at: <https://www.blueknot.org.au/Resources/Fact-Sheets/Workers-Fact-Sheet>
- **Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery (2019).**
Available at: <https://www.blueknot.org.au/resources/Publications/Practice-Guidelines>
- **Trauma and the Law: Applying Trauma-informed Practice to Legal and Judicial Contexts.**

Available at: <https://www.blueknot.org.au/ABOUT-US/Our-Documents/Publications/Trauma-Law>

The Disability Justice Project developed professional development workshops and resources specific to Trauma Informed Practice and how to apply these principles when supporting individuals with intellectual disability who are in contact with the justice system.

Trauma Informed Practice PowerPoint presentations and video links are available at: <https://www.disabilityjustice.edu.au/disability-justice-trauma-informed-practice>

Orygen

- **What is trauma-informed care and how can I help implement it in my organisation?**
Available at: [https://www.orygen.org.au/Training/Resources/Trauma/Toolkits/What-is-trauma-informed-care-and-how-can-i-help-i/Trauma-informed-care-toolkit?ext=.](https://www.orygen.org.au/Training/Resources/Trauma/Toolkits/What-is-trauma-informed-care-and-how-can-i-help-i/Trauma-informed-care-toolkit?ext=)
- **Trauma informed care: Working with Refugees and Asylum Seekers Webinar.**
Available at: <https://www.orygen.org.au/Training/Resources/Trauma/Webinars/refugees-asylum-seekers>

Western Sydney University

- **Implementing a Trauma Informed Framework in a Disability Non-government Organisation**
Available at: <https://researchdirect.westernsydney.edu.au/islandora/object/uws:38121>

The Bouverie Centre, La Trobe University

- **Guidelines for Trauma-Informed Family Sensitive Practice in Adult Health Services**
Available at: <https://www.bouverie.org.au/support-for-services/our-specialist-areas/specialist-area-trauma-informed-practice>

University of South Australia

- **Trauma-Informed Approaches in Forensic Mental Health: A practical resource for health professionals**
Available at: <https://www.unisa.edu.au/siteassets/episerver-6-files/global/health/sansom/documents/mhsa/trauma-informed-approaches-in-forensic-mental-health-resource.pdf>

Child Trauma Academy

There is a library of resources specific to trauma experienced in childhood and the impact of trauma on brain/ neurological development at: <https://www.childtrauma.org/>