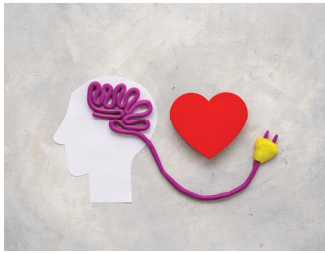


Trauma Informed Leadership

1



The 4 R's

- Recognise signs and symptoms
- Realise the impact
- Respond with empathy
- Resist re-traumatisation

(SAMHSA)

2



Practice the 6 principles

- Safety- creating safe enough space for bravery
- Trustworthiness - reliable, consistent, transparent
- Collaboration - voice, partnership, advisory, families-carers
- Choice - consent, options, inclusion, what choices?
- Culture, history, gender - power awareness

(SAMHSA)

3



Review the 10 Domains

Implement the principles of trauma informed care across the domains of your work. Review the following areas are they in line?

1. Governance
2. Policy
3. Environment
4. Engagement
5. Cross sector collaboration
6. Screening, assessment & treatment
7. Training
8. Monitoring Progress - Quality Improvement
9. Financials
10. Evaluation

(SAMHSA)

4



Stay embodied

Listen to your own body, check in with your energy, posture, map your nervous system, notice your emotions, your battery, what do you need? Are you getting co-regulation? Nutrition. Hydration. Metabolise your stress every 24 hours. 12 minutes cardio daily. Walk in nature. Notice the sky. Taste your food. Stay embodied for others, foster a supportive environment & culture.

5



Reflective Practice & dialogue

Take regular pulse checks of yourself and others. Create your own solidarity team. Make time to debrief, pause and reflect, journal, find your tribe, create reflective practice spaces for your staff and teams. We need to pause and be, we are human beings not human doings, stay connected to self and others. Prioritise making space!