

6 Principles of Trauma-Informed Care

Safety



- Creating a comfortable environment
- Coaching Session Modality Options
- Maintaining students' disclosure in confidence
- Respect & autonomy to guide the session

Trustworthiness & Transparency



- Creating space in sessions to build relationships
- Consistency and persistence
- Showing up on time, engaging in curiosity, follow-up emails with specifics
- Empathizing with the students experience and holding space

Peer Support



- Tutoring
- Who is in your Top 5? : Having a plan for your support system
- Accountability groups, body-doubling
- Strategizing ways for students to connect with their community

Collaboration & Mutuality



- In-depth collaboration
- Connecting with other offices and events (i.e. Disability services, DOS)
- Walk through how other offices work
- Co-Construct Knowledge

Empowerment, Voice & Choice



- The student is driver of their choices and empowering them to make decisions that support growth and habit building
- Providing individuals with options and respecting their preferences.
- Students holding themselves in unconditional positive self-regard, the idea that people should accept themselves for who they are, regardless of their actions.

Cultural & Historical Awareness



- Asking for students pronouns (inclusivity)
- Foster anti-oppressive environment
- Training on culturally relevant issues and data observations
- i.e. ADHD, ESOL (English for Speakers of Other Languages)