Understanding Trauma & The Six Core Principles of a Trauma-Informed Approach



Team Discussion Guide

Give each team member a copy of these questions to help guide the discussion, use it as a worksheet to keep a record of what was discussed, and collect team feedback on where to focus future learning and program change.

nd program change.				
1. Why is it im	portant for all staff to understand trauma and adverse childhood experiences (ACEs)?			
2. Why is a tra	uma-informed approach important for our work with youth?			
	nunity, or service area, what are some of the factors that may be contributing ha histories of the youth we serve?			
	ve heard from our participants about our service environment(s) and feeling the program?			

5. Which of the six core principles of a trauma-informed approach does our program cui incorporate into our culture well? <i>Check all that apply and share an example.</i>			, ,
			Safety
			Trustworthiness and transparency
			Peer support
	The second secon		Collaboration and mutuality
			Empowerment, voice, and choice
			Cultural, historical, and gender issues
6.			ne six core principles of a trauma-informed approach does our program have approvement on? Check all that apply and share an example.
			Safety
			Trustworthiness and transparency
			Peer support
			Collaboration and mutuality
			Empowerment, voice, and choice
			Cultural, historical, and gender issues
7.	and the	yo	ahead about how to strengthen elements of our program that support each other uth we serve, what additional information would we like to have? What would we w more about?
			Definition of trauma Principles of trauma-informed approaches The impact of trauma on youth development, relationships, and sexual behavior The role of supportive resources and resilience Prevalence of trauma in our service area How trauma affects the way people engage Trauma in the youth-serving workforce, including secondary trauma Ways to promote workforce wellness De-escalation and incident response Other: