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The following key principles of trauma-informed care should serve as a guide for all health care providers and staff: Establish the physical and emotional safety of patients and staff; Build trust between providers and patients; Recognize the signs and symptoms of trauma exposure on physical and mental health; Promote patient-centered, evidence-based care

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Peer support; Collaboration & mutuality; Empowerment & choice;
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The ability to tolerate emotion (self-soothe; regulate affect) is a
primary task of treatment, and accounts for the importance of Phase
I. Attempts to `process' trauma in the absence of ability to selfregulate can precipitate overwhelm and re-traumatisation.
`Processing' of complex trauma is a Stage II task and should not be
encouraged in the absence of the foundational self-regulatory work of
Phase I.

Best practice principles for complex trauma client work
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Exhibit 2.2-1: Clinical Practice Issues Relevant to Counselor

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Counselor Competencies Checklist

TIP 57 Trauma-Informed Care in Behavioral Health Services
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Trauma-focused cognitive-behavioral therapy (TFCBT) is a type of CBT developed specifically to treat symptoms related to trauma in children (Cohen, Mannarino, & Kinnish, 2017 (Briere & Scott, 2015).

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