

TRAUMA-INFORMED PRACTICE STEPS

SELF-AWARENESS

- Where am I in the Window of Tolerance?
- What's bothering me about this behaviour?
- Is this something I need to address with the person or with myself?

SELF-REGULATION

- What are my go-to physical regulation strategies? (sternum rub, belly breaths ...)
- What are my go-to mental regulation strategies? (Recall a Twinkle, 5 senses check-in...)

CURIOUS QUESTIONS

- Start with, "What happened to you?" instead of, "what's wrong with you?"
- Go slow & give yourself and the other person space to respond

ACTS OF SAFETY

- What Acts of Safety can you do before and during the conversation to establish and maintain trust?

DEBRIEF & FEEDBACK

- Recap the conversation and any agreed-upon outcomes & follow-up steps
- Check in to see how the conversation could be conducted better next time

Window of Tolerance

