

Trauma-Responsive Tools

We hope we have begun the process of impressing, informing and inspiring you to more fully understand and appreciate the importance and power of trauma.

We encourage professionals to become aware of ways to apply the Information Concepts Approaches Principles and Skills (ICAPS) presented in the sessions.

Recognize how you are becoming more trauma-aware which includes noticing how the course is impacting you. We encourage you to focus on becoming trauma-responsive.

Trauma-responsiveness is defined as the ability to incorporate ICAPS into action based practices to include:

- Ways you become aware how new information is influencing your thoughts, attitudes and behaviors
- Any noticeable effect within yourself
- How you view others
- Responding to others



Safety Plan

List the items on your Safety Plan that help you feel safe internally:

[Empty light blue box for internal safety plan items]

List the items on your Safety Plan that help you feel safe externally:

[Empty light blue box for external safety plan items]

Carry your safety plan with you and refer to it in any situation that has the potential to decrease your sense of safety. Keep your Safety Plan in a place so you can easily access it.



Think about someone you know who might benefit from having a Safety Plan.

Who is this person?

Light blue rectangular area for writing the name of the person.

What is your relationship with this person?

Light blue rectangular area for writing the relationship.

What is it about this person that makes you think they might benefit from a Safety Plan?

Light blue rectangular area for writing reasons for the safety plan.

We encourage you to explain the information on Safety Plans to the person and guide them through the process of creating a Personal Safety Plan.

Recommendations:

- Provide a 3x5 card for the person to use when creating a Safety Plan.
- Encourage them to carry and use their Safety Plan.
- Check back with them to see if they have any questions and how they have benefited from using their Safety Plan.