



## **Worksheet: Principles in Practice – Self-Audit for Trauma-Informed Care**

This self-audit helps you reflect on how consistently you embody the six core principles of trauma-informed care in your professional practice. Use this tool to identify your strengths and areas for growth.

### **1. Safety**

How do you create emotional, physical, and relational safety for your clients?

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How do you know when a client \*feels\* safe in your presence?

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### **2. Trust and Transparency**

How do you communicate expectations, session structure, or changes to your clients?

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### 3. Peer Support

In what ways do you normalize your clients' responses and reduce shame through validation or shared human experience?

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### 4. Collaboration and Mutuality

What does shared decision-making look like in your work?

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### 5. Empowerment, Voice, and Choice

How do you support client autonomy and allow room for feedback or saying no?

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### 6. Cultural and Historical Responsiveness

How do you stay curious and humble about how identity and background may shape a client's experience of safety?

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### Final Reflection

Which principle comes most naturally to you?

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Which one do you want to strengthen next?

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