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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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Participants learned SAMHSA's six principles that guide a trauma-informed approach, including: Safety; Trustworthiness & transparency; Peer support; Collaboration & mutuality;

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Empowerment & choice; Cultural, historical & gender issues; Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist.

Infographic: 6 Guiding Principles To A Trauma-Informed ...
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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 self-regulate can precipitate overwhelm and re-traumatisation.

`Processing` of complex trauma is a Stage II task and should not be

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And Treatment John Briere 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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TIP 57 Trauma-Informed Care in Behavioral Health Services
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These principles may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific: Safety. Trustworthiness and Transparency. Peer support. Collaboration and mutuality. Empowerment, voice and

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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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