

# 9 TIPS FOR YOUR TRAUMA-INFORMED PRACTICE



## #1 IF YOU'RE HUMAN, YOU HAVE TRAUMA

Everyone has been impacted by trauma - the people we work with and ourselves. The more that we're warm and responsive towards our own, the easier it is to be this way with others.

## #2 TRAUMA SHOWS UP IN MANY FORMS

We can't know what's happening beneath the surface for everyone. It's not just in the overwhelm. It's in the underwhelm too. It's in a holding of breath or a micromanaging or a binge watching. It's in the high functioning and less functioning. We just can't know. So when we're trauma-informed we look at it as human informed. We stay curious and welcome every part of each person that shows up in front of us.

## #3 NOTHING TO FIX

There's nothing wrong, no one is broken. Wholeness is innate in everyone, no matter what is being expressed.

## #4 PRESENCE NOT PERFECTION

The goal isn't about responding perfectly. The gold is in genuine connection, warmth, empathy, curiosity and care.

## #5 PAUSE AND TAKE 3 BREATHS

Give space to anything that arises that feels activated, triggered and/or charged. Push your feet into the ground and come home to yourself and your own support. Allow, allow, allow...whatever sensations and emotions arise in yourself or another - embracing it as much as possible while slowing down with three breaths.



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## #6 RELATIONSHIP IS MEDICINE

It's so rare to BE WITH others without trying to fix, figure out, solve or give advice. Can we practice simply listening and receiving the other's experience (or our own) without pressure to DO anything?

## #7 DON'T ASSUME

Ask what's going on for the other person, what they need in terms of support. What resources (inner and outer) do they have available to them? We get befuddled because we think we should know what they need or how to relate to them. Collaboration is key!

## #8 MORE YOU IS BETTER

Let yourself be vulnerable, human, quirky and connected to your heart and soul.

## #9 THE MOST TRUST IS BUILT IN THE REPAIR

You're going to fuck it up, that's ok.

Get good at being humble and brave. It takes vulnerability to take responsibility for things big and small. With this skill, you can change someone's entire life in a matter of minutes.



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