

# Non Trauma Informed

VS

# Trauma Informed



*Tips to help you with trauma informed care practices as a New Day Advocacy Center Advocate*

Clients can't change	They can, the brain has the ability to modify its connections or re-wire itself
Being judgmental towards our clients	We observe. Don't Compare "what is" to "what should be" and put a label of good or bad on our clients
Our clients need fixing first	Our clients need safety first
Clients are trying to "pull one over on you"	Clients can live up to the trust you give them
Arguing Right/Wrong	There are is no right or wrong and there are many different view points
Considering only evidence and research	Consider also lived experiences
Telling someone they are crazy	Telling someone that it makes sense
Compliance/Obedience	Empowerment/Collaboration
Need to know basis for info	Transparency and Predictability
Only looking at current issue	Looking at whole person and history
US vs Them	We are all in this together
We have power over our clients	We Empower our clients
Using fear	Using Empathy
Saying I am here to fix you	Saying I'm here for you
Our clients make bad choices	Our clients when feeling unsafe do unsafe things
Asking what is wrong with you?	Ask what happened to you?
Blaming or Shaming	Showing Respect
The goal is having to do things right away	The goal is to connect with our clients