

# Becoming a Trauma Informed Practitioner

The National Child Traumatic Stress Network have developed nine essential activities that practitioners can use to develop an effective trauma informed approach, these include:

Maximise the child's sense of safety

1



Assist children in reducing overwhelming emotion

2



Help children make new meaning of their trauma history and current experiences

3



Address the impact of trauma and subsequent changes in the child's behavior, development, and relationships

4



Coordinate services with other agencies

5



Obtain a comprehensive assessment of the child's trauma experiences and their impact on the child's development and behaviour to guide services

6



Support and promote positive and stable relationships in the child's life

7



Provide support and guidance to child's family and caregivers

8



Manage professional and personal stress

9

