

Trauma-Informed Teaching & Learning Principles

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traumainformedteaching.blog

The following principles can be applied in classroom, department, and college-wide settings.

1. PHYSICAL, EMOTIONAL, SOCIAL, AND ACADEMIC SAFETY

Efforts are made to create an atmosphere that is respectful of the need for safety, respect, and acceptance for in both individual and group interactions, including feeling safe to make and learn from mistakes.

2. TRUSTWORTHINESS AND TRANSPARENCY

Trust and transparency are enhanced by making expectations clear, ensuring consistency in practice, maintaining appropriate boundaries, and minimizing disappointment.

3. SUPPORT AND CONNECTION

Individuals and groups are connected with appropriate peer and professional resources to help them succeed academically, personally, and professionally.

4. COLLABORATION AND MUTUALITY

Opportunities exist to provide input, share power, and make decisions. Individuals and groups act as allies rather than as adversaries to reach common goals.

5. EMPOWERMENT, VOICE, AND CHOICE

Individuals and groups are empowered to make choices and to develop confidence and competence.

6. SOCIAL JUSTICE

Individuals and groups strive to be aware of and responsive to forms of privilege and oppression in order to respect one another's diverse experiences and identities.

7. RESILIENCE, GROWTH, AND CHANGE

Strengths and resilience are emphasized over deficiencies and pathology. Feedback is provided to convey optimism and to facilitate growth and change.

(Principles adapted from [Fallot & Harris, 2009](#); [SAMHSA, 2014](#))

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