

PROPERTY JUSTICE LAW CLINIC

Trauma-Informed Advocacy

Overview

- What is trauma-informed care?
- How can we be trauma-informed advocates?

REFLECTION: What do you think trauma-informed advocacy looks like?



Trauma Informed Advocacy Principles

5 Principles:

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment



Safety



Trustworthiness



Choice



Collaboration



Empowerment



Definitions

Ensuring physical and emotional safety for all. Generally involves protection of self or others.

Maximizing trust, ensuring clear expectations, and having consistent boundaries. Refers to transparency.

Making individual choice and control a priority. Refers to the right to self-determination and autonomy.

Sharing power and working together with individuals. The idea of working with, not doing to or for.

Involves the recognition of strengths and skills to build a realistic sense of hope and possibility.

Values/Principles in Practice

Create a welcoming environment

Embrace diversity and inclusion

Give consequences using supportive, non-confrontational language

Provide clear information about expectations

Inform others of transitions ahead of time

Express patience and acceptance

Inform others about options available to them

Balance flexibility while defining parameters

Reflect options regarding race, gender and culture

Seek ideas and feedback

Explore others' circumstances from their perspective

Acknowledge power dynamics

Build on strengths and capacities

Ensure interactions are validating and affirming

Use person-first and inclusive language

Tenets of Trauma Informed Advocacy

RULE: Do no harm!

- Building trust with clients
- Humanizing language
- Being sensitive and aware of issues that may be triggering
- Fostering a safe environment



How can we be effective advocates?

- Common ground = humanity and dignity
- Active listening and empathy are priorities
- Understand that there may be hesitation and suspicion



How can we be the best advocates we can be?

Being an advocates requires that you also take care of yourself

- Secondary trauma
- Mental preparation
- Clear boundaries



HYPOTHETICAL:

A client rushes to you, still visibly shaken. That morning, they returned to their encampment to find the city had conducted a sweep. Their tent, bedding, and medication were gone, tossed into a dump truck. Their only photo album of their late mother was missing, along with their work boots they needed for a new job. They're in tears, frustrated and distrusting of the City and anyone who can claim to help them.

