

Principles Of Trauma Informed Care



Safety

Creating a calm & relaxed environment that focuses on safety & comfort.



Choice

When possible and appropriate, service experience is well explained and available options are provided.



Collaboration

Service options, frequency, and preferences discussed regularly.



Empowerment

Positive re-enforcement on all steps big or small, self help tools and processes offered as between care practices



Trust

Establishing well defined boundaries, physically as well as psychically. ensuring all parts of you are comfortable.

It's important to note, Trauma Informed Care is NOT:

- A therapeutic practice treating or diagnosing medical or mental health conditions.
- An implication that I am a licensed mental health or medical provider.
- A guarantee that you will not be triggered or otherwise effected by services. Only that I have taken steps to educate myself on practices that reduce its likelihood.
- A replacement for traditional treatment plans by a licensed professional.

TRAUMA INFORMED CARE



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Why am I so passionate about mental health & trauma informed care?



In my personal journey, I met healers, readers, and practitioners that, although well meaning, I found to do more harm than good. As someone that struggles with Complex Post Traumatic Stress Disorder (CPTSD), things like laying down on a table with a stranger would cause me to seize up, instead of relax and be present. I have had intuitives pull out painful and sore memories that were not ready to be worked through, leaving me feeling violated on very deep levels. Others, having no foundation for mental health and trauma care, offered simplistic & unhelpful advise that someone suffering from trauma is simply not able to do. Statements such as “practice more self care” or “have an attitude of gratitude” are great reminders but, we have no tools in our tool box to make those effective. It would be the equivalent of telling someone off the street to build a house with only the plans & a screw driver, expecting them to be successful. It simply won't work.

As I embraced my psychic gifts and began my company, I was passionate about offering intuitive and spiritual services that catered to everyone, including those with mental health concerns and traumatic experiences. I began taking courses and trainings that help me to tailor services to meet your needs.

Understanding Trauma Informed Care

Trauma-Informed Care is a method of providing care that recognizes an individual's likelihood of experiencing trauma. It acknowledges the presence of trauma symptoms and the potential impact of trauma on an individual's life.

The purpose of Trauma-Informed Care is not to address trauma-related symptoms or issues, but rather to offer supportive services that are accessible and appropriate to individuals who have experienced trauma.

