

Trauma Informed Care Supervision: Questions and Ideas Table

	YOUR PRACTICE/MODELING	QUESTIONS TO PROMOTE TIC IN SUPERVISION
<p>Creating Safety</p> <ul style="list-style-type: none"> ➤ Physical ➤ Predictable – consistent ➤ Transparent 	<ul style="list-style-type: none"> ➤ Provide Vicarious Trauma Prevention Plans (VTPP) for your staff and yourself. ➤ Use session structure for clinical and administration time. ➤ Keep case notes and referring to them. ➤ Provide physical safety in your office (door closed or open). ➤ Know and share agency safety protocols. ➤ Know where staff are during the day. 	<p>Have you assessed your office for safety? Any changes recommended?</p> <p>Have you been aware of someone reacting to not feeling safe? To feeling safe? Describe this.</p> <p>How did you feel and react to this?</p> <p>Have you done something to enhance safety?</p> <p>Have you asked others if they feel safe in your space?</p>
<p>Give Power – to Empower</p> <ul style="list-style-type: none"> ➤ Choice ➤ Skills 	<ul style="list-style-type: none"> ➤ Provide choice in work space, days and type of cases. ➤ Acknowledge when a TI practice is observed. ➤ Provide an evaluation of your supervision. ➤ Provide needed training and skill development. ➤ Model Trauma Education Statements. ➤ Role-play for skill development. ➤ Request policy changes as needed for staff. ➤ Provide concrete solutions and options. ➤ Use “non power” language. ➤ Develop scripts as needed. 	<p>Have you been aware of someone reacting to feeling powerless? Powerful? Describe this.</p> <p>How did you feel and react to this?</p> <p>Have you done something to restore power?</p>
<p>Value the Individual</p> <ul style="list-style-type: none"> ➤ Compassion ➤ Engagement ➤ Relationship ➤ Attunement 	<ul style="list-style-type: none"> ➤ Be consistent but flexible. ➤ Model what we are asking. ➤ Be present – attune to the session – session structuring. ➤ Attend to the toxic stress “you might experience . . . in this job.” ➤ Expect and monitor toxic stress. ➤ Track content over the weeks. ➤ Monitor vacation plans. 	<p>Have you implemented the VTPP?</p> <p>Have you been aware of someone not feeling valued? Feeling valued? Describe this.</p> <p>How did you feel and react to this?</p> <p>Have you done something to value the individual?</p> <p>How do you know someone is engaged with you?</p>