



*Los Angeles County DMH, Continuum of Care Reform Division*

## Trauma/Resilience Tip of the Week: Trauma Informed Practice

**Trauma refers to experiences that cause intense physical and psychological stress reactions. Trauma informed care (TIC) is a service delivery approach that understands and responds to the impact of trauma that emphasizes physical, psychological, and emotional safety for providers and survivors.**



### Trauma Informed Practice:

- Realizes the vast prevalence of trauma and understands varying possibilities for recovery
- Recognizes the signs and symptoms of trauma and its impact
- Responds by putting this knowledge into practice
- Seeks to prevent retraumatization

(TIP 57, SAMHSA, 2014)