

# TRAUMA INFORMED PRACTICE

## 1.0 CULTURAL

Every Individual and interaction counts

## 2.0 SPIRITUAL

Consider the whole person

## TIP THEORY

Trauma-informed practice prioritises safety, trust, and support

## 3.0 EMOTIONAL

Emotional intelligence and connection

## 6.0 PHYSICAL

Body Matters as much as the mind

#EqualityMatters

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## 5.0 RELATIONAL

Open and Trustworthy Communication

## 4.0 ENVIRONMENTAL

Spaces that are safe, calm, inclusive