



Compassionate Leeds: Trauma- Informed Practice Information Hub

What is trauma-informed practice?

An introduction to trauma-informed practice and how to introduce it into your approach.

[Read more about a trauma-informed practice](#) >



How will Leeds become a trauma-informed city?

The Compassionate Leeds strategy document explains why and how Leeds will become a trauma informed city.

[Read more about the Leeds strategy](#) >



What resources are there?

Access to useful resources and information on the trauma informed approach.

[Go to resources](#) >



Looking in on Leeds

Examples of reflections from people bringing a trauma informed lens into their practice.

[Go to examples](#) >



Websites

[Go to websites](#) >



Podcasts

[Go to podcasts](#) >



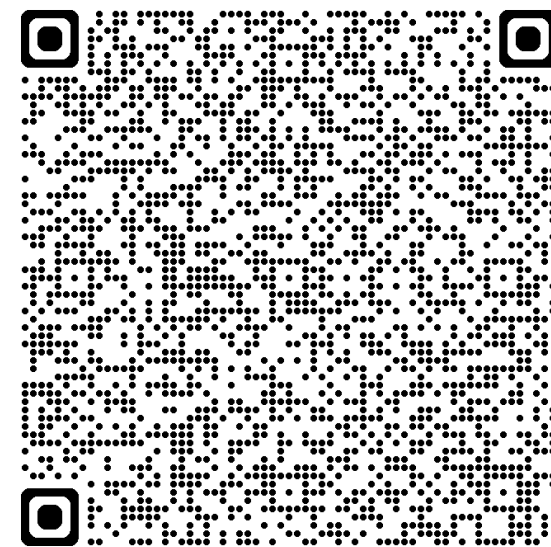
Videos

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Documents

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Safety

Taking care that people feel **physically, emotionally** and **relationally** safe

Trust & Transparency

Taking time to nurture trust; decisions, policies and communications made to be **transparent** and **reliable**

Peer Support

Connection and support between people with **shared experiences** is valued and facilitated

Trauma informed principles apply throughout an organisation and to everyone involved: the people using the organisation, the people working there and the people leading and managing the organisation. **Everyone has a role to play** in creating a trauma-informed approach.

Cultural Humility & Responsiveness

Recognising and moving past **stereotypes & biases**, validating experiences of prejudice; offering culturally-attuned responses

Empowerment

People's strengths & resources are **recognised** and **developed**; belief in people's capacity to heal and grow following adversity and trauma

Collaboration

Doing with not to others; meaningful **sharing of power** and decision-making; recognising that healing happens in relationships

Safety

Instead of **THREAT & DANGER**

Trust & Transparency

Instead of **BETRAYAL & SECRECY**

Peer Support & Connection

Instead of **ISOLATION & SILENCE**

Looking through the lens of the **principles** of a trauma informed approach helps to see how we can create **relationships & experiences** that offer the opposite to those that left a traumatic impact.

Cultural Humility & Responsiveness

Instead of **DEHUMANISING, STIGMATISING & MARGINALISING**

Empowerment

Instead of **OPPRESSION & CONTROL**

Collaboration

Instead of **COERCION**