TRAUMA-INFORMED CARE
PRACTICE CHECKLIST

Is your practice prepared to immediately tend to specific experiences of trauma in a manner consistent with mandatory reporting laws? Use this checklist to identify areas of strength and opportunities for growth within your practice.

- ☐ Our office provides calm waiting areas and exam spaces that are safe and welcoming.

- ☐ Patients receive clear information on services and know what to expect at their first visit.

- ☐ Our office gives patients a significant role in planning and evaluating services.

- ☐ We create an atmosphere that allows patients to feel validated and affirmed with each contact.

- ☐ Our office reviews all policies and procedures through a lens of diversity, equity and inclusion.

- ☐ Staff receives education and training on responding to individuals in distress.

- ☐ Our office provides time and resources for staff to process difficult situations.

- ☐ Office staff carries out trauma-sensitive interactions that take trauma-related histories, symptoms and behaviors into consideration.

- ☐ Staff listens patiently without interruption, providing all patients opportunities to speak and be heard.

- ☐ Staff is trained and able to provide warm, nonjudgmental, empathetic and genuine interactions at all times.

- ☐ Our office has a process in place for referring patients to trauma-informed agencies, providers, and services.

- ☐ Our office works to examine our racial identity, relationships, power dynamics and privilege to decrease discomfort discussing racial content.

- ☐ We avoid replicating negative, racist or otherwise oppressive interactions.

- ☐ We reflect on how culture and experiences act as a filter through which we create meaning and express both trauma symptoms and wellness differently.

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