



# SAMHSA 6 Principles of Trauma Informed Care

*Safety – Trustworthiness – Peer Support – Collaboration & Mutuality – Empowerment, Voice & Choice – Cultural, Historical & Gender Issues*

Safety	
Goal	Examples of MI Skills Used
Ensure physical and emotional safety	<b>MI Spirit: Compassion</b> <ul style="list-style-type: none"> <li>- Nonjudgmental unconditional positive regard</li> <li>- Evocation of safety needs, values and perspective</li> </ul>

Trustworthiness	
Goal	Examples of MI Skills Used
Maximize trustworthiness, making tasks clear, maintaining appropriate boundaries	<b>MI Spirit: Acceptance and Accurate Empathy:</b> <ul style="list-style-type: none"> <li>- Complex reflections and reflections of feeling</li> <li>- Clarifying role of clinician</li> <li>- Providing autonomy</li> </ul>

Peer Support	
Goal	Examples of MI Skills Used
Peer support and self help services offer to provide safety and hope.	<b>MI Spirit: Partnership and Collaboration</b> <ul style="list-style-type: none"> <li>- Peer disclosure of recovery journey</li> <li>- Linking experiences of survivors</li> </ul>

## Adapted From:

SAMHSA (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.

Collaboration & Mutuality	
Goal	Examples of MI Skills Used
Partnering and leveling of power among consumer and providers. Allowing consumer control over treatment and recovery.	<b>MI Spirit: Partnership and Collaboration</b> <ul style="list-style-type: none"> <li>- Elicit Provide Elicit</li> <li>- Ask permission</li> <li>- Evocative questions</li> </ul>

Empowerment, Voice and Choice	
Goal	Examples of MI Skills Used
Promote client-centered recovery with the understanding of power differentials. Use of shared decision making, choice and goal setting. Promotion of self advocacy and consumer's unique concept of recovery.	<b>MI Spirit: Evocation and Autonomy</b> <ul style="list-style-type: none"> <li>- OARS Skills</li> <li>- Focus on change talk</li> <li>- Focus on client strengths and values</li> <li>- Evocative questions.</li> <li>- Emphasize personal choice</li> <li>- Provide client with autonomy</li> </ul>

Cultural, Historical and Gender Issues	
Goal	Examples of MI Skills Used
Offering services sensitive to the gender, culture and unique background of consumer.	<b>MI Spirit: Evocation and Acceptance</b> <ul style="list-style-type: none"> <li>- OARS Skills</li> <li>- Emphasize personal choice and control</li> <li>- Provide client with autonomy</li> </ul>



