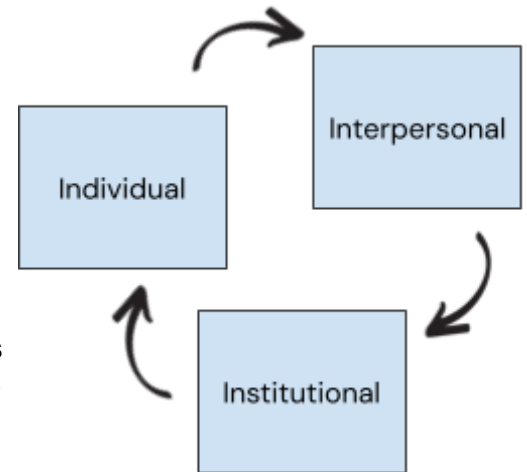


The Ripple of Trauma-Informed Systems

A **trauma-informed system** continually **reflects** on its culture, policies, and practices to cultivate healing at the individual, interpersonal, and collective levels. Within such a system, individuals actively recognize and **respond** to the widespread impact of stress and trauma on individuals, families, and communities, adapting to meet evolving needs and mitigate harm. This **ongoing commitment** to trauma-informed practices enables the profound transformation of trauma, fostering a truly healing environment (*Trauma Transformed*, 2025).



Trauma-Organized

- Reactive
- Reliving/Retelling
- Avoiding/Numbing
- Fragmented
- Us Vs. Them
- Inequity
- Authoritarian Leadership

Trauma-Aware

- Understanding of the Nature and Impact of Trauma and Recovery
- Shared Language
- Recognizing Socio-Cultural Trauma and Structural Oppression

Trauma-Informed

- Reflective
- Making Meaning Out of the Past
- Growth and Prevention-Oriented
- Collaborative
- Equity and Accountability
- Relational Leadership

TRAUMA INDUCING

TO

TRAUMA REDUCING



For more information visit traumatransformed.org

