

Developing Trauma Informed Environments *(Part 5)*

A key part of taking a trauma-informed approach is developing relationships through Safety, Trust, Choice, Collaboration and Empowerment.

We have so far looked at most of these principles in turn and ways of strengthening these elements both in your relationships within work and with young people.

We thought we would share the last set of some really useful ideas with you. This document in the series shares some thoughts and ideas on the skill of Collaboration.

Collaboration

Collaboration is defined as the process of working together to achieve a common goal or purpose. To work collaboratively people need to feel safe. Feeling uncomfortable or vulnerable can be barriers to working collaboratively. Refer back to the other documents in this series for ideas on how to build safety and trust in relationships.



Working effectively

Collaboration works at its best when you combine your knowledge with the young person's or family's expertise about their own life narrative and range of coping resources. It encourages empathy, caring and a curiosity to seek deep understanding.

Collaboration comes in all shapes and sizes. It can include working together on tasks, developing a shared understanding, playing games and shaping future support. It provides greater opportunities to understand a person's life and cultural background. Working in collaboration can improve engagement; break any barriers to change; facilitate connection and can be an emotionally rewarding experience to all parties.

Being collaborative in your working relationships

Collaboration runs through every interaction we have. Look out for opportunities to collaborate with young people, families and the systems around us.

Here are some tips and ideas to help you encourage more collaboration.

Young people

- ⦿ Remember they have a voice and choice.
- ⦿ Talk together about goals and opportunities be guided by what's important to them.
- ⦿ Get to know them and show that them that you care by working with them not at them.
- ⦿ Try using positive language, listen and empathise.
- ⦿ Share appropriate life experiences.
- ⦿ Advocate on their behalf.
- ⦿ Put systems in place to gather feedback from young people and families.



Families

- ⦿ Consider involving families and carers.
- ⦿ Support families to develop an understanding of what's important to each other.

Systems

- ⦿ Work in partnership with other services and professionals.
- ⦿ Share thoughts, ideas and support with colleagues.
- ⦿ Get involved in service development.

