

Developing Trauma Informed Environments *(Part 3)*

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

This is the third document in this series and today's theme is on Empowerment.

Empowerment

Empowerment is defined as the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

This is developed through being supported to recognise our individual strengths and being encouraged to learn new skills.



As we grow up we develop our own voice, noticing what we value and what is important to us and we learn ways to share this appropriately with those around us.

When working with children in Social care, you may hear experiences of trauma such as Domestic Violence, Bereavement, Abuse and Victim of Crime. During these event it is unlikely that children felt their views mattered or that they were important. Expressing their thoughts and feelings at that time may have had negative consequences.

It is therefore important that we provide opportunities where a young person feels valued and encouraged to have a voice.

Empowerment works hand in hand with the other elements of Choice, Collaboration, Safety and Trust.

Q. What ways are there for young people to use their voice to shape the service?

Q. How often do young peoples strengths get noticed?

Ideas on how to Empower young people

Here are some thoughts on how you can encourage Empowerment in your work.



Q. What can we do to empower families?

Empower yourself

You may also find it useful to incorporate some of the ideas below in your work as a way of creating and building your own feelings of empowerment.

- ◆ **Set clear objectives and know your boundaries.**
- ◆ **Ask for feedback—from young people, families, colleagues and managers.**
- ◆ **Consider what further training you would find helpful to your role.**
- ◆ **Praise yourself and colleagues for all your efforts, after all its not easy!**



Q. How do you raise your ideas in the workplace?

Q. How can you get involved in service development?

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