

**Trauma Informed Care Supervision: Questions and Ideas Table**

	YOUR PRACTICE/MODELING	QUESTIONS TO PROMOTE TIC IN SUPERVISION
<p>Creating Safety</p> <ul style="list-style-type: none"> <li>➤ Physical</li> <li>➤ Predictable – consistent</li> <li>➤ Transparent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Provide Vicarious Trauma Prevention Plans (VTPP) for your staff and yourself.</li> <li>➤ Use session structure for clinical and administration time.</li> <li>➤ Keep case notes and referring to them.</li> <li>➤ Provide physical safety in your office (door closed or open).</li> <li>➤ Know and share agency safety protocols.</li> <li>➤ Know where staff are during the day.</li> </ul>	<p>Have you assessed your office for safety? Any changes recommended?</p> <p>Have you been aware of someone reacting to not feeling safe? To feeling safe? Describe this.</p> <p>How did you feel and react to this?</p> <p>Have you done something to enhance safety?</p> <p>Have you asked others if they feel safe in your space?</p>
<p>Give Power – to Empower</p> <ul style="list-style-type: none"> <li>➤ Choice</li> <li>➤ Skills</li> </ul>	<ul style="list-style-type: none"> <li>➤ Provide choice in work space, days and type of cases.</li> <li>➤ Acknowledge when a TI practice is observed.</li> <li>➤ Provide an evaluation of your supervision.</li> <li>➤ Provide needed training and skill development.</li> <li>➤ Model Trauma Education Statements.</li> <li>➤ Role-play for skill development.</li> <li>➤ Request policy changes as needed for staff.</li> <li>➤ Provide concrete solutions and options.</li> <li>➤ Use “non power” language.</li> <li>➤ Develop scripts as needed.</li> </ul>	<p>Have you been aware of someone reacting to feeling powerless? Powerful? Describe this.</p> <p>How did you feel and react to this?</p> <p>Have you done something to restore power?</p>
<p>Value the Individual</p> <ul style="list-style-type: none"> <li>➤ Compassion</li> <li>➤ Engagement</li> <li>➤ Relationship</li> <li>➤ Attunement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Be consistent but flexible.</li> <li>➤ Model what we are asking.</li> <li>➤ Be present – attune to the session – session structuring.</li> <li>➤ Attend to the toxic stress “you might experience . . . in this job.”</li> <li>➤ Expect and monitor toxic stress.</li> <li>➤ Track content over the weeks.</li> <li>➤ Monitor vacation plans.</li> </ul>	<p>Have you implemented the VTPP?</p> <p>Have you been aware of someone not feeling valued? Feeling valued? Describe this.</p> <p>How did you feel and react to this?</p> <p>Have you done something to value the individual?</p> <p>How do you know someone is engaged with you?</p>