



Becoming trauma informed

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Most people accessing mental health and addiction services have experienced trauma. For those working in community services, treatment agencies and hospitals, providing "trauma-informed care" requires an understanding of the effects of trauma, and of how to create programs, spaces and policies that place priority on trauma survivors' safety, choice and control. *Becoming Trauma Informed* describes trauma-informed practice at the individual, organizational and systemic levels. This multi-authored collection brings together the voices of those who have integrated trauma-informed principles into various mental health and addiction treatment and social service environments, and of the diverse groups with which they work. *Becoming Trauma Informed* is an important resource for those who are working, or who are planning to work as addiction and mental health practitioners and program and system planners.



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