

The Eight Essential Elements of Trauma-Informed Child Welfare Practice

- Maximize the child's sense of safety
 - Use scaling and relationship questions when creating a safety plan
- Assist children in reducing overwhelming emotion
 - Emotion labeling; giving child the permission to be an expert; utilize coping questions
- Help children make new meaning of their trauma history and current experiences
 - Allow children to speak and make a narrative about their experience.
- Address the impact of trauma and subsequent changes in the child's behavior, development, and relationships
 - Utilize relationship, coping, scaling questions to assess for changes
- Coordinate services with other agencies
- Utilize a comprehensive assessment of the child's trauma experiences and their impact on the child's development and behavior to guide services.

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- Assess progress with scaling and relationship questions
- Support and promote positive and stable relationships in the life of the child
 - Be of *therapeutic benefit*- supportive, respectful, friendly, consistent, non-threatening, strengths-based, consistent with the child's/family's developmental abilities and individualized needs, and based on clear expectations and standards.
- Provide support and guidance to the child's family and caregivers

Integrating Trauma Informed
Solution Focused Strategies
in Family Court

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Adapted from the National Child Traumatic Stress Network (2008). *Child welfare
trauma training toolkit: trainer's guide*