

Let's talk about Trauma-Informed Care



What is Trauma-Informed Care?

Why Does It Matter?

Trauma-Informed Care (TIC) is an approach to healing that recognizes how past and present experiences—such as loss, violence, racism, or historical trauma—can shape the way we see the world, trust others, and respond to stress. Instead of asking “What’s wrong with you?”, Trauma-Informed Care asks “What happened to you?” and “What do you need to feel safe and supported?”

Trauma-Informed Care (TIC) is an evidence-based framework that acknowledges the widespread impact of trauma and promotes environments of healing rather than harm.

It is guided by the clinical understanding that trauma, whether historical, intergenerational, or individual, affects how people think, feel, and interact with others.

In Native communities, trauma often includes not only personal experiences, but also the collective pain passed through generations from boarding schools, land loss, and cultural suppression. These experiences can show up in our bodies, emotions, and relationships.

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.



We are here seven days a week from 8:00am-Midnight.



For Relatives living in Nebraska

www.morningstar-counseling.com

Sources: <https://library.samhsa.gov>
<https://www.chcs.org>

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Why working with a trauma-informed provider makes a difference:

When care is trauma-informed, people feel seen, respected, and empowered—not blamed or shamed. It helps rebuild trust, restores balance, and strengthens the circle of healing for individuals, families, and communities.

A Trauma-Informed provider will:

- Create a space that feels emotionally, physically, and culturally safe.
- Listen without judgment and build trust through honesty and respect.
- Support your voice, choice, and control in your own healing journey.
- Understand how trauma affects health, relationships, and behavior.
- Value traditional knowledge, ceremony, and community connection as part of healing.

You deserve care that understands your story, your strengths, and your culture.

