

## TRAUMA INFORMED PRINCIPLES and SUPERVISION WORKSHEET

**Instructions:** Identify at least one activity you want to try in your work as a supervisor to support your team's self-care.

<b>Principle</b>	<b>Activity</b>
Safety	
Trustworthiness and Transparency	
Peer Support	
Collaboration and Mutuality	
Empowerment, Voice, and Choice	
Cultural, Historical, and Gender Concerns	