

THE TRAUMA-INFORMED CONTINUUM

From Awareness to Responsive Systems

Trauma-Aware

Key idea:

“Something happened.”

- Recognizes trauma exists
- Understands it impacts behavior
- Begins asking questions

Trauma-Informed

Key Idea:

“This behavior has a reason.”

- Understands impact of trauma
- Recognizes signs and triggers
- Applies basic strategies
- Avoids re-traumatization

Trauma-Sensitive

Key Idea:

“I respond with calm, not control.”

- Sees behavior as communication
- Responds with regulation, not reaction
- Leads with empathy and curiosity
- Internalizes the mindset

Trauma-Responsive

Key Idea:

“We build environments that heal.”

- Systems & policies reflect trauma-informed principles
- Organization-wide implementation
- Focus on resilience and equity
- Ongoing training and support

Trauma-informed is something you learn
Trauma-sensitive is something you become
Trauma-responsive is something you build



Trauma-Informed
— INSIGHT SERIES —