



Safety

Demonstrate a proactive affirming stance to honor and celebrate sexual and gender diversity through affirming forms, language, visual signals, and LGBTQ+ competent staff.



Trustworthiness and Transparency

Listen openly and own mistakes. Create opportunities for clients to share about their identity and authentically affirm their experiences.

LGBTQ+ Trauma-Informed Care



Peer Support

LGBTQ+ peer groups naturally enable mutual aid, as processing similar experiences allows for external validation and helps challenge negative self-beliefs.

SAMHSA's principles of trauma-informed care guide practitioners to create safety, trust, transparency, collaboration, and empowerment in helping relationships, and to ensure that services have cultural and gender relevance.

Researchers Jill S. Levenson, PhD, LCSW, Shelley Craig PhD, RSW, LCSW, and Ashley Austin, PhD, LCSW, have suggested strategies for translating these principles into affirmative practice for LGBTQ+ clients.



Collaboration and Mutuality

Individualized goal planning respects the individual while coaching the client to explore alternatives, options, and decision-making strategies on the path to self-acceptance.



Empowerment, Voice, and Choice

Create opportunities for LGBTQ+ clients to take the lead in framing their own life story & treatment-related needs



Cultural, Historical, and Gender Issues

Make services culturally relevant and responsive to the unique feelings and treatment needs of transgender and gender-diverse clients.