

# TVIC Principles and Client-Centered Principles

If you are using the Client-Centered Principles, you are already using some of the principles of Trauma and Violence-Informed Care! Understanding how these principles align will help you refine your practice and respond to clients who have experienced trauma. The chart below shows how the Client-Centered Principles fit within the principles of Trauma and Violence-Informed Care. Remember, the Client-Centered Principles are:



Focus on strengths



Focus on solutions



Only a small  
change is necessary



Follow the client's  
heart's desire



The client is the  
expert on their life

## Principles of Trauma and Violence-Informed Care

### Safety



Understanding that **clients are the experts on their own lives**, collaborate to establish physical and emotional safety. Avoid eliciting triggers and slow, stop, or change course as the client needs. Let the client determine what and how much to share.

### Empowerment



**Focus on the client's heart's desire** to have a healthy pregnancy and to provide competent parenting. Build on strengths by acknowledging prior successes. If the client is stuck, **focus on solutions** – tapping into ways the client has engaged in moving past other challenges.

### Trust and Transparency



Build trust by keeping agreements. Understand that even a **small change can make a significant difference** and do not try to push the client into change they are not ready to make. Maintain professional boundaries and set appropriate expectations.

### Cultural, Historical, and Gender Issues



Listen to what clients feel will work in their lives, relationships, culture, and community. Commit to increasing awareness of personal bias and bias within the community in which the client lives.

### Collaboration and Mutuality



Offer spacious listening, pace with the client, and follow the client's lead. Remembering that **small steps can begin life-transforming changes** helps us appreciate the client's readiness for change and respect their stage of change.

### Peer Support



Respect that **clients are the experts on their own lives** in determining a desire for peer support that establishes safety and promotes hope. Draw out and **support solutions** that clients have developed with their network of peer support.