

Trauma-Sensitive Practice Guidelines

Creating Safety + Supporting Healing

We Don't Share Trauma Stories

To protect everyone's emotional well-being, we *don't talk about specific traumatic events* in this space.

We Stay Present

Instead of focusing on the past, we gently explore how you're feeling right now—in your body, mind, and heart.

You Have Control

You choose how much you participate. Share only what feels safe. Silence is okay.

We Practice Skills, Not Stories

Our focus is on building tools for self-care, grounding, and emotional regulation—not reliving or retelling trauma.

Connection Without Details

We know many of us carry trauma. Healing happens through supportive community—not through disclosure.

Trauma-Informed, Always

Everything we do is built with an understanding of how trauma affects the brain, body, and emotions—even if we don't name it out loud.

 **If You Need More Support:** If you want or need to process traumatic experiences in depth, we recommend working with a trauma-informed therapist one-on-one.