# Trauma-Informed Practice in Family-Engaged Research

The estimated prevalence of medical traumatic stress (MTS) in pediatric caregivers of chronic, critical or injured children is up to 50%.<sup>1</sup>

Creating a safer, more inclusive space for all families using 4 Trauma-Informed Principles<sup>2</sup>:



#### **Trauma Awareness**

- Build awareness amongst the researchers about MTS
- Recognize the wide range of responses people have to cope to traumatic stress
- Model skills for calming, centering and staying present when dealing with difficult topics



## **Emotional Safety & Trustworthiness**

- Create welcoming intake procedures and collaboration space
- Clearly communicate the goals of the research
- Discuss potential triggers with a plan to address
- Obtain informed consent for patient partners
- Value and respect the lived experiences of the patient partner



#### **Collaboration & Empowerment**

- Establish equality on the research team
- Agree upon roles and responsibilities
- Encourage expression of ideas without judgement
- Allow choice over role in the research process
- Acknowledge that patient partnerships take time and effort to develop



## **Strength-Based Skill Building**

- Acknowledge the knowledge and strengths brought to the project by the families
- Leverage existing skills through assignment of roles and responsibilities
- Encourage mentorship opportunities in areas of development
- This resource was created as part of the McMaster University, CanChild, and Kids Brain Health Network Family Engagement in Research Certificate of Completion Program. Copyright © 2019 Christine Johns and Shikha Saxena All Rights Reserved.
- $1. \ https://www.healthcaretoolbox.org/images/TherapistResourceGuide.pdf$
- 2. 4 principles adapted for Family Engaged Research from the BC Trauma Informed Practice Guide