Checklist: Trauma-Informed Care (TIC)

A supervisor-administered fidelity observation tool for evidence-based practice quality assurance.

SAFETY & ENVIRONMENT · PRACTITIONER INTERACTION · REGULATION & GROUNDING

EMPLOYEE	SUPERVISOR	DATE OF OBSERVATION	SCORE
			/ 100%

I Safety & Environment Check

"The Foundation" — *Did the practitioner create a safe 'containment' for the session?*

- ☐ **Physical Safety**
  Did the practitioner ensure a private space and explain the 'exit' protocol if the client becomes overwhelmed?
- ☐ **Collaborative Setting**
  Did the practitioner offer choices (e.g., seating, lighting, door) to empower the client's sense of control?
- ☐ **Transparency**
  Was the session agenda explained clearly at the start to reduce 'hypervigilance' or fear of the unknown?

II Practitioner Interaction & Language

"The Mechanics" — *Did the practitioner avoid the 'Righting Reflex' and maintain a trauma-sensitive lens?*

- ☐ **"What Happened" vs "What's Wrong"**
  Did the practitioner focus on client adaptations and resilience rather than 'deficits' or 'pathology'?
- ☐ **Empowering Language**
  Did the practitioner use 'Person-First' language and avoid jargon that creates a power imbalance?
- ☐ **Pacing & Titration**
  Did the practitioner monitor for signs of 'flooding' or dissociation and slow the session accordingly?
- ☐ **Avoidance of Re-traumatization**
  Did the practitioner refrain from pushing for trauma 'details' before the client was regulated and ready?

III Regulation & Grounding

"The Skill-Build" — *Measure: Did the practitioner provide tools to manage the 'Window of Tolerance'?*

- ☐ **Regulation Check-in**
  Did the practitioner use a SUDS scale or similar tool to gauge the client's current emotional state?
- ☐ **Grounding Techniques**
  If dysregulated, did the practitioner use '5-4-3-2-1' or a breathing tool to restore the client's presence?
- ☐ **Self-Care / Safety Plan**
  Did the session end with a check on the client's 'Stability Plan' for the next 24 hours?

The "Gap Analysis" Scoring

For the Supervisor — record outcome below each tier

HIGH FIDELITY
90% – 100%

Service meets institutional standards.
Professional is eligible for the Mastery Badge.
Notes: _____

MODERATE FIDELITY
70% – 89%

Identified Gap: [Specify below]. Remediation: Assign Module in the EBP University
Notes: _____

LOW FIDELITY
< 70%

Critical Drift detected.
Action: Immediate 1-on-1 supervision required.
Notes: _____

info@joyfields.org · 678-720-2772 · joyfields.org