

# Reflection journal Trauma-Informed approaches



We do not know it all, but what we do know, we share with others.



TEN YEARS' TIME

PHILANTHROPY REIMAGINED

# Reflection journal

## Understanding Trauma informed practice

This guide accompanies the “Understanding Trauma informed practice” video session and invites you to reflect on what you’ve heard, what’s resonated and what needs further enquiry. It’s not about arriving at answers - it’s about staying with the enquiry.

### Arrival

How are you arriving to this reflection? Take a moment to pause, breathe, and notice

- What sensations are present in your body?
- What emotions or thoughts are alive?
- Is there a word, image, or metaphor that describes your current state?

# Reflective enquiry

## A bit about Trauma

Trauma refers to experiences that overwhelm our ability to cope.

Use journaling, doodles or drawing to explore

- What are the signs that you are feeling overwhelmed?
- What are the things you do to help you feel less overwhelmed?

## The 4 Phases of Becoming Trauma-Informed

As organisations begin to adopt trauma-informed principles, the changes unfold in phases - gradually shifting culture, practices, behaviours, and relationships over time as a developmental journey.

- Where is your organisation currently in its trauma-informed journey?
- What is already supportive?
- What feels missing or misaligned?
- What support is needed to change?



## Unfinished Questions

Leave space here for questions that are still unfolding. Not everything that needs to be asked will have a tidy answer. Use these pages for ongoing enquiry, insights, tensions, contradictions, and invitations that emerge later.



## Invitation

- What, if anything has shifted in how you understand how trauma might show up in your work or organisational culture?
- What do I personally need - and what do we collectively need - to do this work sustainably, compassionately, and well?
- What's still unfolding?

## Unfinished Questions

Leave space here for questions that are still unfolding. Not everything that needs to be asked will have a tidy answer. Use these pages for ongoing enquiry, insights, tensions, contradictions, and invitations that emerge later.

# Closing

Think of one small action you can take right now to help transition back into your day — perhaps noticing ten things in the room that are blue, taking a stretch, a breath, or a drink of water.

**How are you leaving this reflection?** What image, word, or sensation wants to mark this moment?

**Next Steps (Optional):**

- **One practice I want to try...**
- **One conversation I commit starting...**
- **One thing I'm ready to let go of...**
- **One place I will show up differently...**



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