After Trauma
Empowerment Network
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What You Can Expect from Your Therapist or Peer Support Worker

Our office is committed to providing **trauma-informed, respectful, and professional care**. Most people we serve have experienced trauma, and we work intentionally to create safety, dignity, and trust. Empowerment means walking alongside clients and peers with respect, clear boundaries, and shared decision-making.

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1. Safety & Respect

You can expect:

- To be treated with **respect, dignity, and non-judgment**
- A calm, supportive environment
- Privacy and confidentiality, with clear explanations of legal limits
- Care that prioritizes **emotional and physical safety**

You will never be pressured to share more than you are ready to.

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2. Clear Roles & Professional Boundaries

Our staff includes **licensed therapists and a certified peer support worker**. Each role is important and distinct.

You can expect:

- Clear explanation of your provider's role
- Professional boundaries that protect your safety
- Sessions that focus on **your needs and goals**
- Contact limited to approved methods and times

Boundaries help create trust and consistency in care.

3. Trauma-Informed Care

Your provider will:

- Go at a pace that feels safe for you
- Ask for consent before discussing sensitive topics
- Pay attention to signs of overwhelm or distress
- Offer grounding or stabilization when needed
- Respect your right to pause, stop, or redirect conversations

Healing does not require reliving trauma before you're ready.

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4. Collaboration & Choice

You are an active partner in your care.

You can expect:

- To collaborate on goals and treatment plans
- Options and choices whenever possible
- Transparency about approaches and next steps
- Honest answers to your questions

You always have the right to ask for clarification or express concerns.

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5. Cultural Respect & Inclusion

We strive to provide care that is:

- Culturally responsive and inclusive
- Respectful of your identity, values, and lived experience
- Open to feedback if something does not feel respectful or helpful

We do not make assumptions about your experiences.

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6. Emotional Support Without Judgment

You can expect:

- Compassionate listening
- Validation of your experiences
- Support without pressure, shame, judgement or blame
- Respectful handling of strong emotions

Strong feelings are welcome here; unsafe behavior is not.

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7. Safety & Crisis Support

Your provider will:

- Take safety concerns seriously
- Explain any required safety steps clearly
- Work with you on safety planning when needed
- Involve additional support only when required by law or safety concerns

Your safety matters.

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8. Accountability & Repair

We believe trust includes accountability.

You can expect:

- Professional behavior at all times
- Openness to feedback
- Willingness to address misunderstandings
- Repair if something feels hurtful or misaligned

If something doesn't feel right, we encourage you to speak up.

Our Commitment

We are committed to providing care that is **trauma-informed, respectful, professional, and grounded in safety and trust**.