



## Tips for Delivering Effective Victim-Centered and Trauma-Informed Presentations

Victim service providers play a crucial role in educating and supporting professionals working with survivors of trauma. Delivering effective victim-centered and trauma-informed presentations ensures that the audience understands the impact of trauma while fostering a safe, respectful, and empowering learning environment.\*

### 1 Key Principles of a Victim-Centered and Trauma-Informed Approach

- **Safety**  
Ensure physical, emotional, and psychological safety for participants and presenters.
- **Trustworthiness & Transparency**  
Outline clear objectives, expectations, and content.
- **Empowerment & Choice**  
Allow participants to engage at their comfort level and offer optional participation in discussions.
- **Cultural Humility & Responsiveness**  
Recognize diverse backgrounds and lived experiences, ensuring inclusivity.
- **Collaboration & Peer Support**  
Encourage shared learning and interactive discussions.

### 2 Preparing for the Presentation

#### Understanding the Audience

- Identify participant roles (e.g., advocates, law enforcement, healthcare providers, educators).
- Assess knowledge levels and familiarity with trauma-informed principles.
- Consider cultural, racial, and linguistic diversity.

#### Content Development

- Use strengths-based language and avoid victim-blaming terminology.
- Frame survivors as resilient individuals rather than solely as victims.
- Incorporate current research, survivor voices, and lived experiences.
- Include practical strategies for trauma-informed responses in various settings.

#### Logistical Considerations

- Provide content warnings for potentially distressing material.
- Offer grounding exercises or breaks to prevent vicarious trauma.
- Ensure user-friendliness (e.g., ASL interpreters, captioning, language translation, manageable slides and handouts).

### 3 Delivering the Presentation

#### Trauma-Informed Facilitation Techniques

- Create a welcoming environment: Begin with introductions, set expectations, and outline the agenda.
- Use active listening: Acknowledge emotions and validate concerns.
- Encourage self-care: Remind participants they can step away if needed.
- Minimize re-traumatization risks: Avoid unnecessary graphic details or distressing narratives.

#### Engagement Strategies

- Use interactive methods: case studies, small group discussions, or role-playing exercises.
- Encourage peer sharing, but avoid pressuring individuals to disclose personal trauma.
- Incorporate multimedia tools to accommodate different learning styles.

### 4 Managing Difficult Conversations & Reactions

- **Prepare for emotional responses**  
Recognize that some participants may have personal trauma histories.
- **Use de-escalation techniques**  
If someone becomes distressed, offer grounding strategies.
- **Respect confidentiality**  
Remind participants of privacy expectations.
- **Address misinformation respectfully**  
Provide accurate information without shaming participants.

### 5 Follow-Up & Support

- **Provide resource lists**  
(e.g., crisis helplines, trauma-informed organizations, mental health services).
- **Offer post-session support**  
Anonymously collect feedback and provide follow-up materials.
- **Encourage continued learning**  
Share webinars, training opportunities, and research updates.

## CONCLUSION

Adopting a victim-centered and trauma-informed approach to presentations fosters safer learning environments, enhances engagement, and empowers participants to apply trauma-informed principles in their work. By prioritizing safety, inclusivity, and sensitivity, technical assistance providers can create meaningful and impactful educational experiences.

*\*If your presentation covers topics that may activate a trauma response for participants, consider having victim advocates or counseling professionals onsite to provide immediate support, ensuring a safe and compassionate learning environment; you can collaborate with local domestic violence, sexual assault, and victim assistance organizations to identify and recruit these valuable professionals.*