

7 Tips for Providing Trauma-informed Care to Latin@ Survivors of DV

1. Understand collective and historical trauma

Understand the origins of historical, collective, structural, and intergenerational trauma, and recognize Latin@ survivors' resiliency, wisdom, and strength. To learn more about the different kinds of traumas, read [Trauma-informed Principles Through a Culturally Specific Lens](#).

2. Avoid making assumptions and be prepared to challenge your own beliefs

about Latin@ and/or other cultures. If you make a mistake, rather than providing justification, acknowledge the impact and learn from your mistake. Have a process of self (and organizational) - reflection when these situations occur.

6. Educate yourself about intersectionality

Do not assume that domestic violence is all survivors' most pressing need. Seek guidance to learn about the common elements of trauma and oppression and how they intersect in the lives of survivors from different cultures, but don't expect survivors and communities of color to teach you about their identities. Be proactive; seek that knowledge by researching, attending trainings, and engaging in self-reflection.

7. Promote cultural healing

Often, for Latina women, healing takes place within the context of community, which might look different from a mainstream model that emphasizes individualistic therapy. Instead, self-care for many Latinas happens in the company of others. As an advocate, uplift emotional and collective healing that values holism such as [meditation, imagery, and other connective states](#).

3. Do not ask for social security or immigration docs of survivors seeking your services

The immigration status of individuals seeking domestic violence services is irrelevant to the criteria for accessing these support systems. You may not seek support from the police in every case, as this may put family members in danger of deportation. Learn more [here](#).

5. Keep the realities of Latin@ survivors and their children central to your work

Take into consideration the subgroups present within the community and identify their values and interests, and use inclusive language. Develop policies that reflect inclusivity and implement them. For example, incorporate and periodically review a [language access plan](#) and train staff regularly on implementing it.

4. Help families establish a safety plan

For marginalized communities, rapidly changing laws provide surmountable stress. Staying informed about the national and local law enforcement policies and practices is essential to safety planning with survivors and their families. For up-to-date information on safety planning tips and changes in immigration law, visit [ilrc.org](#).