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
Avoid making assumptions 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.

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](#).

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](http://ilrc.org).

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.

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.

The national Latin@ network
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