



# Adversity, Trauma and Resilience

**My pledge - I will continue to work with others to put trauma-informed and responsive practice in place across our services and teams.**



Catherina Westwood – Senior  
Advanced Nurse Practitioner for  
the Trauma Informed Personality  
Disorder Pathway

June 2021

I will continue to work with others to put trauma-informed and responsive practice in place across our services and teams. Including ensuring workforce wellbeing is central to our Trauma Informed Strategy. Actively ensuring that we value the voices of lived experience, including the development of a co-production strategy.

Integrate the knowledge and skills for trauma-informed and responsive practice wherever relevant in future training and educational resources. Including, advocating a shift from the question ***‘what is wrong with you?’*** to the question ***‘what has happened to you?’***.

Strategical continue to lead our organisation in developing the vision and principles of implementing a whole organisation and systems approach to a shift to trauma-informed care; including actively engaging the right people to develop a strategy for longer term implementation, informed by co-production and gap analysis.

