

Lived Experience (LEx) Leadership: Critical to Being Trauma Informed

1 Those delivering services must be able to “see” the trauma

“You can’t be informed about something that is invisible to you.”

2 Seeing the trauma means hearing from those who have experienced it

The process must repeat, given that the experiences in the system and in the world are constantly changing.

When a system only addresses the trauma **it believes** to exist (without being informed by those who have experienced it first hand), it is an act of oppression (e.g. “I know what is best for you”). This oppression can cause additional trauma to the very individuals the system seeks to support.

4 Policies and practices are improved to meet the real needs of those being served

Feedback from people with lived experience is used to improve system practices, policies, and increase end-user engagement.

3 Effective engagement strategies are essential to gain LEx perspective

LEx Leaders need to trust the people they are sharing information with.

LEx Leaders deserve to know how to share without causing themselves additional harm.

CW leaders - or those in power - must be ready to openly receive lived experience perspective.