

# Perinatal Trauma Informed Care

## Institutional Application Worksheet

### 1. Reflection

- a. In which milestone do you interact with parents experiencing perinatal loss?
  
  
  
  
  
  
  
  
  
  
- b. What are you and your institution currently doing that reflects perinatal trauma informed care?
  
  
  
  
  
  
  
  
  
  
- c. What gaps in current practice have you identified?
  
  
  
  
  
  
  
  
  
  
- d. What can you do to address the gaps?

### 2. Barriers

- a. What barriers do you foresee to implementing perinatal trauma informed care?
  
  
  
  
  
  
  
  
  
  
- b. How can you mitigate this/these barriers?
  
  
  
  
  
  
  
  
  
  
- c. Who are the key stakeholders?
  
  
  
  
  
  
  
  
  
  
- d. Who is your greatest ally?

### 3. Plan

- a. Who will you talk to (in your institution) about perinatal trauma informed care?