

Trauma-Informed Communication Skills to Demonstrate Radical Accompaniment

Skill	Provider Prompt	Patient Response
Ask Permission to Discuss Use	Would it be OK if we talked together about your substance use?	I guess so. What do you want to talk about?
Start with Perspective Taking	To start, I'd like to hear from you . Could you tell me about your current use and anything you're concerned about .	It's about the same. Well, my friend called 9-1-1 when I overdid it last month. That was scary. But I'm not taking meds to quit again--I hated that. Maybe things are worse, but so is my pain!
Validate Emotions & Experiences	I can hear how difficult things have been for you.	Thanks. It seems like nobody else does.
	I heard you say you're worried about your pain and about the risk of overdosing. Is that right?	Yeah. I'm just a lot weaker now.
Express Concern with Permission	Would it be ok if I share what concerns me?	Sure. What's that?
	I'm concerned about your pain and how we can work together to treat it. I also worry about how to do that safely along with your substance use.	I get it. I'm sick but I don't want to die yet. Though, maybe that's better than dying in pain.
Articulate Radical Accompaniment	I want you to know that whether your substance use changes or stays the same, I'm going to be here for you .	That means a lot. Most people have given up on me.