

## We Can Recover Values & Principles

### Purpose

We Can Recover's Values & Principles guide our actions, decisions, and engagements towards one another and the people and organisations we are in contact with. They reflect our commitment to bridge the gap, support, and advocate for people living with C-PTSD, ensuring they not only survive but thrive.

### About We Can Recover

**Mission:** We Can Recover aims to bridge the gap between government-subsidised therapy and the long-term therapy needs of individuals living with C-PTSD on low incomes. Recognising the time and tenacity required for recovery, We Can Recover's aim is to support people to receive 12 months of continued therapy, enabling them to access the support they need.

**Vision:** We Can Recover acknowledges the impact of trauma and believes that every survivor deserves access to therapy to support their recovery.

### Our Values

**Compassion:** At the heart of our work is a deep sense of empathy and understanding for every individual affected by C-PTSD. We ensure that every action we take comes from a place of understanding and compassion.

**Equity:** We believe in fairness and inclusivity, ensuring that everyone, irrespective of financial constraints, has access to therapy and support. We prioritise financial assistance to those most in need, ensuring our subsidies reach individuals who face the greatest financial hardships.

**Respect:** We recognise and honour the inherent worth of every individual, and approach all interactions with consideration and appreciation.

**Integrity:** We are committed to honesty, transparency, and accountability in all our actions, while always upholding high ethical standards.

**Empowerment:** We believe in fostering a sense of agency, allowing survivors to regain control and reshape their narratives. We affirm the strengths, potentials, and resilience of every individual we support, focusing on their capabilities rather than limitations.

**Scientific Rigour:** We ensure our work is ethical, thorough, methodical, and of the utmost quality. We are committed to the improvement of therapeutic interventions to support C-PTSD.

**Awareness:** We value promoting understanding and awareness about C-PTSD, and see education as fundamental to fostering a compassionate society. We are dedicated to amplifying the voices of people living with C-PTSD, and advocating for their rights and needs.

**Self-determination:** We respect and support the right of individuals to have autonomy and control over, and make informed choices about, their health and lives.

## Our Principles

**Trauma-Informed Approach:** Our work is guided by a deep understanding of trauma and its effects, ensuring that we engage with sensitivity and awareness.

**Collaboration:** We actively seek partnerships with therapists, organisations, and communities, to improve our practice.

**Evidence-Informed Practice:** We combine the best-available evidence with clinical expertise, lived experience, and individual preferences. We ensure our work is informed by the latest research, methodologies, and best practices in the field of C-PTSD treatment and support.

**Recovery-Focused Approach:** We believe in specialised therapy to treat the complexities surrounding C-PTSD, and promote a recovery-focused approach that recognises recovery as an ongoing journey. We value comprehensive approaches to recovery, encompassing emotional, psychological, social, and physical wellbeing.

**Reflective Action:** We establish and maintain channels for feedback from survivors, therapists, and communities, with a commitment to continuous improvement. We champion openness and receptiveness, prioritising approachability and transparent communication.

**Inclusivity:** We support people from all backgrounds, demographics, and walks of life, ensuring our programs are accessible and relevant to all.

*We Can Recover acknowledges the impact of complex trauma and believes that every survivor deserves the chance of recovery.*