

## Self Determination Theory and Trauma Informed Approach in Women's Shelters: A Common Ground

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**Abstract :** Women's shelters provide service to women who had been subjected to physical, psychological, economical, and sexual violence. It is proposed that adopting a trauma-informed approach in these shelters would contribute to the 'woman-defined' success of the service. This includes reshaping the physical qualities of the shelter, contacts, and interventions that women face during their stay in a way that accepts and addresses their traumatic experiences. It is stated in this paper that the trauma-informed approach has commonalities with the basic psychological needs that are proposed by self-determination theory. Therefore, it is proposed that self-determination theory can be used as a theoretical background for trauma-informed approach

**Keywords :** self determination theory, trauma informed approach, violence against women, women's shelters

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