

The Four R's of Trauma Informed Care

1

REALIZE

All people at all levels have a basic **realization** about trauma and how it can affect individuals, families and communities

RECOGNIZE

The individual or individuals within an organization are able to **recognize** the signs and symptoms of trauma.

2

3

RESPOND

Individuals, programs, and organizations **respond** by practicing a trauma-informed approach

RESIST RE-TRAUMATIZATION

Individual and organizational practices may unintentionally compound trauma. Trauma informed individuals and organizations work to avoid this **re-traumatization**

4