

Trauma Informed & Healing Centered Family Engagement



Module Two

What is trauma informed care?

Trauma Informed Four R's

- **Realize** the widespread impact of trauma and understands potential paths for recovery;
- **Recognize** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **Respond** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- Seek to actively **resist re-traumatization**

Reflections: Sympathy vs. Empathy

In what ways are my policies, procedures, and practices already trauma-informed?

Where is there room for improvement?



Trauma-Informed
Community Network

Part of the Partnership for a Healthier Fairfax