

# Trauma-Informed Practice

## *How to apply it at work*

Trauma-informed practice is understanding that colleagues and patients have likely experienced trauma at some point in their lives. It means taking time to make sure that people feel safe, supported and respected, recognizing that some people might have been through something difficult.

### *The Four Rs of Trauma-Informed Practice*

- **Realize** how trauma can affect people and groups.
- **Recognize** signs of trauma.
- **Respond** to signs of trauma.
- **Resist** retraumatization.



Learn more at  
[switchbc.ca/programs/  
violence-prevention](https://switchbc.ca/programs/violence-prevention)

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