

# 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 the 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.



This microlearning is part of the Provincial Violence Prevention Curriculum eLearning course developed by SWITCH BC, with union and employer partners.

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

