

Four Rs of Trauma-Informed Leadership

THESE MATERIALS ARE MADE AVAILABLE FOR EDUCATIONAL PURPOSES ONLY AND ARE NOT MEANT TO SERVE AS MEDICAL ADVICE OR TO REPLACE CONSULTATION WITH YOUR PHYSICIAN OR MENTAL HEALTH PROFESSIONAL.



REALIZE



What is trauma and does it affect people in your community?

Realizing that everyone can be, and likely has been, exposed to traumatic events helps remove the stigma and open lines of communication.

What are some kinds of trauma people in your community may experience?



RECOGNIZE

Recognizing the signs of trauma is important. These vary from person to person and may look different in men and women or young and mature people.

COMMON SIGNS:

- Withdrawing
- Change in demeanor
- Use of alcohol or drugs
- Change in sleep patterns
- Difficulty concentrating
- Fear/Anxiety
- Anger
- Loss of appetite

RESPOND

If you suspect someone in your community has experienced trauma or compound stressors, you must have a plan in place. Trauma policies help protect organizations and provide dependable and compassionate care to everyone in the community. The best plans include referral resources and clear procedures for reporting and managing the situation.



RESIST



RE-TRAUMATIZATION

Responding to someone who has experienced trauma is a delicate situation. Care should be taken to not cause additional trauma.

Likewise, one person's trauma can trigger a trauma response in others (secondary trauma). Care should be taken to prevent re-traumatizing the victim and care for others in the community and minimize secondary trauma.



TERESA JANZEN

Teresa Janzen is a Master Mental Health Coach and Executive Coach. She serves individuals and organizations in strategizing solutions through adaptive leadership and change management.

(Teresa is not a licensed counselor).



DISCOVERY SESSION

Do more, decide better, and dig deeper than you ever imagined possible. Book a free discovery session with Teresa.

www.teresajanzen.com/discover

