

The Six Rs

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) recommends thinking about how we can be trauma-informed in terms of 4 Rs.

- 1 Realize.**

People at all levels of the congregation have a basic realization that experiences of trauma and adversity are common and widespread and that they affect our responses when we are under stress or feel overwhelmed. Our congregations and communities can also go through traumatic experiences and this can shape how our congregation or community behaves.
- 2 Recognize.**

People in the congregation recognize the signs of trauma and the practices of resilience and hope.
- 3 Respond.**

All members of the congregation actively practice what we know brings healing and resilience in all areas of the community.
- 4 Resist Re-Traumatization.**

There is a communal commitment to be gentle with each other, apply relational healing modes, especially in situations of conflict or disruption.

In Chicago, the Trauma Informed Congregations Network, added two more Rs that came up as we talked together about how faith communities can be trauma informed.

- 5 Repair.**

It was important for us to acknowledge the ways in which our faith communities have been sources of trauma through judgment, rejection and flat-out abuse. We believe that faith communities need to take accountability for pain they have caused and actively work to repair relationships.
- 6 Resilience.**

We think it's important to also recognize the importance of resilience and trusting the power and wisdom of our scriptures and spiritual practices to cultivate resilience and well-being across all ages.

See References at the back for resources on the Four/Six Rs