

The Reflective Recovery & Reintegration (R³) Framework: An Integrated, Trauma-Informed Model for Women's Behavioural Change, Recovery, and Reintegration

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Abstract

Women experience disproportionately high rates of anxiety, depression, trauma-related distress, and cumulative psychological stress across the lifespan. Research further indicates that women's behavioural decision-making is strongly influenced by emotional processing and relational context, shaped by gendered socialisation and trauma exposure. Despite this, many behavioural change and recovery models continue to prioritise insight, coping strategies, or action-oriented interventions in isolation, without adequately addressing emotional regulation and identity reconstruction. For trauma-exposed women, such fragmented approaches often result in short-term adaptation rather than sustainable, self-directed change.

This paper presents the Reflective Recovery & Reintegration (R³) Framework, an emerging trauma-informed change model asserting that sustainable behavioural change following trauma requires the integrated progression of three interdependent domains: Reflect (guided introspection, trauma awareness, and meaning-making), Regulate (emotional regulation, accountability, and adaptive coping), and Reintegrate (identity reconstruction, values-aligned decision-making, and sustained behavioural alignment). The framework was developed through community-based counselling and programme delivery within women-centred therapeutic services and responds directly to the limitations of fragmented recovery approaches for women. The R³ Framework has been recently integrated into therapeutic service delivery at a community-based women's support organisation, where service engagement increased from 17 to 97 women over the implementation period, representing an approximate 470% increase in uptake. While this growth cannot be attributed to the framework alone, it highlights the accessibility and relevance of an integrated, trauma-informed behavioural change model within women's mental health settings. Preliminary service-level impact data further suggest improvements in participant engagement, emotional regulation, and clarity in personal goals and self-concept. Situated at the intersection of women's mental health, trauma-informed practice, and applied behavioural change research, this paper outlines the conceptual foundations of the R³ Framework and its implications for designing recovery-oriented interventions for women. The presentation concludes by identifying opportunities for future empirical study and doctoral-level research examining the role of integrated frameworks in sustaining behavioural change among trauma-exposed women.

Keywords: Women's mental health; trauma-informed practice; behavioural change; recovery and reintegration; applied frameworks; emotional regulation