

YOUR CHURCH & TRAUMA HEALING



Why should your church get involved in trauma healing?

Listen to the news. With every day that passes, more people are traumatized by war, violence, natural disasters, diseases, domestic violence, sexual abuse, displacement, moral injury and human trafficking. These things happen not only in distant lands: those suffering from trauma and loss are in our communities, at our doorsteps, and in our homes. How can the church respond?

The fact that Christ took not only our sins but also our suffering on himself on the cross is good news. Rather than avoiding these painful issues, your church can bring hope to survivors of trauma and help them engage with Scripture in ways that bring healing and restoration.

The Trauma Healing Institute can help. We provide leadership and services to churches and organizations using God's Word to bring healing and restoration to trauma survivors around the globe. We offer effective, field-tested program models, materials and training that have been contextualized for groups in over 150 languages in 42 countries around the world. Translations of the materials in many of these languages are available in the US at TraumaHealingInstitute.org. Materials for children and oral communicators are also available.



What does trauma healing involve?

Trauma healing can be included in existing ministries to adults and children. It benefits from the participation of both women and men and generally follows the following sequence:

- **CONVENING SESSION:** To lay the foundations for a trauma healing ministry, top leaders of churches and relevant organizations need a bird's-eye view of the need, the response, and the commitment. This can be done in a half-day or evening convening session. Those who are interested can then identify those who should be equipped as facilitators to serve the community.
- **EQUIPPING SESSIONS:** To train people in the church or community in basic trauma healing skills so they can come alongside those who are suffering. Because "you can't give what you don't have," trauma healing equipping sessions are designed to be experiential and participatory. The process involves an initial 4-5 day equipping session; practical use of the materials with traumatized people over a period of six to nine months; and an advanced equipping session. Facilitators are certified to equip others when they have the necessary competencies and experience.
- **HEALING GROUPS:** Facilitators go through the materials with groups of 6-12 people, both to heal from trauma and loss and to know how to better respond to these things in the future. This can be done in weekly meetings, or as a weekend retreat.



American Bible Society has established the Trauma Healing Institute as part of its long-term commitment to serve the Church and other faith-based organizations as they minister to individuals and communities.



What does the Institute offer?

- ✦ **CONTENT:** easy-to-use materials designed for small groups, teaching basic biblical and mental health principles to respond to emotional trauma.
- ✦ **TRAINING:** equipping and certifying facilitators who can equip others. Provide an ongoing flow of ideas and encouragement.
- ✦ **NETWORKING:** providing an on-going flow of ideas and encouragement through the Trauma Healing Community of Practice.
- ✦ **PLANNING AND EVALUATION:** designing and implementing programs for on-going effectiveness.
- ✦ **MATERIALS DEVELOPMENT:** help in contextualizing the materials for audiences, including translations and adaptations.

What does the host church provide?

- ✦ **LOCAL NETWORKING:** Brings together leaders of churches and organizations in the area to invite them to use trauma healing in their ministries.
- ✦ **LOGISTIC SUPPORT** for convening and equipping sessions. Works with the Institute to coordinate sessions including: identifying a time and place, promoting the event locally, handling registrations, meals and housing (if necessary). A participation fee for equipping sessions can cover expenses, including meals, materials and travel and accommodation for two facilitators.
- ✦ **REPORTING:** Records trauma healing activities and facilitators in the online Trauma Healing Database.
- ✦ **SELECTING PARTICIPANTS:** Who should be equipped to serve as trauma healing facilitators? They should be men and women who are:
 1. Fluent in the language of instruction of the equipping session.
 2. Able to attend all of the sessions.
 3. At least 16 years old.
 4. Committed to help trauma survivors.
 5. Have sufficient status to teach others in the community.

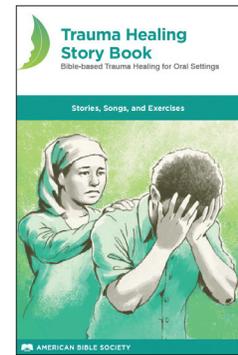
Prior mental health or counseling training is helpful but is not necessary. Together, participants should represent the interested groups and churches in the community. Training people who can work together in pairs is most effective.

Interested?

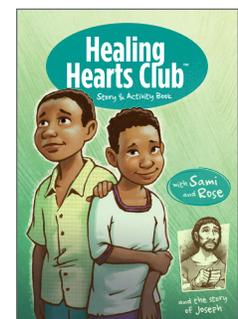
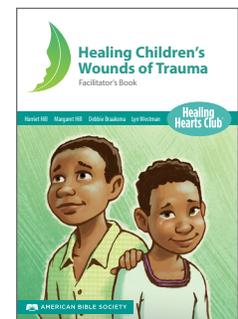
- ✦ To explore trauma healing in your community, visit our website at TraumaHealingInstitute.org or write TraumaHealing@AmericanBible.org.

 AMERICAN BIBLE SOCIETY

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Many people who are traumatized prefer oral communication. Story-based Trauma Healing communicates the trauma healing content by means of oral or audio-recorded current life and Bible stories. As groups discuss the stories, they uncover biblical and mental health principles to help them heal from trauma. Key Scripture verses are put to song for easy recall.



Healing Hearts Club is intended for children 9-13. It can be used in weekly meetings with kids or during a week long children's camp. Facilitators are trained through a three-day orientation, and then using the materials with a small group of children in a one-week camp.