



ANCHORED IN
hope



Trauma Healing
INSTITUTE

Lesson Topics Overview



Welcome:

Make introductions, discuss hopes and expectations, and create ground rules.



Heart Wounds:

Explain how trauma is a heart wound, identify common reactions to trauma, explore how God accepts our strong emotions, and experience a breathing exercise.



Listening:

Learn how to help someone find healing by listening.



Grieving:

Identify what happens when someone is grieving, learn how to respond to grief, and express our pain to God.



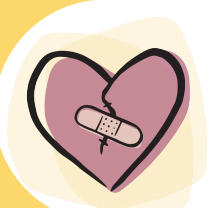
Suffering:

Discover how evil and suffering came into the world, identify cultural beliefs that make it difficult to believe in God's love, and learn how to respond to doubts about God's love.



Pain to the Cross:

Identify our heart wounds, discuss how Jesus died to heal our wounds and forgive our sins, and bring our pain to Jesus.



Forgiveness:

Discuss what forgiveness is, explain how to forgive others and why we should forgive, explain the process of repentance, and identify those we may need to forgive or ask forgiveness from.