



## ***Every Second Saturday Series***

Sponsored by the All In Community Initiative, WOCUMC

# Trauma-informed Ministry, Part 2 || August 14, 2021

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### **Presenters:**

Pastor Ruth Carter-Crist & Kathy Kaufman  
*West Ohio Conference All In Community Team*



# Group Chat:

*How are you  
entering today?*

I am...

I feel...

I'm thinking about...

I'm hoping for...



# TRAUMA

INFORMED  
MINISTRY  
SERIES

SESSIONS #1-2  
RECAP

# Understanding Trauma

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## RECAP:

“Crisis is an emotionally significant event or radical change in a person’s life, and when a person does not have the support and resources needed to cope with those changes or events, they are at risk of experiencing traumatic stress, leading to trauma. Not everyone who experiences a crisis will experience trauma.”



Traumatic Stress



Trauma is defined by the individual



Trauma is diagnosed by a mental health or medical professional

# Examples of Traumatic Stress

“God’s desire for us, for the people who have been made in God’s image is that we would seek peace, justice, and love in all that we do and all that we are. We know that our communities and our world struggles to be a place of peace and restorative justice. Yet, we have the hope through our faith that we might be for others, for our communities, and for our world the redemptive love of Jesus Christ, providing healing in the open wounds of violence.”

## Violence

- Gun Violence
- Intimate Partner Violence
- Community Violence
- Hate-Based Violence
- Sex-Based Violence

## Abuse and Neglect

## Natural Disaster

## Accidents

# Types of Trauma

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## RECAP:

Trauma can happen one time in one way (acute); multiple times in one way (chronic); or multiple times in multiple ways (complex).

### Acute

- One time, one type of traumatic stress

### Chronic

- Multiple times, one type of traumatic stress

### Complex

- Multiple times, multiple types of traumatic stress

### Developmental

- Multiple times, one or multiple types of traumatic stress, during early development

### Generational

- Passed down through thoughts, beliefs, and behaviors

### Systemic

- Traumatic stress caused by living within a broader system

# Adaptive Effects of Trauma

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“Trauma effects a person’s entire operating system- it effects a person emotionally, socially, physically, psychologically, and spiritually. “

Hypervigilance

Intuition

Creativity

Memories

Isolation

# The Recovery Process

Establish

Establish safety- both perceived and real



Reconstruct

Reconstruct the trauma narrative



Restore

Restore the connection between survivors and their community



# “Bouncing Back” with Post-Traumatic Growth



## RESILIENCE

“The ability to bounce back from adverse experiences” or “the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress”

<https://www.apa.org/helpcenter/road-resilience>



## POST TRAUMATIC GROWTH

“Creating and experiencing positive outcomes following a traumatic event(s) that may include: a sense of new possibilities, change in relationships, increased sense of personal strength, greater appreciation for life in general, and spiritual/religious awakening/awareness”

<https://ptgi.uncc.edu/what-is-ptg/>

# How to Develop Resilience

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## Belief Systems

- Meaning-making
- Positive outlook
- Value transcendence and spirituality

## Organization & Resources

- Flexible
- Connected
- Supported by social and economic resources

## Communication

- Share clear, consistent messages
- Openly express their emotions
- Use collaborative problem-solving



## Burnout

the physical and emotional exhaustion that workers can experience when they have low job satisfaction and feel powerless and overwhelmed at work



## Compassion Fatigue

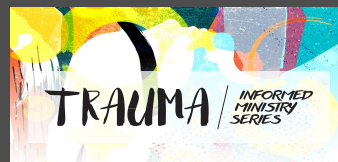
the profound emotional and physical erosion that takes place when helpers are unable to refuel and regenerate



## Vicarious Trauma

the profound shift in worldview that occurs when working with people who have experienced trauma

How can others' trauma affect YOU?



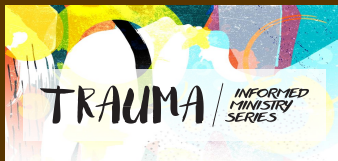
# Action Steps:

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## *The Serenity Prayer*

God grant me the  
serenity to accept the  
things I cannot change,  
Courage to change the  
things I can,  
And the wisdom to  
know the difference.

- by Reinhold Neibur

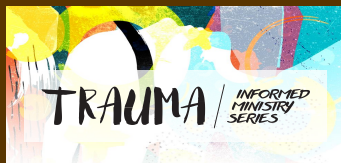


- ❖ **PRAY:** Pray for persons who have experienced trauma to experience the love and acceptance from healing communities on their recovery journey. Pray for faith workers who are walking alongside persons affected by trauma.
- ❖ **PARTNER:** Partner with a local mental health agency to offer a community training on responding to trauma.
- ❖ **LEAD:** Lead your congregation toward best practices for serving persons who have experienced trauma by updating your Safe Sanctuaries/volunteer/ministry trainings to include trauma information. Lead a time of self-care, rest, or healing for faith workers serving persons affected by trauma. Provide a space that is safe and restorative for their souls.
- ❖ **SERVE:** Serve an area in your community where people may have experienced trauma. Consider serving in prison settings, shelters or food assistance locations, crisis centers, etc. If you are working with children, consider serving at an animal shelter. Often animals have been abused or neglected which can be a terrific way to teach children about identifying pain or harm in another living being and responding with compassion and care.
- ❖ **CONNECT:** Organize and participate in a healing worship service or support community for those who have experienced a traumatic event

# RESOURCES

A stock or supply of money, materials, staff, and other assets that can be drawn on by a person or organization in order to function effectively.

The Trauma-informed Ministry videos and guidebook are available for free viewing and download at:  
<https://www.westohioumc.org/tim>



## Suggested TED talks to prepare your soul:

- 3 Secrets of Resilient People by Lucy Hone
- The Power of Emotional Courage by Susan David

## Suggested readings:

- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van der Kolk
- *Trauma and Recovery: The Aftermath of Violence-From Domestic Abuse to Political Terror* by Judith Herman
- *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky
- *Waking the Tiger: Healing Trauma* by Peter A. Levine

# What we are learning today:

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- A deeper understanding of developmental trauma
- Best practices for working with young persons affected by developmental trauma
- Intervention strategies for ministry with people who have experienced developmental trauma
- Four coping strategies and grounding techniques to use when experiencing stress



# be

...open

...authentic

...engaged

...comfortable with being uncomfortable

...non-judgmental

...understanding

## be...RESPECTful

**R** = take *responsibility* for what you say and feel without blaming others

**E** = use *empathetic* listening

**S** = be *sensitive* to differences in communication styles

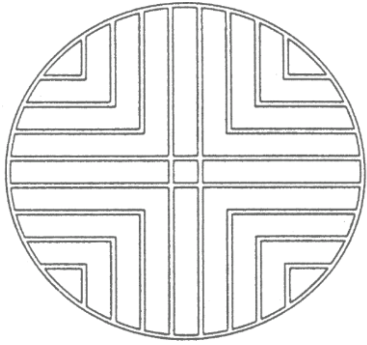
**P** = *ponder* what you hear and feel before you speak

**E** = *examine* your own assumptions and perceptions

**C** = keep *confidentiality*

**T** = *trust* ambiguity, because we are not here to debate who is right or wrong





# MUTUAL INVITATION for Conversation

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In order to ensure that everyone who wants to share has the opportunity to speak, we will proceed in the following way:

1. The leader or a designated person will share first.
2. He or she then invites another to share. Who you invite does not need to be the person next to you.
3. If you are not ready yet, say “pass for now” and then invite another to share.
4. You will be invited again later.
5. If you don’t want to say anything, simply say “pass” and proceed to invite another to share.
6. After each person has spoken, that person is given the privilege to invite another to share.
7. We will do this until everyone has been invited

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**TRAUMA**

**INFORMED  
MINISTRY  
SERIES**

**Session #3**

**UNDERSTANDING AND WORKING  
WITH DEVELOPMENTAL TRAUMA**

# Group Discussion:

What do you know and believe about trauma?

Where is trauma stored in the body, and what are some possible signs and symptoms of developmental trauma?

How is developmental trauma experienced in your current mission field today?

What do you believe about the role of Christians and the Church in responding to trauma in our communities and around the world?



The background is an abstract composition of various colors and shapes. It features a large white curved shape on the left, a dark red shape below it, and a light blue shape on the right. There are also yellow and green areas. A pattern of small blue dots is visible in the lower right quadrant.

# TRAUMA INFORMED MINISTRY

## SESSION 3:

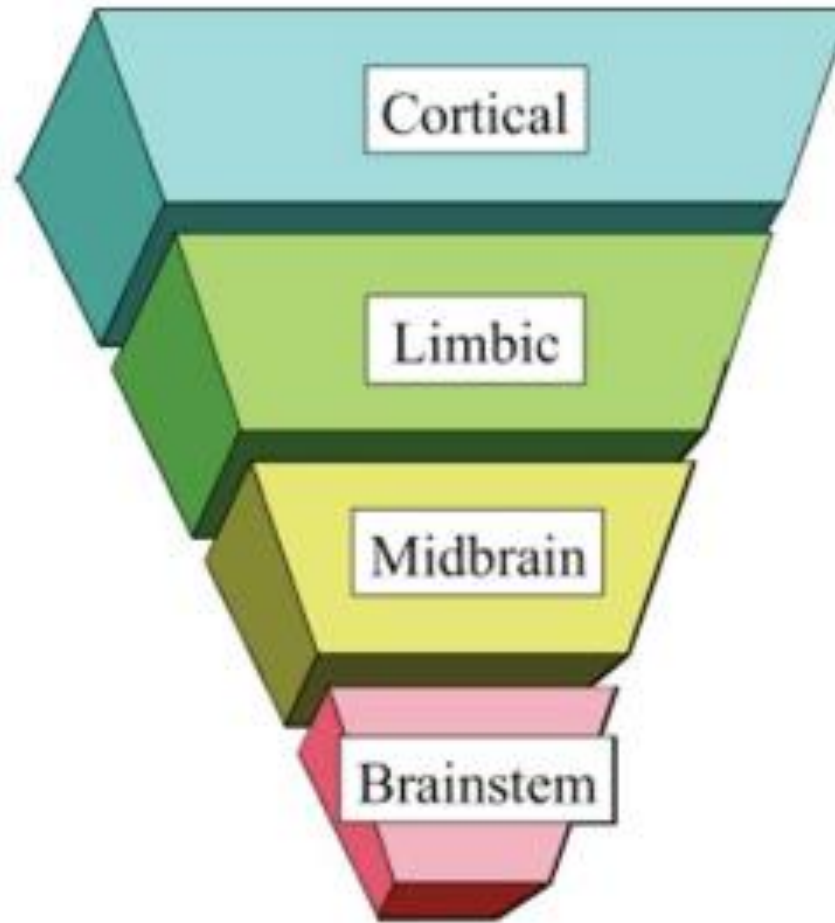
Understanding and Working  
with Developmental Trauma



Take Five :: Centering Exercise

# The Brain Develops from the Bottom Up

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Abstract thought  
Concrete Thought  
Affiliation  
"Attachment"  
Sexual Behavior  
Emotional Reactivity  
Motor Regulation  
"Arousal"  
Appetite/Satiety  
Sleep  
Blood Pressure  
Heart Rate  
Body Temperature

PRIMITIVE BRAIN  
(BRAIN STEM)

LIMITED  
AWARENESS OF  
SENSES

STUCK IN  
SURVIVAL LOOP

STUCK IN FIGHT,  
FLIGHT, OR FREEZE

CANNOT IDENTIFY  
THREATS VERSUS  
SAFETY

CANNOT TAKE IN  
NURTURE OR  
CARE

Understanding Developmental Trauma

# Working with Developmental Trauma



WHAT FIRES TOGETHER  
WIRES TOGETHER



WORK WITH ME ON MY  
DEVELOPMENTAL OR BRAIN  
AGE, NOT MY BIRTH AGE



IDENTIFY AND SUPPORT A  
SAFE AND CARING, TRUSTED  
ADULT FOR THE CHILD



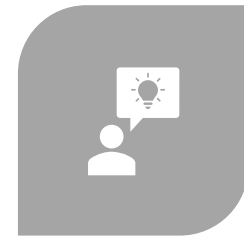
PROVIDE ME CONSISTENT  
AND PREDICTABLE PATTERNS  
OF INTERVENTIONS



USE THE SAME  
INTERVENTIONS IN ALL  
ASPECTS OF MY LIFE



BE CURIOUS RATHER THAN  
JUDGMENTAL ABOUT MY  
SKILL DEFICITS



HELP ME LEARN TO BRIDGE  
SKILL DEFICITS THROUGH  
MODELING



“Flip the Lid” by  
Dr. Dan Siegel

- Getting “back online” with your brain

Upside-Down  
Traffic Light

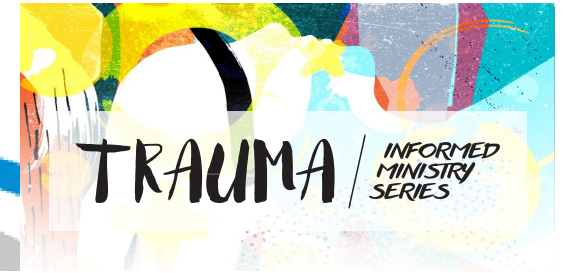
- Regulate, Relate, Reason

Side-by-Side or  
Parallel Play

- Stories through play

Interventions for Ministry

# Group Discussion:



- What came up for you while watching the video? Consider your brain, your emotions, and your body responses. Reflect on your thoughts, your feelings, and your body's response while watching the video.
- What information stood out to you from the video? Consider what surprised you, was new information, or confirmed your beliefs around trauma?
- How does this information shift how you view the ministry of your local church, the people in your community, and the role of the Church in our world?
- What will you take with you and use in your ministry? Consider how knowing more about trauma positions you to serve people differently, to ask different questions, to give more grace, or to help you adapt certain ministries or spaces to feel safer for more people.



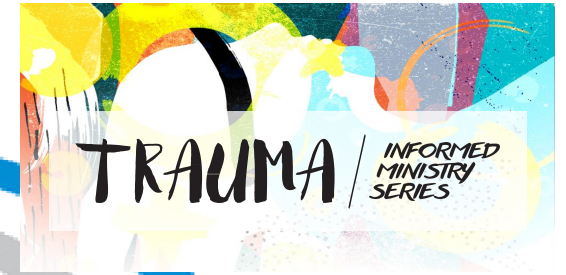
# TRAUMA

INFORMED  
MINISTRY  
SERIES

Session #4

GROUNDING TECHNIQUES AND  
COPING STRATEGIES

# Group Discussion:



1. Based on you what you now know about trauma, has your understanding and belief about it changed?
2. How is trauma experienced in the body and where is trauma “stored” in a person?
3. What are ways people might cope with stress, especially traumatic stress?
4. What do you believe about the role of Christians and the Church responding to trauma in your community and around the world today?



# TRAUMA INFORMED MINISTRY

SESSION 4:  
Grounding Techniques



Take Five :: Centering Exercise

## Coping Strategies

Mindful Breathing

Focus on the 5

Hyperfocus

Bilateral Stimulation

# Mindful Breathing

Breathe in 1...2...3...4

Hold 1...2

Breath out 1...2...3...4



# Focus on the Five

Name

- 5 things you see...

Name

- 4 things you hear...

Name

- 3 things you feel...

Name

- 2 things you smell...

Name

- 1 thing you taste...

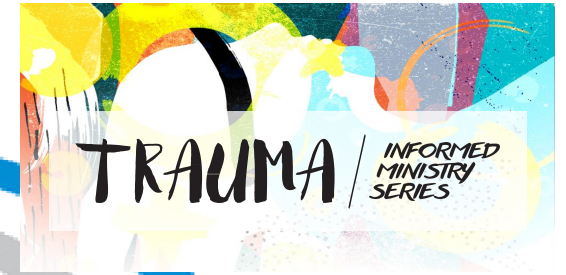
# Hyperfocus

Think	Think of a positive image, sound, or memory
Strengthen	Strengthen it through your 5 senses
Maintain	Maintain hyperfocus for 12 seconds

# Hyperfocus

Think	Think of a positive image, sound, or memory
Strengthen	Strengthen it through your 5 senses
Maintain	Maintain hyperfocus for 12 seconds

# Group Discussion:



- What thoughts, feelings, emotions, or physical responses came up for you while watching the video? Consider your brain, your emotions, and your body responses. Reflect on your thoughts, your feelings, and your body's response while watching the video.
- What information stood out to you from the video? Consider what surprised you, was new information, or confirmed your beliefs around trauma?
- How does this information shift how you view of your church's ministry with people in your community and the role of the Church in our world?
- What will you take with you and use in your ministry? Reflect on how knowing more about trauma coping strategies positions you to serve people differently, to respond to different behaviors, to give more grace, or to adapt certain ministries or spaces to feel safer to more people.

# Action Steps:

God, thank you for creating us with bodies, minds, spirits, hearts, hands, and feet. God, remind us to use all that you have gifted us when we feel overwhelmed and stressed. Guide us through your Holy Spirit to be people of joy, peace, patience, kindness, goodness, and to have self-control, so we may use effective coping strategies to meet people where they are. Remind us that you are the breath within our lungs, the wind on our skin, and the hope for today and tomorrow. Amen



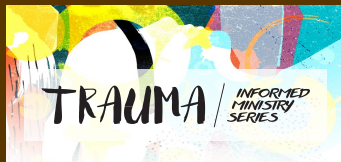
- ❖ **PRAY:** Pray for persons who have experienced trauma to experience the love and acceptance from healing communities on their recovery journey. Pray for children who are currently experience traumatic stress and limited support or resources. Pray for children affected by developmental trauma who are not attempting to function as adults and work through their own traumatic histories. Pray for faith workers who are serving young persons and families in the messiness of trauma. Pray to be humble enough to listen non-judgmentally and learn from those who have experienced trauma.
- ❖ **PARTNER:** Partner with a local mental health agency to offer a community training on responding to trauma.
- ❖ **LEAD:** Lead your congregation toward best practices for serving persons who have experienced trauma by updating your Safe Sanctuaries training to include trauma information. Lead your congregation in a workshop on coping strategies using this video or additional resources below.
- ❖ **SERVE:** Serve an area in your community where people may have experienced trauma Consider serving in prison settings, shelters or food assistance locations, crisis centers, etc. If you are working with children, consider serving at an animal shelter. Often animals have been abused or neglected which can be a terrific way to teach children about identifying pain or harm in another living being and responding with compassion and care.
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<https://www.westohioumc.org/tim>



Learn more about trauma through reading personal narratives or taking a course or workshop.

- ❖ How to Teach Brain in the Palm of Hand to Kids
- ❖ Resources from The Child Trauma Academy
- ❖ Resources from The National Child Traumatic Stress Network
- ❖ *Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationships* by Dr. Laurence Heller and Dr. Aline Lapierre
- ❖ 7 Tools for Managing Traumatic Stress by NAMI
- ❖ Feelingswheel.com to assist in identification of feelings
- ❖ Apps like "Headspace" or "Calm"

Suggested readings:

- ❖ The Little Book of Healing Trauma by Carolyn Yoder
- ❖ Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse by Shannon Thomas

# RESOURCES



MARK YOUR CALENDARS!!  
2021 Building Bridges  
Community Experience:  
*Everybody In!*  
October 14-16 || Virtual



Homepage

<https://www.westohioumc.org/conference/all-community>

Podcasts

<https://www.westohioumc.org/conference/podcasts>

Webinars

<https://www.westohioumc.org/conference/webinars>

All In Community Facebook Group

<https://www.facebook.com/groups/409737749417698/>

Homepage

<https://www.westohioumc.org/buildingbridgesofopportunity>

Podcasts

<https://www.westohioumc.org/conference/podcasts-0>

Webinars

<https://www.westohioumc.org/conference/webinars-0>

# UPCOMING ALL IN COMMUNITY TRAININGS

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“Commitment will  
get you to the  
starting line.  
Consistency will  
get you to the  
finish line.”

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Pastor Jeff Henderson,  
Northpoint Community Church

## Ministry Monday – AIC Grants & Community Engagement Info August 23 || 7:00-8:30PM on Zoom

Are you ready to go All In or take the next step with justice-involved ministry and need some support? When we intentionally invest our time and resources with the right community partners, our capacity for impact increases exponentially. Join us to learn about the resources and relationships available to you through All In Community. We promise. We are better when we move together, and so is our community.

Advanced Zoom [registration](#) is required.

## Saturday Circles – Racial Injustice August 28 || 10-11:30am on Zoom

Last year, another pandemic gripped our lives and communities. Unlike COVID-19, this pandemic is not new. It is historical and ever present. Only now, it is more explicit than ever before, and it is still causing untold harm. If you're feeling bruised or battered from living with racism or want to become a better ally to end racial violence, this month's Saturday Circles offers you an understanding, safe, empathetic community. The goal of this Listening Circle is to create space for shared emotional connection about the impact of systemic racism. We aim to support individuals and help communities that have been harmed by exploring the collective experience together.

Advanced Zoom [registration](#) is required.

## EVERY SECOND SATURDAY SERIES – Good Samaritan Ministry, Part 1 September 11 || 10AM - Noon on Zoom

This session builds on several *Every Second* Saturday sessions to provide a framework for ministry with crime victims and survivors. Part 1 lays the foundation for why victim care should be a priority for justice-involved ministry and offers a deeper understanding of the unique spiritual, emotional and relational needs victims have.

Advanced Zoom [registration](#) is required



Questions,  
Comments,  
Final  
Thoughts?

All In Community is an Initiative of



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