

Trauma Informed Churches

WHAT DOES A TRAUMA INFORMED CHURCH DO?

Realizes the widespread impact of trauma on those the church is ministering to and along side of.

Recognizes the signs and symptoms of trauma in the men, women, and children it serves as well as the effect living with a traumatized family member has on all family members and relationships.

Responds to the needs of its congregation and community by integrating knowledge of trauma into the planning of ministries, policies, and stewardship of the church's resources.

Resists Re-traumatization of victims that can occur when recognition of trauma is not combined with compassion and de-stigmatization of mental health treatment. This must also be taken into account in reporting of abuse procedures.

Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you.
James 1:27 NLT

THREE PRINCIPLES THAT SUPPORT RESILIENCE

1. Reduce Sources of Stress

- ◆ Many Churches already have ministries that meet physical needs of the community.
- ◆ Regular, reliable help would be more impactful in reducing household stress than occasional gifts. Food Pantries, Clothing Closets, School Supplies, Bus Ministry, Reduced Cost Meals, etc.
- ◆ Teachings about Forgiveness, Conflict Resolution, Anger Management, Marriage Counseling, etc.

2. Strengthen Core Life Skills

- ◆ Teaching Parenting Skills to young adults and teens Support local pregnancy centers who often have parenting skills classes and support, teaching Financial Literacy and Management Skills, Job skills Training, Hosting programs like Boy Scouts and Girl Scouts, Marriage Enrichment Activities, Collaborate with Substance Abuse Recovery programs, Collaborate with local law enforcement to provide support or job training for parolees, etc.

3. Support Responsive Relationships

- ◆ Support different generations getting to know each other and help each other, Mentoring and Discipleship of Teens and Young Adults by Older Generations
- ◆ Being a Presence of Safe, Available, Encouraging Adults for Children from all Backgrounds
- ◆ Support Parenting Skills Education and Foster/Adoptive Trauma Informed Parenting Education

Traumainformedmd.com is a free resource intended to help individuals, healthcare professionals, schools, churches, law enforcement, DHS/CPS, foster and adoptive families.

Please check it out, spread the word, and let us know how we can help you.

