ESTABLISHING
TRAUMA INFORMED &
RESILIENCE FOCUSED
CONGREGATIONS

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Certified Trauma & Resilience Trainer
OBJECTIVES

1. **NEED** - What is needed from a congregation to help in the Healing.

2. **ACTION** - What a congregation needs to do to Help them to Heal.

IT IS ALL ABOUT THE LENS WE LOOK AT OURSELVES, OTHERS & THE WORLD AROUND US
1. What is a Trauma Informed Congregation?
2. The Lens of Trauma
3. Risk factors and Human Trafficking
4. Needs of the person experiencing Trauma for Healing
5. Actions of a Trauma Informed Resilience Focus Congregation to Help in the Healing
6. Characteristics or qualities needed to help in the Healing Process
7. Where do we go from here…
COLOSSIANS 3:12-14  The Passion Translation(TPT)

You are always and dearly loved by God! So ROBE yourself with virtues of God, ... Be MERCIFUL as you endeavor to UNDERSTAND others, and be COMPASSIONATE, showing kindness toward all. Be GENTLE and HUMBLE, UNOFFENDABLE in your PATIENCE with others. 13 TOLERATE the WEAKNESSES of those in the family of faith, FORGIVING one another in the same way you have been graciously forgiven by Jesus Christ. If you find fault with someone, release this same gift of forgiveness to them. 14 For LOVE is supreme and must flow through each of these virtues. LOVE becomes the mark of TRUE MATURITY.
WHAT IS A TRAUMA INFORMED CONGREGATION?

A congregation that seeks to understand the impact of trauma and know how to respond.
Any experience that leaves a person feeling hopeless, helpless, fearing for their life/survival, or their safety. This experience can be REAL or PERCEIVED.
Trauma reactions are **no different** following non-violent situations such as natural disasters, chronic illness, etc.
TRAUMA EXPOSURE

**Victim** (abuse, neglect, car accident)

**Witness** (personal witness – domestic violence, police, fire)

**Related to** (peer, siblings – of chronically ill siblings, sibling that completed suicide)

**Listening to details of trauma** (therapists, media exposure, video games, etc.)

TLC Children of Trauma & Resilience Presentation
## Posttraumatic Stress Disorder (DSM 5)

<table>
<thead>
<tr>
<th>Re-experiencing (INTRUSION - 1)</th>
<th>Avoidance (NUMBING - 1)</th>
<th>Negative Cognitions and Mood (2)</th>
<th>Arousal (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flashbacks</td>
<td>Detachment</td>
<td>Distorted sense of self</td>
<td>Aggression</td>
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<tr>
<td>Intrusive thoughts -images</td>
<td>Numbing</td>
<td>Estrangement to others</td>
<td>Reckless behavior</td>
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<tr>
<td>Traumatic dreams</td>
<td>OCD like behavior</td>
<td>Markedly diminished interest</td>
<td>Self-destructive and Rule-breaking behaviors</td>
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<td></td>
<td>Phobic like behavior</td>
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<tr>
<td>Sleep problems</td>
<td>Self Harm</td>
<td>Depression</td>
<td>Hypervigilance</td>
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<tr>
<td>Physical complaints</td>
<td>Substance Abuse</td>
<td>Blames self or others</td>
<td>Irritability</td>
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<tr>
<td></td>
<td>Eating Disorders</td>
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<td>Inattention</td>
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<tr>
<td></td>
<td>Not wanting to talk about it</td>
<td></td>
<td>Cognitive/Learning problems</td>
</tr>
<tr>
<td>Symptom Overlap (Weinstein et al., 2000)</td>
<td>ADHD</td>
<td>PTSD</td>
<td></td>
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<tr>
<td>----------------------------------------</td>
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<td></td>
</tr>
<tr>
<td>Hypervigilence</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Inattention</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Detachment</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Irritability</td>
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<td>X</td>
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<tr>
<td>Anger Outbursts</td>
<td>X</td>
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</tr>
<tr>
<td>Distracted</td>
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<tr>
<td>Restless</td>
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<tr>
<td>Impatient</td>
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<td>X</td>
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<tr>
<td>Impulsive</td>
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<td>X</td>
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<tr>
<td>Limited sense of future</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Difficulty Concentrating</td>
<td>X</td>
<td>X</td>
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</table>
Trauma Focused Mandate

The primary dictate of trauma informed care is:

“Do No Harm”

If you don’t think what I think, feel what I feel, experience what I experience, and see what I see when I look at myself, others, and the world around me, how can you possibly know what is best for me?
Trauma is a sensory experience because of what happens to the brain and memory during trauma.
# Functions of the Brain

<table>
<thead>
<tr>
<th>Right Brain (Sensory)</th>
<th>Left Brain (Thinking)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senses</td>
<td>Language</td>
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<tr>
<td>Memory</td>
<td>Reasoning</td>
</tr>
<tr>
<td>Affect</td>
<td>Thinking</td>
</tr>
<tr>
<td>Emotional Regulation</td>
<td>Understanding/Processing</td>
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</tbody>
</table>

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TLC Children of Trauma Presentation
Left Brain and Right Brain

Both brain hemispheres are affected.

The first thing that happens is that the left and right brain don’t integrate and work together – There is no cooperation between the two hemispheres.
How Trauma Impacts Left Brain

- No language.
- No reasoning skills.
- Unable to make sense out of what happened.
- The neurons in the Hippocampus are damaged significantly by the stress hormone release.
- Learning, processing, focusing is impaired.

TLC Children of Trauma Presentation
Experience becomes Biology

Though it may be difficult to believe, one traumatic event in any one’s life, especially a child’s, can alter both the structure and the chemistry of the brain.

TLC Children of Trauma & Resilience Presentation
The 3 types of ACEs include:

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**HOUSEHOLD DYSFUNCTION**
- Mental Illness
- Incarcerated Relative
- Abuse toward Parent
- Substance Abuse
- Divorce
What color is your congregation?
RISK FACTORS OF BECOMING A VICTIM OF HUMAN TRAFFICKING

- Prior Abuse or Neglect
- Poverty
- Homelessness
- Substance Abuse
- Unaccompanied Foreign Minors
- Mental Health Issues
- System Involvement
- Feelings of Rejection or Marginalization.
LGBTQ+ YOUTH

- 40% higher risk of experiencing homelessness.
- 40% higher risk of attempting suicide & account for 30% of all suicides.
- 28% higher risk of dropping out of school.
- In daily life hear 26 anti-LGBTQ+ slurs per day, 33% are from adults in their life.
- 74 - 84% are verbally and sexually abused at school.
REFLECTION - WHO DO THEY SEE - WHO DO YOU SEE?

Matthew 7 : 1-5

Matthew 1 : 12-14
REFLECTION OF CORY’S STORY

1. How had Cory’s childhood trauma impacted him?
2. Did his experiences go away when he became an adult?
3. What may be some of Cory’s triggers?
4. Because of Cory’s past trauma what may be difficult for him in being part of a congregation?
5. How do we as a congregation create a safe environment for people who are or have experienced trauma?
Titus 3:4-7

4 When the extraordinary compassion of God our Savior and his overpowering love suddenly appeared in person, as the brightness of a dawning day,

5 He came to save us. Not because of any virtuous deed that we have done but only because of his extravagant mercy.

6 He saved us, resurrecting us through the washing of rebirth. We are made completely new by the Holy Spirit, whom he splashed over us richly by Jesus, the Messiah, our Life Giver.

7 So as a gift of his love, and since we are faultless—innocent before his face—we can now become heirs of all things, all because of an overflowing hope of eternal life.
Titus 3:4-7

3

NEEDS
For people experiencing trauma to see in a Congregation

4

ACTIONS
Congregations need to do to help in Healing

7

CHARACTERISTICS
Qualities Congregations need to help in the Healing process
TRAUMA INFORMED CONGREGATIONS

3-4-7
3 NEEDS

1. SAFE TRUSTWORTHY RELATIONSHIPS
2. OPPORTUNITIES FOR SELF REGULATION
3. SHARING LIFE STORIES HONESTLY
4 ACTIONS

1. **REALIZE** (Become Aware)

2. **RECOGNIZE** (the Ripples from Trauma)

3. **RESPOND** (Integrating trauma into policies, procedures, and practices)

4. **RESIST RE-TRAUMATIZATION** (Operate through a Trauma Lens)
7 CHARACTERISTICS

1. Acknowledge
2. Recognize the Impact of Trauma
3. Perspective Shift
4. Self Regulation
5. Sustain Relationships
6. Sense of Purpose
7. Ongoing Self Care
1. ACKNOWLEDGE

To Acknowledge The Impact Of Trauma On An Individual - We First Need To Acknowledge That Trauma Is Real And How It Affects Us.
2. **RECOGNIZE THE IMPACT**

Recognize the impact Adverse Experiences have on us and how those experiences can have the ripple effect on our health, social skills and mental health.
3. PERSPECTIVE SHIFT

Our perspective needs to shift. We need to see the people around us through the lens of trauma, not asking “What is wrong with you?” But “What happened to you or what is happening to you?”
4. SELF REGULATION

We need to be a Colossians 3 Christian, wearing the garment of compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you.
5. Sustain Relationships

We need to be a congregation that is not just a Sunday and maybe Wednesday night church. Willing to take our masks down and welcome others to get to know the real us. We need to be authentic/real.
6. SENSE OF PURPOSE

John 13:34 - Love One Another
Galatians 6:10 - Do good to all people
Galatians 5:13 - Serve One Another
Galatians 6:2 - Carry Each Other’s Burdens
Romans 15:7 - Accept One Another
Ephesians 4:32 - Compassion & Forgiveness
7. ON GOING SELF CARE

THE B’S OF A HEALTHY YOU

1. BE AWARE - of what is happening to you.
2. BOUNDARIES - are for you too.
3. BODY-MIND-SPIRIT it takes all three.
4. BE HAPPY - you deserve it
WHAT COMES NEXT?
MATTHEW 7:12 TOOLBOX

Scan me!

www.REACHforTomorrowOhio.org/MAT712-toolbox.html
REFERENCES

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https://www.starr.org/training/tlc/courses-training

https://www.gci.org/disc/23-functions - purpose of the church

http://www.ictg.org/blog/seven-key-traits-of-a-trauma-informed-congregation - 7 traits/characteristics

https://www.womenshealth.gov/blog/trauma-informed-congregations - 4 R's of a trauma informed congregation

http://www.acesconnection.com/g/faith-based-connection/search/tag/442378480397913552

https://vimeo.com/137282528 - resilience film

https://www.youtube.com/watch?v=v7stze3645s

https://www.youtube.com/watch?v=w0iVTQS8ftg


https://www.youtube.com/watch?v=GYv4Fs7nzIY