

BUILDING RESILIENT CONGREGATIONS ▶

Trauma Care Cohort



Across the United States, communities continue to grapple with visible and invisible struggles of poverty, stress, mental health, trauma and political divisiveness. How do we build resilient congregations equipped to walk alongside one another and their communities?

The C3I received a generous grant through the Eula Mae & John Baugh Foundation for 3-years to consult with 15-20 diverse congregations in three different ministries of hospitality.

The C3I will pilot curriculum on these topics in peer-learning cohorts with the long-term outcome of developing research-informed, evidence-based online certificate programs in each of these focus areas for future congregations.

◀ TRAUMA CARE



The C3I defines trauma as “a deeply distressing event or an event where someone has exposure to actual or threatened death, serious injury, or sexual violence.” The event can be experienced personally, witnessed personally, or heard secondarily in both an individual manner or a collective manner within an entire community or congregation.

The C3I believes that all congregations should be trauma sensitive and aims to teach congregations to engage in ministry through a trauma sensitive lens. This enables congregations to become aware of the prevalence of trauma impacting our congregants and then begin to adapt actions and language to emphasize emotional, physical, and psychological safety within trauma survivors.

Questions for Consideration:

If you are wondering if your congregation would benefit from extra support within trauma sensitivity care, we encourage you to think through these questions:

- Have you noticed an increase in mental health concerns within your congregation?
- Is your pastoral staff feeling burned out and constantly tired?
- Has your congregation experienced a significant event such as a natural disaster or act of violence and is struggling to know how to move forward?

◀ INTERESTED? *Contact us.*

We understand that this work is often emotionally difficult and time consuming. However, we also strongly believe that it will lead to God’s children being cared for in a deeper and more holistic way. This unique pilot experience will utilize each cohort’s feedback and participation to shape the creation of a sustainable model: a finalized, online certification opportunity for future congregations to become better equipped around the topic of Trauma Care for years to come.

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