



A gospel-based response to COVID-19
Resourcing and equipping the local Church

Church Training Program
Resource and Discussion Guide

MODULE 3:
Trauma Healing

For information and support contact international.covidequip@sim.org

MODULE 3:

Trauma Healing

View the video for Module 3 at:

<https://vimeo.com/showcase/7254895/video/437976764>

Introduction:

As this church training program seeks to see health ministries, churches and communities working together for a gospel-based response to COVID-19, this module focuses on how we can help others (and ourselves) to process and heal from losses and negative experiences of COVID-19.

This Resource and Discussion Guide is intended to support the content presented in the video module by providing an overview of key concepts, as well as further questions and activities for thought and discussion.

A list of referenced materials and recommended resources is provided at the end of this guide. We strongly encourage you to access these for further information, as well as some very practical tools for responding to COVID-19 in your community.

Module 3 Outline:

- **Section 1** – The experience of trauma [00:00 – 09:03]
- **Section 2** – Helping people tell their story [09:04 – 14:56]
- **Section 3** – Caring for the caregiver [14:57 – 21:05]

For further information and resources on Trauma Healing, or to enquire about Trauma Healing groups or training opportunities, please contact:

intl.traumahealing@sim.org

SECTION 1 – The experience of trauma

KEY CONCEPTS:

- People respond differently to trauma.
- Common reactions and behaviors in response to traumatic experiences.
- Things that help and hinder recovery.

NOTES:

DISCUSSION QUESTIONS:

1. What are some of the ways that you react to trauma?
2. What reactions or behaviors are you seeing in people around you (including children) in response to the current COVID-19 crisis?
3. As you help people in your church and community towards recovery, what can you do to ensure your own journey towards recovery (from experienced or secondary trauma)?

SECTION 2 – Helping people tell their story

KEY CONCEPTS:

- Telling their story is an important part of a person’s recovery.
- Ways to facilitate people sharing their story.
- Trauma healing groups are an opportunity for reflection, processing, and healing.
[For further information on Trauma Healing groups please contact intl.traumahealing@sim.org]

NOTES:

DISCUSSION QUESTIONS:

1. Why is it important that people have opportunity to tell their story following a crisis?
2. What are the three questions you can use as you listen to people’s stories?

Activity:

- In pairs, spend some time telling one another about ways you have personally been impacted by COVID-19. As you assume the role of the ‘listener’ be sure to use the three questions outlined in this section.
 - How did it feel to tell part of your story to someone?
 - Was there anything difficult about the exercise (either as the storyteller or the listener)?

SECTION 3 – Caring for the caregiver

KEY CONCEPTS:

- The importance of processing what you're seeing, what you're hearing and what you're feeling.
- Caregivers (e.g. medical staff, pastors, ministry leaders, counsellors) often have their own experiences of trauma and can be affected by others' stories.
- Caregivers need people and ways to help them release the pain and responsibility of others' trauma to God.

NOTES:

DISCUSSION QUESTIONS:

1. As you care for others, who can you share and de-brief with?
2. What are some of the hard things about this COVID-19 time that you might need to place in the 'container'?
 - Choose one thing that stands out and pray about it, using a prayer of praise, request or lament.
3. What do you need so that you can continue to be helpful to those in your community?
4. Decide on one thing you can do to take care of yourself better in the coming week.

Reference materials and recommended resources:

- American Bible Society, “Beyond Disaster: A Survivor’s Guide for Spiritual First Aid”, March 2020 <https://www.traumahealinginstitute.org/resources> *[a number of translations available]*
- SIM, “Health Care Workers and Moral Injury” (a video made by SIM chaplains), 2020 <https://youtu.be/ucKTLHtVb0>
- Trauma Healing Institute (American Bible Society), “Healing from the distress of the COVID-19 crisis”, 2020, <https://www.traumahealinginstitute.org/resources> *[a number of translations available]*
- Trauma Healing Institute (American Bible Society), “Care for the caregiver: A guide during the COVID-19 pandemic.”, 2020, <https://www.traumahealinginstitute.org/resources>
- Trauma Healing Institute (American Bible Society), “Peace, be still. A family guide to living in crazy days.”, 2020, <https://www.traumahealinginstitute.org/resources> *[a number of translations available]*
- World Evangelical Alliance (WEA), “Caring for vulnerable people during COVID-19 (tip sheet)”, 2020 <https://covid19.worldea.org/wp-content/uploads/2020/05/Caring-for-vulnerable-people-COVID-19-tip-sheet.pdf>