



## Trauma and Resilience-Informed Pastors

This is a follow-up seminar to the *Strengthening Resilience* Seminar on December 4<sup>th</sup>, 2020. The dates are to be determined.

The COVID-19 pandemic has ushered in one of the most uncertain and threatening times in modern history. This added to the challenges of regular pastoral duties has put additional stress on pastors and chaplains. Uncertainty causes anxiety and fear which impacts our health, our thinking and our behavior. Understanding how the body, brain and nervous system respond to threat and having tools for releasing trauma energy, reducing harms and solving problems can increase the resilience needed to weather this storm. Trauma and resilience-informed pastors will be better equipped to provide the support needed for the wellbeing of their staff, the congregation and themselves.

This seminar will be offered in **4-sessions (2 days?)**. The 3-part model for addressing trauma and breaking cycles of harm from STAR (Strategies for Trauma Awareness and Resilience) will be the core content for understanding the following:

Session I: The Trauma Experience

Session II: Unaddressed Trauma and Cycles of Harm

Session III: Breaking Cycles of Harm – Building Resilience

Session IV: Putting it all Together – Truth, Mercy, Justice, Peace