

Cory Johnson Program for Post-Traumatic Healing



Community Conversations on Trauma & Healing

Rev. Liz Walker & Colleen Sharka, LMHC <u>colleensharka@rpcsic.org</u> Canwetalknetwork.org Rpcsocialimpactctr.org

Roxbury Presbyterian Church Social Impact Center Cory Johnson Program for Post Traumatic Healing

is a spiritually-inspired, community-based, clinically-supported program that offers a safe and sacred space for the sharing of painful stories while we work to:

increase awareness and understanding of trauma, provide relief from traumatic stress, and deliver mental health supports.

CJP welcomes all, regardless of age, race, ethnicity, spiritual/religious affiliation, or orientation and believes our abiding (remaining) presence is powerful enough to hold those who have suffered trauma as they learn to help themselves and others heal.

Loss of Safety and Trust

Loss of Connection

TRAUMA

Loss of Meaning

Adapted from Judith Lewis Herman, M.D.; <u>Trauma & Recovery</u> Loss of Purpose



on Trauma & Healing



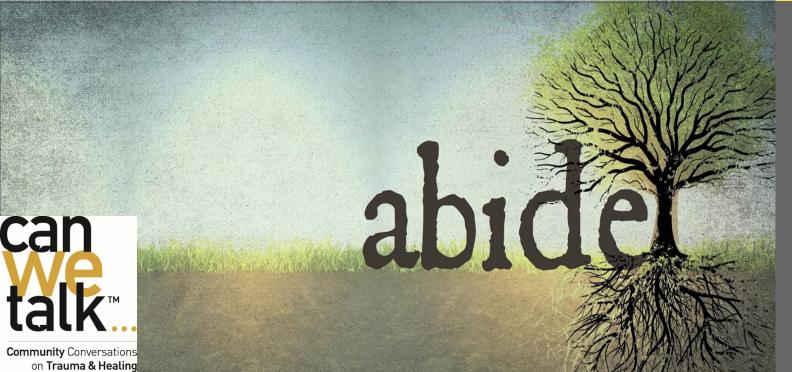
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PRESENCE

Relationship that offers *abiding (remaining)* presence



Safe, Sacred Space Trustworthy Consistent



PROCESS

Trauma-informed process that connects with a person's perseverance and desire for healing Sharing our stories helps healing! Telling and retelling the trauma story frequently,

in small, manageable bits and pieces, and in the presence of supportive others –

can enable survivors to conserve, rework, and discover spiritual and religious resources that facilitate healing.

Religious and Spiritual Dimensions of Traumatic Violence (Fallot & Blanch, 2013)

A Typical Gathering

- Drop-in, no referral needed, no info taken
- **Community Companions**
- Community meal
- Childcare provided
- Open with guidelines & artist offering
- Sharing for 3-5 minutes; talk/poem/sing
- Mental Health Clinician available if needed
- Artist offering again
- Closing ritual
- Support & referrals





Community Conversations on **Trauma & Healing** <u>Trauma Team</u> <u>Best Practices</u>

- Commit to understanding how trauma impacts adults, children, and families
- We are not here to fix, but rather to be the hands, hearts, feet, and eyes of God
- Live out the belief that it is an honor and privilege to serve those who come
- Be patient and flexible, demonstrate we are trustworthy, kind, and caring
- Do this work with our hearts, and therefore pay attention to our own self-care
- Support each other as a team
- Promote collaboration and empowerment

