



Cory Johnson Program for Post-Traumatic Healing

can
we
talk™...

Community Conversations
on Trauma & Healing

Rev. Liz Walker
&

Colleen Sharka, LMHC
colleensharka@rpcsic.org

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

Loss of
Purpose

Adapted from Judith Lewis Herman, M.D.;
Trauma & Recovery

can
we
talk™

Community Conversations
on Trauma & Healing

Relative
Safety and Trust

PLACE

New Sense of
Meaning

PROCESS

H
E
A
L
I
N
G

Reconnection

PRESENCE

AND
Purpose
PROCESS

Adapted from Judith Lewis Herman, M.D.;
Trauma & Recovery

can
we
talk™

Community Conversations
on Trauma & Healing

PRESENCE

Relationship that offers
abiding (remaining)
presence

PLACE

Safe, Sacred Space
Trustworthy
Consistent

PROCESS

Trauma-informed process
that connects with a person's
perseverance and desire for
healing



abide

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



**can
we
talk™**...

Community Conversations
on Trauma & Healing



Trauma Team
Best Practices

- 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