

# Strengthening Ministry in Crisis & Trauma

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Trauma is the greatest mission field  
of the 21<sup>st</sup> century.

-Dr. Diane Langberg

# Trauma & the Brain

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- Behavioral: Changes in sleep and appetite, Isolation, Distrust, Startle response
- Emotional: Fear, Anger, Shame, Shock, Anxiety, Sad, Overwhelmed
- Physical: Increased heart rate, Nausea, Susceptible to illness, Body aches, Digestion issues

# Grief Timeline



# Listening to Trauma Victims

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- Honor the sacredness of their stories.



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- How easy for you is it to accept help from others? What do you need most right now and how can I help?

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- Commit to walk your community through the trauma.

# Disaster Recovery Journey



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- Commit to walk your community through the trauma.
- Care for yourself as a wounded healer.





## Resources

“Disaster Ministry Handbook” Jamie Aten & David Boan

“Suffering and the Heart of God: How Trauma Destroys and Christ Restores” Dr Diane Langberg

“Intimate Deception: Healing the Wounds of Sexual Betrayal” Dr Sheri Keffer

“The Complete Guide to Crisis & Trauma Counseling” Dr H Norman Wright

<http://institute4compassionatecare.com/resources>

Substance Abuse & Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov)

