

Advanced Sexual Ethics Workshop

Workshop leader: Darryl W. Stephens, dws@darrylwstephens.com

0.5 CEUs

Congregational Trauma, Resilience, and Healing

Groups as well as individuals can suffer the adverse effects of trauma. This advanced sexual ethics workshop equips participants to recognize congregational trauma and to implement practices to increase resilience and healing within a congregation. Participants are expected to spend three hours preparing for the workshop through readings, videos, and other resources.

Five hours total participant investment:

2 hours 20 min. asynchronous prep

2 hours 40 min. workshop via Zoom

PREWORK (nos. 1–6 below)

Physiology and psychology of trauma

1) Watch the 5-minute video from KPJR Films, creators of the documentaries, “Paper Tigers” and “Resilience.” This video provides a primer on a specific set of traumatic experiences called “Adverse Childhood Experiences (ACEs)”: <https://vimeo.com/139998006>.

Qs: What are Adverse Childhood Experiences (ACEs)? What do they have to do with lifelong health?

2) Watch the 5-minute video by Dr. Jacob Ham, clinical psychologist, researcher, and Director of the Center for Child Trauma & Resilience at the Icahn School of Medicine at Mount Sinai in New York. This video explains how traumatic experiences can affect learning:

<https://www.youtube.com/watch?v=KoqaUANGvpA>

Qs: What is the difference between “learning brain” and “survival brain”? What does trauma do to one’s ability to learn?

3) Watch Mineola Grows!, “The Hand-Brain Model! | Self-Regulation Lesson 2,”

<https://www.youtube.com/watch?v=IRmnVmELMn8>. Did you know that we can use our hand to model the regions of our brain?

Qs: Represent your brain with the hand model described. Then, “flip your lid.” What does this represent about the ability to make good decisions when overwhelmed by emotion?

4) Listen to or read the transcript of this interview with Bessel van der Kolk, author of *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Interview with the author: “This Conversation Will Change How You Think About Trauma.” The Ezra Klein Show.

August 24, 2021. Podcast 1:19:33. <https://www.nytimes.com/2021/08/24/opinion/ezra-klein-podcast-van-der-kolk.html>

Qs. What does it mean that “the body keeps the score”? What does trauma do to one’s ability to tell the story of what happened? What are some ways to promote healing among trauma survivors?

Trauma-informed ministry

5) Chris Haughee, “What does it mean for a ministry to be “trauma informed?” 2016, <https://swmnelca.org/wp-content/uploads/2018/08/Trauma-informed-ministry.pdf>. You might also watch, “Trauma-Informed Ministry with Chris Haughee,” 10-min. video interview, Sept 8, 2022, <http://pacnwc.org/trauma-informed-ministry-with-chris-haughee/>

Qs: What are the four Rs of trauma-informed response? What are the six key principles of trauma-informed service? What might each principle look like in your congregational setting?

6) Darryl W. Stephens, “Community Healing after Spiritual Leader Misconduct,” in *Responding to Spiritual Leader Misconduct: A Handbook*, edited by Lauren D. Sawyer, Emily Cohen, and Annie Mesaros, 181–86. Seattle, WA: FaithTrust Institute, 2022.

<https://www.faithtrustinstitute.org/news/new-resource-responding-to-spiritual-leader-misconduct>

Qs: Which of the prescribed practices of healing and recovery (pp. 184–86) would be most difficult for your congregation, and why?

Come to the Zoom session prepared to discuss and ask questions. You do not need to submit your written work.

Optional resources

Clites, Brian J. “Centering Victim-Survivors’ Voices.” In *Responding to Spiritual Leader Misconduct: A Handbook*, edited by Lauren D. Sawyer, Emily Cohen, and Annie Mesaros, 159–64. Seattle, WA: FaithTrust Institute, 2022.

<https://www.faithtrustinstitute.org/news/new-resource-responding-to-spiritual-leader-misconduct>

Heath, Elaine A. *Healing the Wounds of Sexual Abuse: Reading the Bible with Survivors* (Brazos, 2019).

Institute for Collective Trauma and Growth. “Seven Key Traits of a Trauma Informed Congregation.” Nov. 18, 2019. <https://www.ictg.org/congregational-blog/seven-key-traits-of-a-trauma-informed-congregation>

McClintock, Karen A. *Trauma-Informed Pastoral Care: How to Respond When Things Fall Apart* (Minneapolis: Fortress, 2022).