



## COURSE OBJECTIVES

- ✓ To inform course participants of the basic facts concerning trauma, including:
  - The various events that can precipitate “soul wounds,” Post-traumatic Stress, and Post-traumatic Stress Disorder.
  - The common symptoms of trauma response.
- ✓ To help participants experience the strength and optimism generated by an inclusive, cohesive group of supportive friends with whom they can feel heard and understood.
- ✓ To provide a safe, non-judgmental environment where participants can process and share their traumatic experiences with others who have had similar experiences.
- ✓ To teach participants to engage in a balanced, three-dimensional approach to trauma healing including physical, psychological, and spiritual.
- ✓ To inform participants how to apply Biblical principles that address the causes and symptoms of Post-traumatic Stress and other mental health conditions resulting from trauma.
- ✓ To help participants recognize the counter-productive nature of most typical methods of coping with the stress and trauma of their careers.
- ✓ To give participants practical steps to follow when dealing with particularly debilitating aspects trauma stress and trauma such as loss, grief, shame or guilt due to unforgiveness (of self and others), depression, and suicidal ideation.
- ✓ To involve partners, family and friends in the whole healing experience so that they can better understand their partners, be more supportive, and care for their own secondary stress and trauma.
- ✓ To help participants re-frame adversity in their lives, seeing it as a potential agent of strengthening, growth, and resiliency instead of harm and distress.
- ✓ To motivate participants to view God as a responsive, engaged, compassionate, healer and source of power, inspiration, and resiliency, and to approach Him as such.
- ✓ To give participants the vision that, as they gain strength, stability and healing, they are equipped to help others who are struggling with tragedy and trauma.

# TRAUMA REBOOT CURRICULUM OUTLINE

## WEEK 1 REDEEMING TRAUMA

We will acknowledge that trauma didn't break us. We are wounded, not broken. And wounds can heal if proper steps are taken.

## WEEK 2 BREAKING MY DEFAULT RESPONSE TO TRAUMA

Our default response to trauma usually makes things worse. We deny, cry, numb, and run rather than deal with our trauma. These actions carry us further away from healing, not closer to it.

## WEEK 3 UNDERSTANDING THE SPIRITUAL WOUNDS OF TRAUMA

If we hope to heal, we must look beyond just trying to remove symptoms and really deal with the root causes of those symptoms. Trauma wounds our soul, and only God can mend it.

## WEEK 4 FINDING SAFETY

Before we can assess the damage done by trauma and begin healing, we must first establish safety. This foundational component provides an environment conducive to healing, marked by humility and vulnerability.

## WEEK 5 MANAGING BIG EMOTIONS

Understanding the difference between managing and controlling our emotions enables those emotions to help us heal. There aren't "good" and "bad" emotions—it is what we do with those emotions that determines their ultimate impact.

## WEEK 6 GRIEVING WELL

Identifying the reasons why we delay or deny our grief allows us to remove these barriers and complete the grieving process. When we grieve, we are authentically protesting the injustice of the loss.

## WEEK 7 OVERCOMING GUILT, SHAME AND REGRET

Recognizing the difference between conviction and false guilt is critical to trauma healing. Guilt either helps us move forward or leaves us stuck looking backward.

## WEEK 8 RESTORING MY IDENTITY

Trauma leads us to believe lies about ourselves that can limit our potential. Replacing those lies with the truth enables us to fulfill God's unique calling on our lives.

## WEEK 9 SHARING MY STORY

Every person's story has the power to encourage and inspire others. As we share our stories, we invite others into our pain and truly begin transitioning from pain to purpose.

## WEEK 10 FORGIVING MYSELF AND OTHERS

When we forgive others, we set ourselves free. Much of our emotional pain is caused because we refuse to accept and share God's unconditional grace and forgiveness. Unforgiveness doesn't hurt them, it hurts us—so we choose to forgive.

## WEEK 11 FINDING STABILITY

The trauma we experienced probably wasn't our fault, but healing from it is our responsibility. Poor choices can set us back and further delay our healing. However, when we build a strong support network and make wise choices, we find stability and maintain momentum.

## WEEK 12 MOVING FORWARD / GRADUATION

Trauma REBOOT is a launching point, not a final destination. Graduation challenges us to determine the next steps we will take in order to continue healing.