

**1day**  
so every child has family

*church  
conference  
2024*

**1:1 project**

# Trauma Ready Church



1:1 project

# A little bit about me...



1:1 project

# Defining Terms

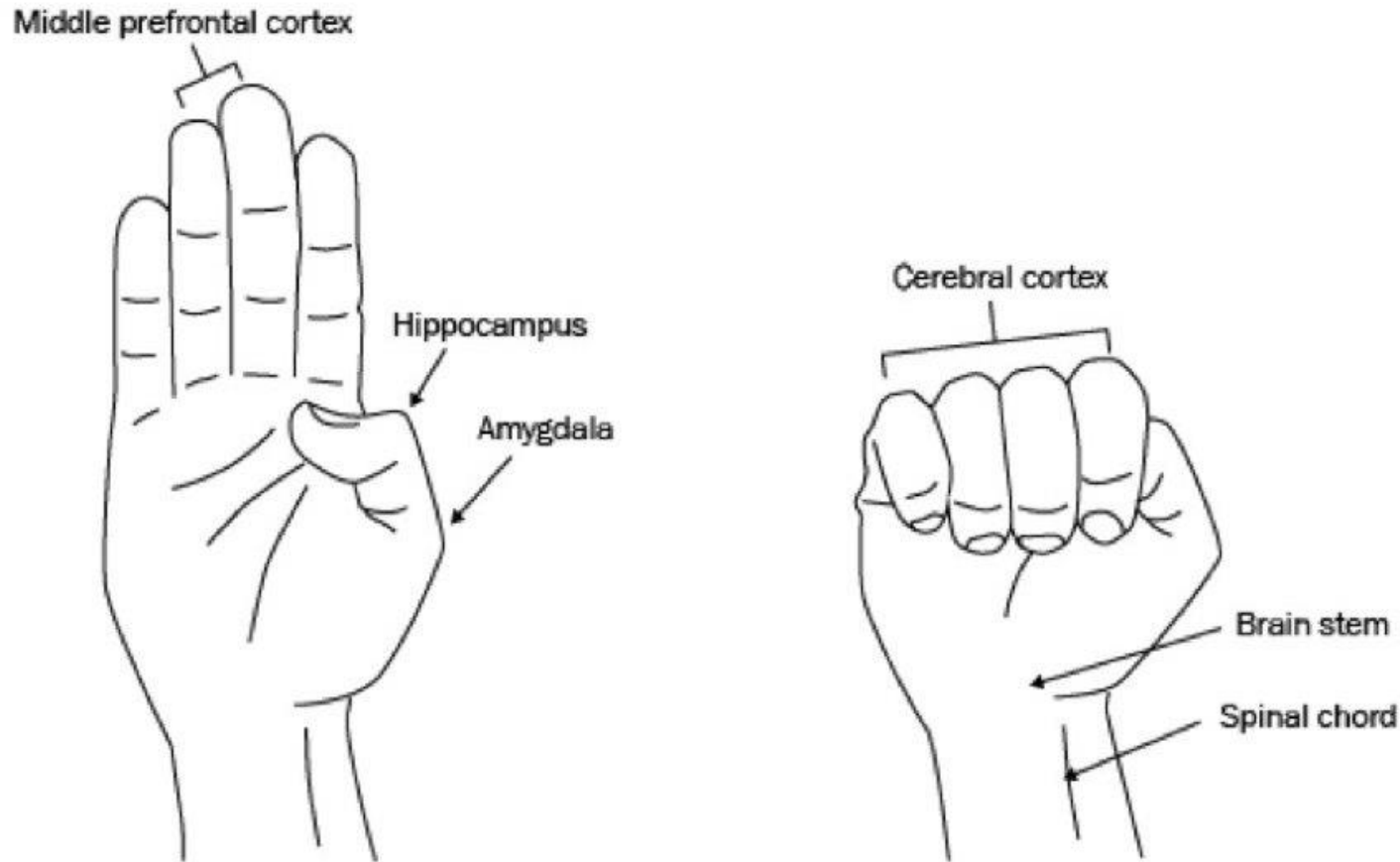
## **Trauma (emotional)**

Noun - any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning. Traumatic events include those caused by human behavior (e.g., rape, war, industrial accidents) as well as by nature (e.g., earthquakes) and often challenge an individual's view of the world as a just, safe, and predictable place.

# Additional Factors Connected to Trauma

- **Poverty**
- **Neglect**
- **Mental Health**
- **Homelessness**
- **Grief/Loss**
- **Foster Care**
  - **Kinship**
  - **Traditional**
- **Adoption**
  - **Open**
  - **Closed**
- **Prevention**

# Understanding the Brain



*Hand model courtesy of Dan Siegel*

## FLIPPING YOUR LID!

- Pre-frontal Cortex
  - Thinking brain
- Amygdala
  - Feeling Brain

# Framework for Behavior

ALL BEHAVIOR  
IS A FORM OF  
COMMUNICATION

# 1 Corinthians 12:14-19

14 For the body is not one member, but many. 15 If the foot says, “Because I am not a hand, I am not a part of the body,” it is not for this reason any the less a part of the body. 16 And if the ear says, “Because I am not an eye, I am not a part of the body,” it is not for this reason any the less a part of the body. 17 If the whole body were an eye, where would the hearing be? If the whole were hearing, where would the sense of smell be? 18 But now God has placed the members, each one of them, in the body, just as He desired. 19 If they were all one member, where would the body be?



# 1 Corinthians 12:20-26

20 But now there are many members, but one body. 21 And the eye cannot say to the hand, “I have no need of you”; or again the head to the feet, “I have no need of you.” 22 **On the contrary, it is much truer that the members of the body which seem to be weaker are necessary;** 23 and those members of the body which we deem less honorable, on these we bestow more abundant honor, and our less presentable members become much more presentable, 24 whereas our more presentable members have no need of it. But God has so composed the body, giving more abundant honor to that member which lacked, 25 so that there may be no division in the body, but that the members may have the same care for one another. 26 And if one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it.

# Be Proactive!

Acquire Knowledge

Build Procedural Skills

Build Strategic Systems (Problem Solving)

# Acquire Knowledge

Learn



Train



# Build Procedural Skills

Classroom Support

Parent Communication & Resources

Classroom/Ministry Mindfulness

Counseling Support

Recovery Ministry

# Build Strategic Systems

Prayer

Referral

Community Resources

Support Groups

Connection, connection, connection!

# Prayer

But they could not find a way to take him in because of so many people. They made a hole in the roof over where Jesus stood. Then they let the bed with the sick man on it down before Jesus. When Jesus saw their faith, He said to the man, “Friend, your sins are forgiven.”

Luke 5: 19-20

# Prayer

## Discerning Healthy Boundaries and Limitations

Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda<sup>[a]</sup> and which is surrounded by five covered colonnades. <sup>3</sup> Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. <sup>[4]</sup><sup>[b]</sup> <sup>5</sup> One who was there had been an invalid for thirty-eight years. <sup>6</sup> When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”

<sup>7</sup> “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”

<sup>8</sup> Then Jesus said to him, “Get up! Pick up your mat and walk.” <sup>9</sup> At once the man was cured; he picked up his mat and walked.

**John 5:2-8**

# Recommended Conferences

**Hope for the Journey**



**CAFO Summit:**





# Recommended Reading

**The Connected Child** – David R. Cross, Karyn B. Purvis, and Wendy Lyons Sunshine (trauma informed resource)

**The Body Keeps the Score** – Bessel Van Der Kolk (trauma & the body)

**Hillbilly Elegy** – J.D. Vance

**Why Zebras Don't Have Ulcers** – Robert M. Sapolsky

**The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity** – Nadine Burke Harris



# 1day 1night

so every child has family of 1,000 lights

*see y'all  
tonight!*



SCAN TO FILL  
OUT OUR POST-  
BREAKOUT SURVEY

**111 project**