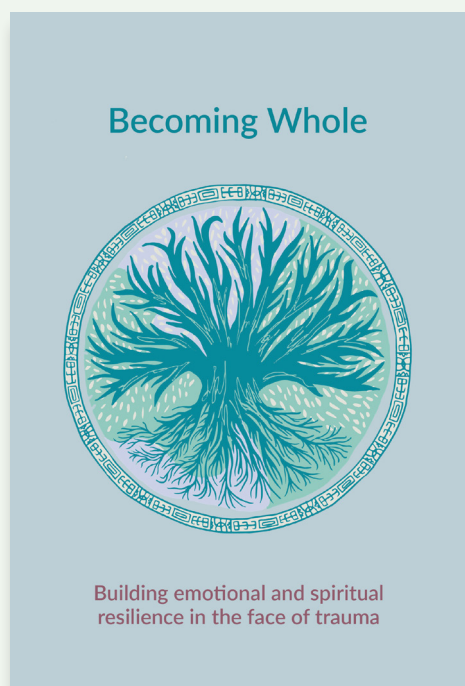


Becoming Whole

Building emotional and spiritual resilience in the face of trauma

- *Becoming Whole* takes a practical approach to processing painful and traumatic events.
- The material fully integrates psychology and theology in a way that is biblically sound, evidence-based and trauma-informed.
- While it takes a Christian approach, the programme is designed for people who may have no background in the Bible or the Christian faith.
- Traumatic memories are usually poorly stored in the brain. Thinking of past traumatic events can therefore be disturbing for individuals.
- *Becoming Whole*, written in partnership with the MENA Trauma Healing Resource Centre (THRC) and based on narrative exposure therapy, consists of 12 lessons that help people reprocess their traumatic memories.
- The aim is to help participants tell their full stories and therefore reduce the effects of their trauma.
- Through Bible stories, participants will consider the experience of different characters. Each story shows that God is present with and cares for people in distress.

Available in: English (Anglicised) & Ukrainian



Title: Becoming Whole

Subtitle: Building emotional and spiritual resilience in the face of trauma

Category: Frontline Church (Adversity, Crisis & Trauma)

Age: Adults (aged 18 years and up)

Length of course: 12 weeks

Bible translation: New International Reader's Version (NIRV)

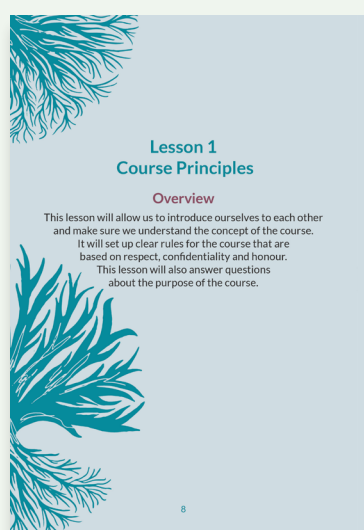
Format: Softcover

Size: Participant Handbook 140mm w x 210mm h

Facilitator Guide 210mm w x 297mm h

Pages: Participant Handbook 120

Facilitator Guide 148



Opening

Welcome to the first trauma recovery lesson!

Activity 1 – Participant introductions



Now it's time to introduce ourselves in a minute or two:

1. Introduce yourself: tell us your name, where you're from and what it is about the course that made you want to be a part of it?
2. Say where you currently are (which city and country) if the lesson is online.

Introducing the programme

We are glad that you have joined this course in trauma recovery. We all have experienced events and hardships that are difficult to comprehend. Past and ongoing life difficulties affect us all mentally, emotionally and physically. There is a chance you might experience a sense of uncertainty in the constantly changing circumstances. In this course, we will look at the effects of stress and the different forms it can take. We will focus on ways to manage the effects of stress. But more than that, this course will be a safe space to learn to write your story of trauma in a way that is healing and empowering. It will also be a place where you learn about God's love and care for you.

Christianity as the context of the lessons

All references to God in this course are made within the context of Christianity and belief in God as Father, Son and Holy Spirit. We believe that Jesus Christ is the Messiah, the only way to reconcile with God; that he came to die for our sins and to save us and give us eternal life.

Participants are not required to be Christians to take part in this course. When we share passages from the Bible it is a way for us to share God's love as we know it and we do believe it is the best way to find healing and freedom on this earth. This course is not a place for theological discussions as we will focus on the key topics for trauma recovery.

We will show mutual respect to each other, understanding and a warm atmosphere in the course – even if we don't all have the same beliefs.

Maximising the benefit of lessons

- Make these lessons the number one priority in your week.
- Write about your experiences and insights from our time together in a journal.
- Set aside about an hour before and after each lesson. This will give you space to both prepare yourselves and process what you are learning.
- Do the homework and work hard emotionally to put what you have learnt into practice between the lessons.
- Ideally, attending this course is most helpful in combination with individual therapy.

Activity 2 – Course Code of Conduct

Let's come up with a few rules we think will help maintain harmony in the course and will help us feel emotionally safe and comfortable. Your facilitator will remind you of these rules should you forget and reserves the right to create new rules if necessary.

Discussion questions

- What rules do you want to suggest that will help you feel safe during the whole course?

Now let's talk about the influence of trauma we see in our daily life.

Discussion questions

- What are the three main pain points (top issues, concerns or problems) you hear from Ukrainians about the most?
- What are the consequences of trauma that you see in other people's lives?

Closing

Discussion questions

- What are you taking with you from our lesson today?
- What was new for you today? What was your main insight/discovery today?

Homework

1. Write down what you expect to get out of these lessons which will make committing to coming for 12 weeks worth it for you. Bring these homework notes along to the next lesson so you can share them.
2. Symbolise your commitment by signing your name under the Course Code of Conduct in your workbook.
3. What are the three to five main pain points (issues, concerns or problems) you are experiencing currently?
4. What are the consequences of trauma you see in your own life and what events do you connect this to?