



# TRAUMA HEALING 2025 INITIAL EQUIPPING SESSION

## ABOUT THE PROGRAMME MODEL

The proven model of the Trauma Healing Institute uses applied Scripture and mental health principles to address spiritual and emotional wounds caused by trauma of war, violence, natural disasters, and abuse.

## ABOUT THE SESSION

In this initial equipping session, participants will:

- Learn basic Biblical and mental health principles related to trauma care
- Explore if they themselves are carrying any wounds of trauma or loss and bring those to Christ for healing
- Learn how to lead groups in a participatory way
- Learn the programme model
- Develop plans to use what they have learned in their community

This initial equipping session is followed by a 6-to-9-month practicum in which apprentice facilitators teach the core lessons or more at least twice. The training process is completed with an advanced equipping session.

## WHO SHOULD ATTEND?

This session is open to laypeople and clergy, including mental health professionals, social justice advocates, NGO workers, mission workers, and others.

### Necessary qualifications include:

- Able to communicate in English
- Able to attend the entire session
- At least 18 years old
- Committed to helping trauma survivors

## FACILITATORS



**NANCY WRITEBOL**  
FACILITATOR

Nancy Writebol is a SIM Global Coordinator for Trauma Healing and a Healing Master Facilitator certified by Trauma Healing Institute. She is also ministering with Serving in Mission (SIM) in the US alongside her husband, David.



**CAROL LIM**  
FACILITATOR



**BELINDA HO**  
FACILITATOR



### DATES AND TIME:

11-13 & 19-20 September 2025  
at 9.00am-4.00pm



### VENUE:

Bible House,  
7 Armenian Street S179932



### FEE\*

**\$250**

\*Fee includes materials, snacks, and lunch

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# Trauma Healing 2025 Edition

**Shasha Hu**



## **Trauma Healing 2025 Edition:**

*Embodied Trauma Healing* Beta Gaiana Lisboa, 2024-05-28 *Embodied Trauma Healing* book is a journey that merges ancient yogic wisdom with modern insights into healing and trauma. This book is more than just words on pages; it's a beacon for women seeking empowerment, self-discovery, and transformation. Within these pages, you'll find a comprehensive system designed to address the unique challenges women face. My aim is to provide not just knowledge but tangible solutions through a practice that nurtures and empowers. Explore the power of the Embodied Trauma Healing system, drawing from studies in fascia, subtle bodies, and spiritual practices from various traditions like Buddhism, Qi Gong, and Vedic teachings. In this book, I've distilled these teachings into an accessible format ready to support women across the globe in their awakening. Through simple yet powerful movement practices, you'll learn to release tension in your fascia, unlock your expression, and gently unravel stored trauma. Whether you're a teacher or someone working with clients, the insights and exercises here will form a strong foundation for your teachings, allowing the wisdom of the body to flow to all who seek it. As a special bonus, you'll find links to teachings with me where I'll guide you through five foundational practices of the Embodied Trauma Healing system. It's my hope that these practices will lead you to your own sense of liberation. So welcome to this journey of self-discovery and healing. I'm honoured to have you here, and I hope this book becomes a trusted companion on your path to growth and transformation.

*Advances in Group Therapy Trauma Treatment* Leonardo M. Leiderman, Bonnie J. Buchele, 2025-02-13 *Advances in Group Therapy Trauma Treatment* contains compelling theoretical, clinical, and research advances in group trauma therapy by leading experts in the field. This timely book includes short-term, integrated, and long-term psychodynamic group therapy models from several theoretical perspectives, with informative clinical illustrations in each chapter describing how to foster co-regulation of affect, treat disturbances in attachment, and address dissociation, shame, primitive defenses, and enactments associated with PTSD, complex PTSD, and sexual abuse. Interventions to address the harm and loss of safety following mass trauma that are often mirrored in large and small psychotherapy groups are described. Unique to this volume is the role of diversity, the necessary adaptations of group therapy models to different cultures, and the relationship of trauma to structural and systemic racism, hate, and bigotry. Finally, leadership considerations such as training, ethical guidelines, supervision, pre-group preparation, and self-care for group therapists will be enumerated. Integrating well-established group theory and techniques with new practice and research findings, this book is indispensable to mental health professionals who treat traumatized individuals.

*Self-Love Workbook for Women Trauma Recovery* Jennifer B. Cory, 2025-10-29 Have you ever looked in the mirror and struggled to recognize the woman staring back at you, the one who's been carrying invisible wounds for far too long? If you've endured heartbreak, betrayal, or emotional trauma, you know that healing isn't just about moving on; it's about coming home to yourself, piece by piece, breath by breath. *Self-Love Workbook for Women Trauma Recovery* is a compassionate, therapist-inspired guide designed to help women rebuild from within. This

workbook offers a safe space to release pain rediscover your voice and restore the trust and self worth trauma once stole Through evidence based practices reflective journaling and mindful exercises you ll be gently guided to reconnect with your body emotions and authentic identity Through this transformative journey you will Find peace with your story understand your past so it no longer controls your present Reclaim your sense of safety reconnect with your body and finally feel grounded again Release guilt and shame let go of the heavy self blame that has dimmed your confidence Rebuild inner trust learn to rely on your intuition and protect your emotional energy Transform limiting beliefs replace self doubt with empowerment and possibility Embrace your authentic identity rediscover your worth and create a life rooted in love not fear Each exercise and reflection is crafted to meet you exactly where you are whether you re just beginning your healing journey or deepening self love after years of survival You ll learn to honor your emotions process grief and cultivate an enduring sense of peace This isn t just a workbook It s a mirror back to your strength a path to transforming pain into power and self criticism into compassion Start your healing journey today with Self Love Workbook for Women Trauma Recovery and take the first gentle step toward reclaiming you

**The Trauma Recovery Handbook** Betsy de Thierry,2025-04-21 This groundbreaking handbook provides a clear and proven framework to enable children and adults to recover from trauma no matter where they find themselves on the trauma continuum Grounded in trauma expert Betsy de Thierry s pioneering Trauma Recovery Focused Model TRFM the Handbook clears a way through the thicket of trauma theory and jargon leading professionals parents and carers alike to a united language and framework towards lasting recovery The book explores each stage of the recovery process from understanding the impact of trauma and building safety and stability to empathetic interventions and navigating the healthcare system before offering methods on how to progress through the different stages of recovery It equips you with the tools for action with your child s unique needs at the forefront and features exercises and reflective questions that gently lead all those involved forward in their care and support With over 30 years of experience in the field of complex trauma Betsy recognizes the critical elements of the recovery journey in this Handbook and brings hope back into the picture for recovery

*Sensory Pathways to Healing from Trauma* , [Trauma Healing](#) Lila Santoro,Al,2025-03-14 Trauma Healing offers a comprehensive guide to understanding and overcoming emotional trauma emphasizing that recovery is attainable through knowledge therapy and self care The book explores the neurobiology of trauma revealing how traumatic experiences can alter brain function and nervous system responses Intriguingly it synthesizes evidence based therapeutic techniques such as Cognitive Processing Therapy CPT and Eye Movement Desensitization and Reprocessing EMDR as tangible tools for healing The book progresses through stages starting with foundational concepts of trauma and its impact then delving into specific therapies and methods for self compassion and mindfulness It uniquely advocates for an integrative approach combining cognitive and somatic strategies to address the interconnectedness of mind body and spirit in trauma recovery Ultimately readers will gain practical strategies for rebuilding

relationships finding meaning and creating a fulfilling life post trauma fostering resilience and mental strength *Working With Crisis and Trauma From an Islāmic Perspective* Zarina Hassem, Shireen Ismail, Nabeela Vad Walla, G. Hussein Rassool, 2025-08-18 *Working with Crisis and Trauma from an Isl mic Perspective* provides a holistic framework and treatment methods for working with trauma and crises framed within an Isl mic Psychology paradigm This book begins by conceptualising trauma and existing models of understanding treatment and then places trauma and crises within an Isl mic viewpoint The authors focus on the Qur the Sunnah and Isl ic Psychology to rationalise and explain the effects of trauma and how it presents while proposing treatment methods within this context The final chapter uses case studies to illustrate practical applications and includes coping strategies directly from authentic Isl ic sources and the sixth chapter focuses on the legacy of trauma in terms of post raumatic growth This book will be essential reading for professionals in the fields of psychology and mental health looking to understand how Isl ic Psychology practices can be presented as a treatment intervention for patients experiencing trauma and gain insight into how to incorporate these protocols into their own practice

**THE COMPREHENSIVE PTSD AND COMPLEX PTSD RECOVERY GUIDE**, 2025-11-01 Welcome to this comprehensive guide on Post Traumatic Stress Disorder PTSD and Complex PTSD Whether you are a trauma survivor looking for understanding and healing a loved one supporting someone with PTSD or a clinician treating trauma patients this guide provides evidence based information practical strategies and hope for recovery With over 200 000 words across 23 chapters and 10 appendices this resource is one of the most thorough guides available for PTSD recovery *A Comprehensive Guide for Overcoming PTSD* Jayden Josh James an experienced psychotherapist offers a deeply insightful and practical roadmap for those navigating the complex journey of trauma recovery Drawing on years of clinical expertise and a profound understanding of human resilience James crafts a guide that is both authoritative and empathetic making it an indispensable resource for individuals families and mental health professionals alike The book begins by demystifying Post Traumatic Stress Disorder breaking down its psychological and physiological roots in clear accessible language James explains how trauma reshapes the brain and body helping readers understand why symptoms such as hypervigilance flashbacks and emotional numbness occur This foundational knowledge empowers readers to see PTSD not as a personal failing but as a natural response to overwhelming experiences a perspective that fosters self compassion and hope What sets this guide apart is its holistic approach James integrates evidence based therapies including Cognitive Behavioural Therapy CBT Eye Movement Desensitisation and Reprocessing EMDR and mindfulness practices into a cohesive framework Each technique is presented with practical exercises reflective prompts and real life examples enabling readers to actively engage in their healing process The emphasis on actionable steps ensures that the book is not merely theoretical but a hands on companion for recovery Beyond symptom management James delves into the emotional and relational dimensions of trauma Chapters on rebuilding trust cultivating emotional regulation and restoring a sense of safety highlight the importance of connection in

healing The author's compassionate tone reassures readers that recovery is possible even when progress feels slow or setbacks occur By normalising these challenges James creates a supportive environment that mirrors the therapeutic alliance found in clinical settings The guide also addresses the broader context of PTSD including its impact on families and communities Practical advice for loved ones strategies for navigating stigma and guidance on seeking professional help make this book a comprehensive resource for anyone touched by trauma James's commitment to inclusivity ensures that diverse experiences whether stemming from combat abuse accidents or systemic violence are acknowledged and validated Ultimately A Comprehensive Guide for Overcoming PTSD is more than a manual it is a beacon of hope James combines scientific rigour with heartfelt empathy offering readers not only tools for recovery but a vision of life beyond trauma a life characterised by resilience meaning and renewed purpose For anyone seeking clarity support and empowerment on the path to healing this book stands as a trusted guide and a testament to the strength of the human spirit

**Trauma's Lasting Effects** Xena Mindhurst, 2025-01-08 Trauma's Lasting Effects presents a groundbreaking exploration of how traumatic experiences fundamentally reshape both mind and body offering a comprehensive understanding of trauma's long term impact on mental health The book uniquely combines cutting edge neuroscience with clinical psychology to demonstrate how trauma literally rewires the brain's neural pathways affecting everything from emotional regulation to memory formation Through a well structured approach the book progresses from scientific foundations to practical applications diving deep into three crucial areas neurobiological changes behavioral adaptations and social relationship patterns Drawing from landmark research like the ACE study and recent epigenetic findings it reveals compelling evidence that trauma's influence extends beyond purely psychological effects to create lasting physiological changes The text skillfully breaks down complex concepts using relevant case studies and practical examples making sophisticated neurobiological principles accessible to both professionals and general readers The book's final section transforms scientific insights into actionable strategies providing evidence based intervention techniques and coping mechanisms for trauma recovery What sets this work apart is its holistic integration of multiple disciplines from neurobiology to social work creating a comprehensive resource for mental health professionals educators and individuals seeking to understand trauma responses The inclusion of practical assessment tools and guidelines for creating trauma informed environments makes this an invaluable guide for both professional application and personal understanding

**PRANA APLIKASI KEHIDUPAN ( ENGLISH VERSION )** suhandono wijoyokusumo, 2025-08-06 Tummo or Inner Fire Meditation is a meditation technique originating from Tibetan traditions particularly Vajrayana and Tantrayana esoteric practices The technique aims to awaken the inner heat tummo associated with kundalini energy in Hindu traditions and to increase spiritual awareness and physical endurance Basic Concept of Tummo 1 Inner Fire Believed to be spiritual energy that resides within the body especially in the lower chakras around the navel 2 Combination of Breathing and Visualization Using certain breathing techniques while visualizing a fire burning in the

body 3 Opening Energy Channels The heat produced is believed to open the nadis energy channels accelerate enlightenment and increase vitality

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