

Whether it's through violence, abuse, substance misuse or loss, many of us have experienced some form of trauma. It's part of our human experience in a broken world – an experience intensified during the coronavirus pandemic. Individuals and communities are buckling under the pressure this trauma is causing, which can even lead Christians to lose faith in a God they feel is absent.

The Church is uniquely called to this mission field, and Navigating Trauma offers a proven, Bible-based approach to help churches and Christian organisations minister to hurting people.

Built on a solid foundation of mental health best practice, this programme of contextual Bible reading uses Scripture to accompany participants in their journey through the effects of trauma towards a place of peace.

Potential partner churches are invited to regional gathering events where the basics of the programme and the local context are explored and unpacked. Churches are then guided through the safeguarding and registration process, as well as the safe recruitment of their facilitators.

Once a church has partnered fully with the Navigating Trauma programme, their nominated facilitators are invited to a residential facilitator training event, delivered in partnership with the Trauma Healing Institute.

Trained facilitators are jointly signed off by Bible Society and the Trauma Healing Institute, and churches are free to begin the introduction of Navigating Trauma within their contexts, with promotion and marketing support from Bible Society. Navigating Trauma continues to support the facilitators themselves by stimulating and growing their knowledge and training, and building local practice communities across England and Wales.

Through Navigating Trauma, churches are able not only to directly support those who have experienced trauma in beginning a journey of healing, but to equip their congregations and communities more widely to walk alongside them. Together, churches and the Navigating Trauma programme can help change lives and transform communities.