

The Power of  
Trauma-Informed  
Ministry

[crcna.org/SafeChurch](http://crcna.org/SafeChurch)



We want our churches and ministry places to be physically, emotionally, and spiritually safe places because feeling safe and being safe is imperative for those that have experienced trauma.

Being trauma informed means utilizing a framework to support policies, practices, and procedures that adequately meet the needs for the vast amount of people that have experienced trauma.

Let's *use our power to become trauma-informed* by using the four following R's\*:

1. **Realizing** the frequency and pervasiveness of trauma.
2. **Recognizing** the signs and symptoms associated with trauma.
3. **Responding** by integrating knowledge into policy, practices, and procedures.
4. **Resisting Re-Traumatization**, let's not harm them or their families again.

*Carry each other's burdens, and in this way,  
you will fulfill the law of Christ.*

Galatians 6:2

\* Dr. Tara Boer's article *Becoming a Trauma-Informed Church* ([tinyurl.com/mp56prvv](https://tinyurl.com/mp56prvv)) refers congregations to SAMHSA's (Substance Abuse and Mental Health Service Administration) identification of the four "R's" of what it means to be trauma informed.

Artwork *Mystic Apple* by Lorraine Roy, 2022

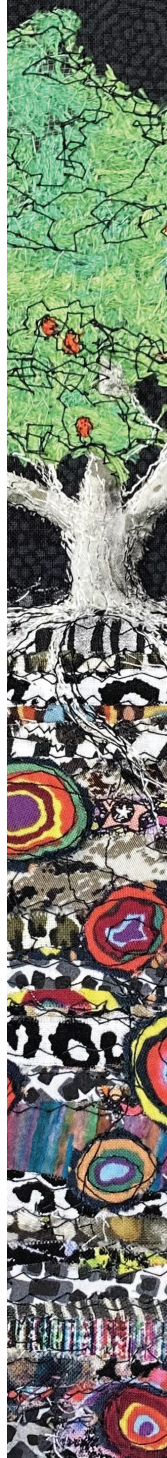


Christian  
Reformed  
Church

"But I don't feel safe."  
That is what she said after leaving her abusive husband while sitting in a domestic violence shelter. She was protected by a restraining order and the shelter's bullet proof glass, alarms, and surveillance. Safety measures did not matter to her. She was physically safe, but her body did not allow her to feel safe.

That is what trauma does.

And we, as the Church, can no longer say "these things don't happen here." They do.



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