

Long Beach Christian Fellowship and the Soul Restoration Project invite you to a...

WORKSHOP ON TRAUMA

For pastors and ministry leaders

Wednesday January 29th, 9:30am-noon

Doors open at 9:00am for registration and coffee & donuts

Trauma can cause a sudden life interruption. Think recent car accident, earthquake, infidelity. Or it can be a significant underlying factor that later leads to addictions, anxiety, depression and many difficult relationship dynamics. Think childhood abuse, bullying, death of a loved one. Unresolved trauma can cripple leaders as well as those we care about. Hearing about trauma can be stressful and vicariously traumatic. How can we help ourselves and others find healing? When we talk about resolution, what are we talking about? We'll explore various models of healing and what current trauma research tells us. We'll explore ways to hold important faith questions and crises that often emerge, such as "where was God?" "How could God allow this to happen?" and "Why me?" Come be equipped with understanding and resources for yourself, your colleagues and those in your sphere of influence.

Barbara Sunofsky, Pastor of Family and Soul Care, at Long Beach Christian Fellowship and Soul Restoration Project Marriage and Family Therapists will explore:

- A FOUNDATIONAL UNDERSTANDING OF TRAUMA
- RECOGNIZING AND MITIGATING VICARIOUS TRAUMA IN HELPERS
- PATHWAYS TO HEALING (INCLUDING PRACTICALS TOOLS)
- PASTORAL AND THEOLOGICAL REFLECTIONS

THERE WILL BE TIME FOR YOU TO REFLECT, SHARE AND PROCESS.

Location: Long Beach Christian Fellowship, 3210 Airport Way, Long Beach CA 90806

Cost: **\$20 if you register BEFORE Thursday 1/23. \$30 1/23 and after.**

The Soul Restoration Project offers counseling, groups and workshops in Orange County and Long Beach. With a staff of 10 therapists, areas of special focus are: anxiety, depression, trauma, sexual addiction, grief, spiritual integration and therapy for couples, children and families.

For QUESTIONS, contact don@soulrestorationproject.org. **To REGISTER**, sign up at our **Eventbrite** (also available at the SRP Facebook page): <https://www.eventbrite.com/e/workshop-on-trauma-for-pastors-and-leaders-tickets-72980216793>