## Becoming a Trauma-Informed Parish Webinar

# Chat

My wife, Linda Harper-Reising, a counselor for Catholic Charities of Southeast Texas will give a workshop on Youth Mental Health First Aid (from the National Council for Mental Illness) for our PCLs on March 16. It is a daylong workshop. It is the hope to get this workshop into parishes for our catechists and parents. PCLs and catechists are on the front lines.

Be Not Afraid, Inc. is offering a training on TIC for parents carrying to term following a prenatal diagnosis.

 <https://benotafraid.net/training>

I was recently at the Association of Catholic Graduate Programs in Ministry conference and the topic was Ministry and Mental Health with a focus on ministry in the midst of trauma. So it is a very timely and important topic being touched on by multiple groups!

Those mission statements are great, but you shouldn't say you are offering those things if you aren't. It is deeply painful to traumatized individuals to reach out for care and connection and find silence.

Peace and Healthy Blessings Mike, Please note that there are folk out here in the catholic world that are providing trauma healing. Some of us just hasn't written a book yet about their work within the Catholic church. Lorna Heron

Do you have resources on ministering to lay pastoral leaders who have experienced trauma?

How many archdiocese/diocese has Catholic Charities presented this as a ministry

Would it be of any value to create a list of referral agencies/professionals for parishes?

One point for further considerations: the resources today have focused on clinical trauma (personal level). There is also collective trauma which applies to groups experiences. This is true of all of us during the pandemic and especially true of our communities of color dealing with racism, etc. This seems a very important piece that would require reflection / education within a parish and its leadership but is an important part of trauma awareness and considerations of spiritual response.

Can this curriculum be culturally sensitive?

If someone chooses to do Whole Hearted as a Zoom community would you recommend adding more discussion time or adding discussion after each section? What have you found works best with Zoom communities?

https://www.catholiccharitiesusa.org/wp-content/uploads/2022/03/CAT-007-22-Whole-Hearted-Participant-Journal.pdf

What is the Beyond Trauma booklet? Would that be used in conjunction with Whole Hearted, or separate?

I'm reminded of the book The Wounded Healer

Does the young adult version of Whole Hearted differ from the other versions? If so, how?

Will this curriculum be able to be used across all demographics?

Is there any integration of Whole Hearted with Association of Catholic Mental Health Ministers <https://catholicmhm.org>

Has there been any thought of working with the Critical Incident Stress Management organization?

 <https://icisf.org/education-training>

How do we include folks that have experienced homicide

https://www.catholiccharitiesusa.org/research\_pubs/poverty-and-racism/