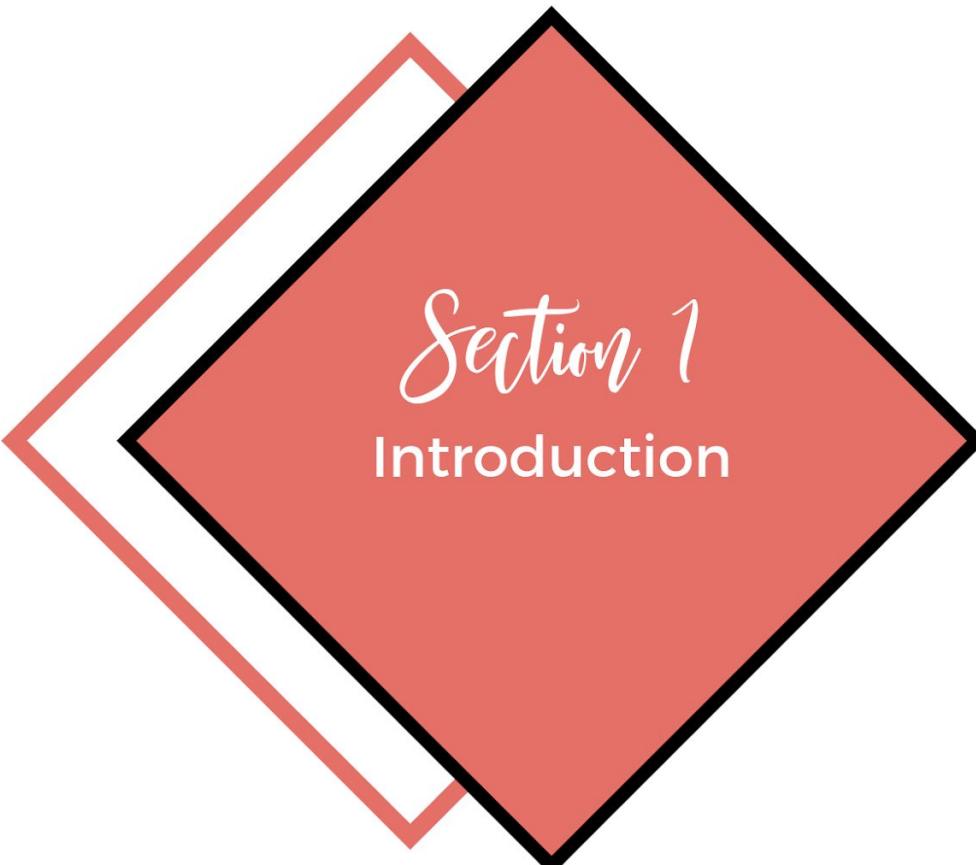




PARENTING

with Jesus & Trauma

Seida Hood, LCSW



Section 1

Introduction

Our Session Agenda

.....

- 1 | Introduction
- 2 | Current Trends
- 3 | Identifying Trauma
- 4 | Educating The Community
- 5 | Designing An Action Plan
- 6 | Continuous Collaboration



A black and white photograph of a woman with shoulder-length curly hair, smiling. She is wearing a light-colored cardigan over a dark top and a necklace. The background is a rustic wooden structure.

Meet
Your
Host

Seida Hood

Licensed Clinical Social Worker

CEO & Clinical Director at
From The Heart Counseling, Inc. in Plainfield, IL

You might want to pull up the amazing workbook + guide that goes with this session. I hope you enjoy it!

Here is an easy link to grab your copy:

<http://bit.ly/seidasbonus>

You can use a notebook if you want to just take notes + simply save it/print it at a later date.

**GRAB YOUR
WORKBOOK!**

Goals

- ❑ Educate on **the importance** of Mental Health First Aid
- ❑ Identify churches and religious organizations that have a need for **Mental Health First Aid Protocols & Referral Services**
- ❑ Design **an action plan** for reaching out to local religious organizations to setup and maintain referral services for your private practice.
- ❑ **Develop programs, workshops and events** for church members to attend outside of private practice/therapy.
- ❑ **Collaborate with church leaders and local businesses** to link church members to beneficial mental health resources

Expectations

What To Expect From Me

- Honesty
- Feedback
- A bit of humor

What I Expect From You

- Honesty
- Participation
- Inspiration

Your vulnerability may inspire someone to take action on their dream!



Section 2

Current Trends

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Question

What are 3 to 6 things that immediately come to mind when you hear church and mental health? What trends have you observed?

Current Research

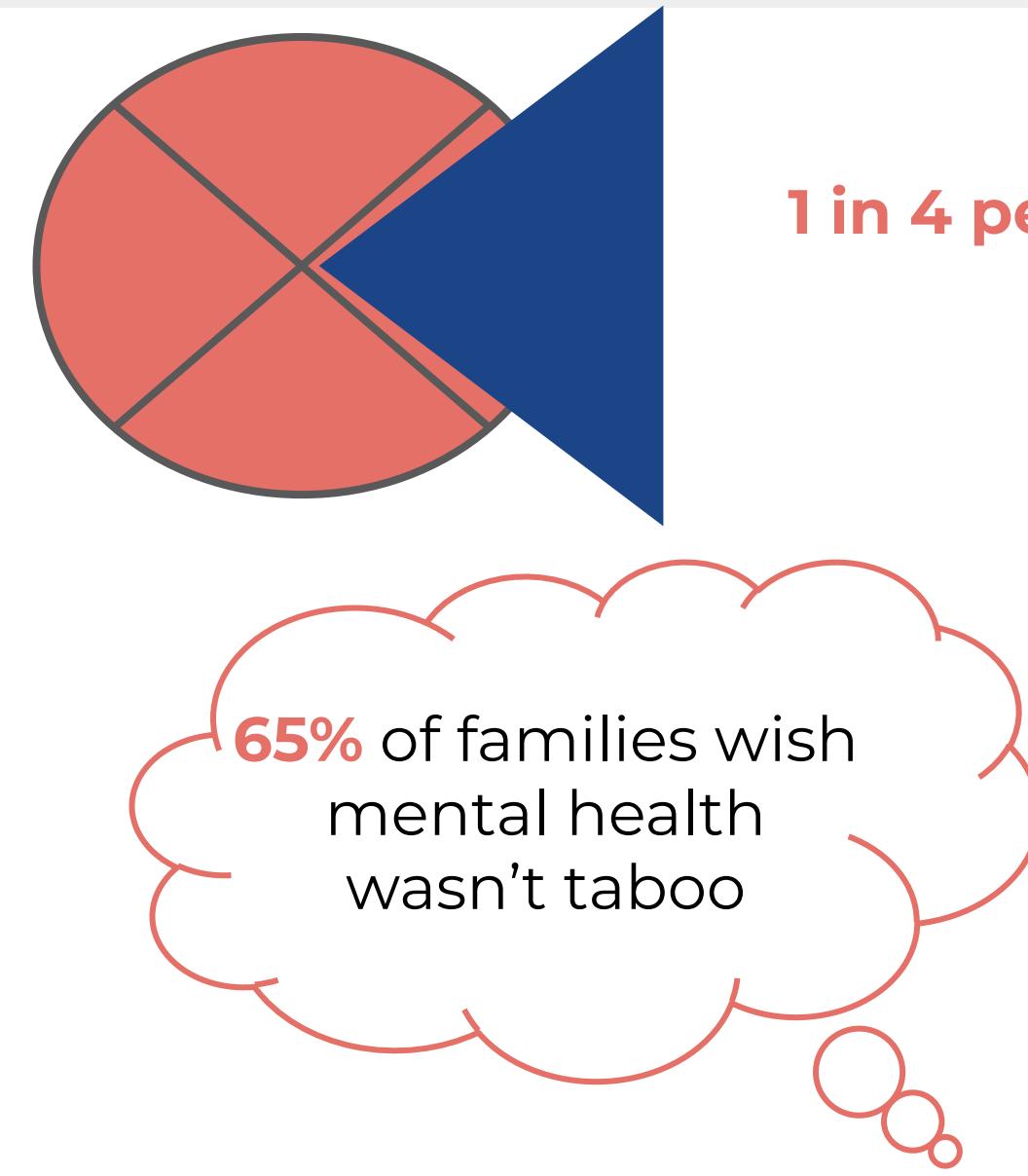
In a study of 1,001 Americans...

35% believed that **Bible study and prayer ALONE** could heal depression, schizophrenia, bipolar and other serious disorders.

>>> **50%** of those people were between the ages of **18-29**

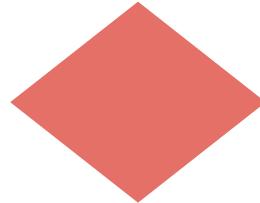
51% of the total people surveyed say someone close to them has a mental disorder

Current Research



Current Research

8 out of 10 Pastors believe their church can handle suicidal people, yet **4% of the members** whose lives were influenced by suicide say their church knew about it...



55% of church members say people are more likely to gossip about suicide than to help them....

What does it all mean?

Mental Illness In The Bible

	<u>Scripture</u>	<u>Potential Diagnosis</u>
David	Samuel 12:15-23	Deep despair - Depression
Elijah	1 Kings 19:4	Suicidal
Jonah	Jonah 4:3	Anger Issues & Suicidal
Job	Job 3:11, Job 3:26 , Job 10:1	Depressed & Suicidal
Jeremiah	Jer. 20:14	Lonely, defeated & insecure



Section 3

Identifying Trauma

Our Session Agenda



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Question

How do we identify trauma in the church? What would indicate a traumatic experience to you?

Defining Trauma



***Think trauma is a major catastrophe**
***Attempt to define trauma for someone else**

Let people define it for themselves!

Defining Trauma

**Raise your hand if
you've heard of this
type of abuse**



**Religious
Abuse**

Defining Trauma

Religious abuse is when someone in a position of authority twists Scripture or religion to control the congregation or someone. It is both psychological and emotional.

Examples:

- Oprah's Greenleaf
- Refusing to allow someone to practice their religion
- Using religion as a tool for manipulation



<https://www.domesticshelters.org/articles/identifying-abuse/5-ways-to-recognize-religious-abuse>

<https://howtowalkon.com/>



Section 4

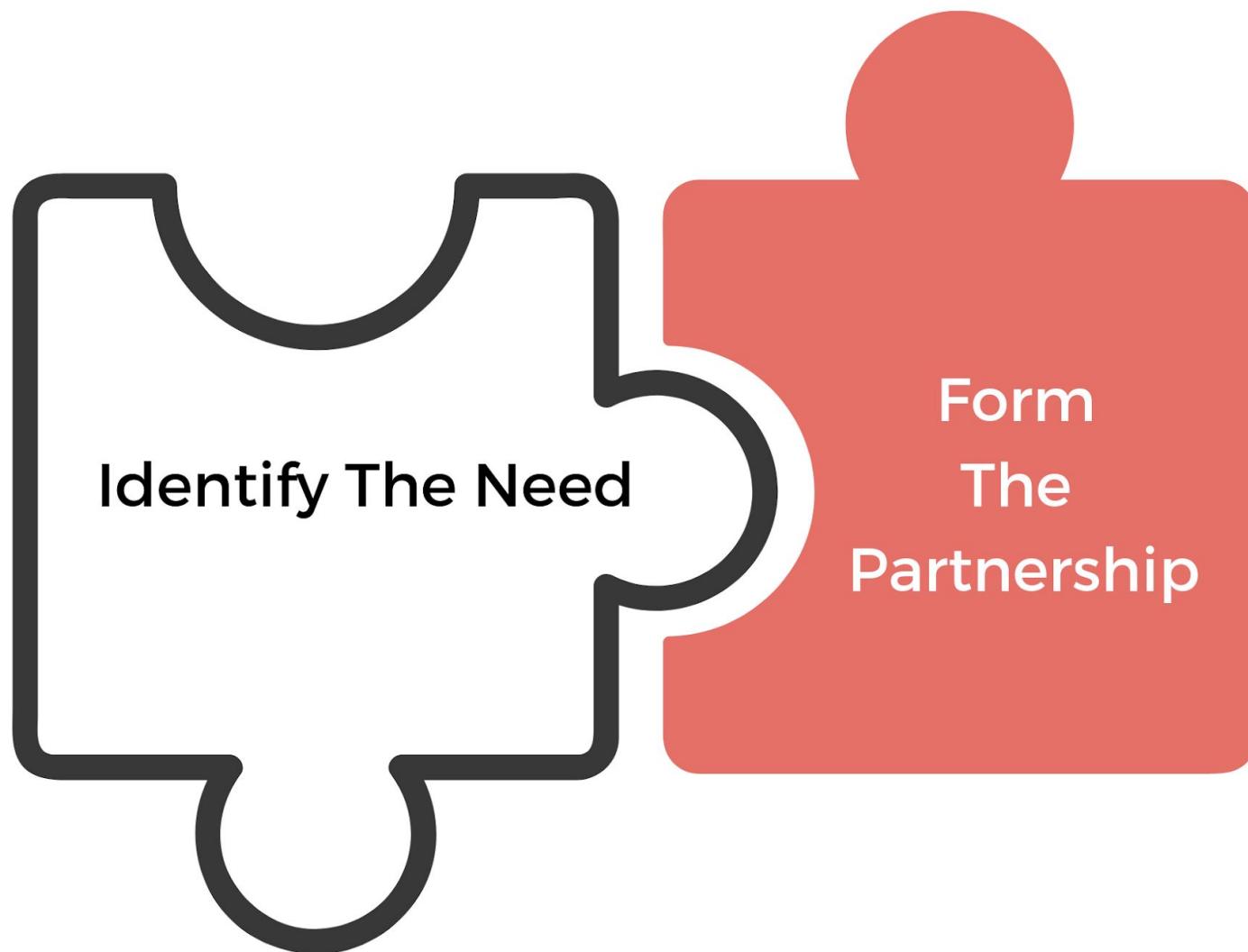
Educating The Community

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Educating The Community



Educating The Community



- >>Break the stigma
- >>Pastor's level of comfort
- >>Members
- >>Nonmembers

How do you know which churches would benefit from these programs?

Educating The Community

- >>Mutually beneficial
- >>Collaborative efforts
- >>You are a resource





Section 5

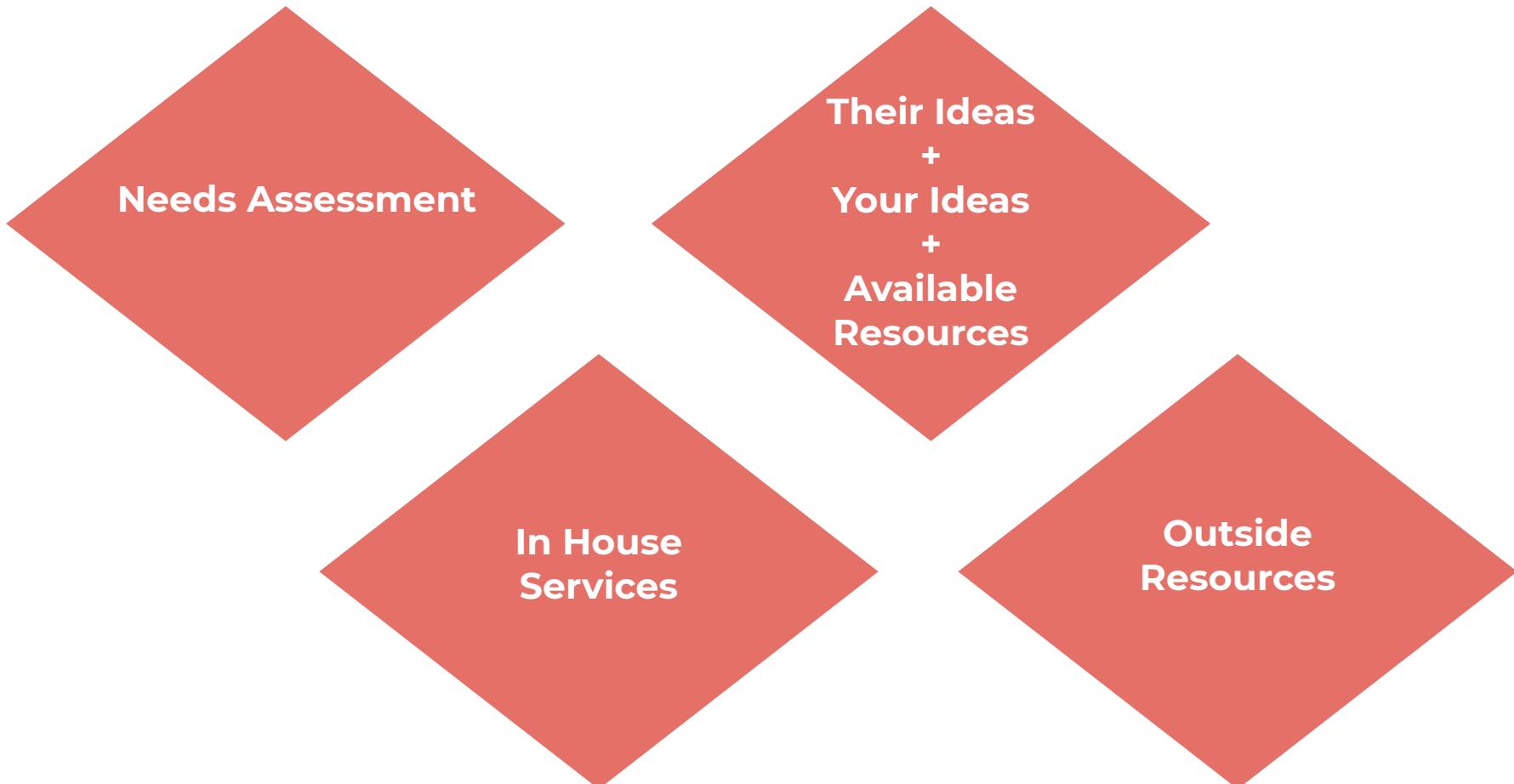
Designing An Action Plan

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Designing An Action Plan



Designing An Action Plan



Vital to **gain a pulse** on the exact needs of the church!

Incentives are an option!

Variety of options for **gaining results:** short survey, survey via phone, 4 short questions, etc.

Designing An Action Plan

Ideas of the members

Members who are also
professionals

What is **currently available**?



Designing An Action Plan



Support Groups

Educational workshops & events

Prayer team & **Outreach**
Coordinator

In House **Service** Projects

Designing An Action Plan

Other **resources**

Connection to the community



Section 6

Continuous Collaboration

Our Session Agenda

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Continuous Collaboration

Continue **cultivating** the relationship!

Maintain services!

It's Q + A - ask away!

Questions & Answers!

Your turn!

- *Discuss ways you could see yourselves **implementing** this immediately!
- *Flip through your workbook and discuss the area you're feeling the **most anxious** about!
- *What is the **biggest barrier** you're anticipating?

Thank you so much for being a part of this breakout session! If you have any further questions or concerns, please feel free to send me an email:
shood@ftheartcounseling.com