



Trauma-Informed Care (TIC) in Faith Communities

Faith communities play a vital role in offering hope, connection, and healing. However, many individuals come to faith spaces carrying the weight of past trauma. A trauma-informed approach equips faith leaders, congregations, and ministries with the knowledge and tools to foster environments of safety, trust, and resilience.

What is TIC?

Trauma-Informed Care recognizes the widespread impact of trauma and integrates this understanding into policies, practices, and interactions. It seeks to create spaces where individuals feel safe, valued, and supported.

Training Topics

- Intro to Trauma-Informed Care in Faith Communities
- Secondary Trauma and Self-Care for Faith Leaders
- Adverse Church Experiences
- Caregiver Wellbeing: Combating Compassion Fatigue

Benefits for Your Faith Community

- Strengthen pastoral care and support networks.
- Reduce stigma around mental health and trauma.
- Foster a compassionate and inclusive environment.

For questions or to schedule a training for your leaders, congregation, or organization, please email Kreasha Williams at Kreasha.Williams@UHKC.org

