Facilitator Notes

Purpose

This session helps PCC members:

- Recognise how trauma affects people and church life
- Emphasise the Church of England's approach to a trauma-informed approach
- Understand the PCC's role in shaping safe environments in the local church
- Identify small, practical steps towards becoming a trauma-informed church
- Decide whether to engage in further training

Trauma is part of the reality of the communities we serve. We can't remove that — but we can shape how people experience church. Even small changes in how we lead, communicate, and make decisions can make a significant difference to whether people feel safe, valued, and able to flourish.

Materials required

- TV or other screen with streaming capabilities
- Printed discussion sheets for each member
- Pens and paper

Session at a glance

Section	Duration	Activity
1	2 mins	Welcome & overview
2	15 mins	Watch video
3	20 mins	Guided discussion
4	8 mins	Decide next steps

Allow up to 45 minutes, or longer if time permits. Given the scale of the topic and the possible strength of views and emotions involved, it may be helpful to schedule additional time for further discussion or to commission a sub-group to develop clear action points.

Keep the discussion open and accessible and consider breaking into groups of 2 or 3 to allow everyone to share their thoughts. If there is not enough time to feedback to the whole group, ask people to make and submit notes.

🗣 Welcome & overview (2 mins)

Key points

- This session is a simple introduction to trauma-informed church.
- Many people in our community will have experienced trauma.
- Our aim is awareness, not expertise.
- We're considering small, practical next steps.

Ground rules

- No pressure to share personal experiences
- Keep any examples general, not about individual cases
- Listen and discuss with respect and sensitivity

▶ WATCH VIDEO (15 mins)

Play the "Becoming a Trauma-Informed Church" video

Ask people to notice:

- One thing they learned
- Things that might affect how we do church

💬 GUIDED DISCUSSION (20 mins)

First reactions (5 mins)

💬 What stood out to you from the video.

Understanding our reality (6 mins)

💬 Without naming individuals, have we seen situations where people have:

- Reacted strongly
- Struggled in worship, meetings or conversations
- Withdrawn or disengaged

PCC responsibility (9 mins)

One group could consider this question for the church as a whole and another group for ministry leaders

💬 How might a culture shift towards being more trauma-informed, help to create a safer, more engaging community for:

a. The church as a whole
b. Ministry leaders and workers

✅ NEXT STEPS (8 mins)

💬 Which one or two of these next steps feel most realistic for us right now?

- Some PCC members or ministry leaders complete the **subsidised training course**.

- Set aside time for someone to **share training insights**.
- Discuss further or **form a sub-group** to develop clear recommendations.
- Develop some **guiding principles**.
- **Prioritise one area of ministry** to focus on, rather than tackling everything.
- **Review** our current policies, procedures and practice.
- **Develop stronger links** with the Diocesan Safeguarding Team.