Becoming a Trauma-Informed Church

PCC Discussion Session (45 mins)

THE DIOCESE OF SHEFFIELD

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

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 individual cases
- Listen and discuss with respect and sensitivity

WATCH VIDEO (15 mins)

Watch the '**Becoming a Trauma-Informed Church**' video

Try to notice:

- One thing you 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- Withdrawn or disengaged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 being more trauma-informed, help to create a safer, more engaging community for:

- The church as a whole
- Ministry leaders and workers

NEXT STEPS (8 mins)

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

- Some members complete the **subsidised training course**.
- Set aside time for someone to **share training insights**.
- **Form a sub-group** to develop clear recommendations.
- Develop some **guiding principles**.
- **Prioritise one area of ministry**, rather than tackling everything.
- **Review** our current policies, procedures and practice.
- **Develop stronger links** with the Diocesan Safeguarding Team.

Find out more

sheffdio.org/trauma-informed