

**St. Mary's Ecumenical Institute
Fall 2021**

DM869 Healing Trauma

Thursday 6:00 – 8:30 pm	Friday 9:30 am – 3:30 pm
September 16	September 17
October 21	October 22
November 11	November 12
December 9	December 10

Dr. Pat Fosarelli, M.D., D.Min.

Course Description:

Trauma is a shattering psychological catastrophe that overwhelms our capacity to cope, and because it breaks down our expectations of how life should be, it is very often is a spiritual crisis as well. Often, the pastor, chaplain, or lay minister is the first line of help.

There are natural catastrophes, experience of war and torture, rapes and assaults, and the more insidious and complex relational traumas that take place in families and intimate relationships. Finally there is the trauma induced by toxic religious communities and teachings. This course provides an immersion in understanding the spectrum and nature of trauma, along with its profound effects on the brain, psyche, and spirit. This course equips the pastoral helper to be non-anxious presence providing accurate unflinching empathic witness to suffering and to assess the need for other kinds of care, facilitating a useful referral when indicated. Understanding trauma in depth requires theological reflection on its meaning and sources of authentic healing; in other words, critical reflection on theodicy or “why bad things happen to good people” and how to best meet them in their need.

Course Requirements:

- **Reading:** Students should expect to read at most 1500 pages of required reading and should come prepared to discuss readings in class.
- **Writing:** Students should expect to write approximately 35 pages of required writing assignments: four short papers (10% each toward final grade = 40%) and a final paper (40% toward final grade). Assignment details will be provided at a later date.
- **Other:** Engaged and informed class participation (20% of final grade)

Required Texts (* = not read in its entirety):

- (1) Baldwin, Jennifer. *Trauma Sensitive Theology*. Cascade (2018). ISBN: 978-1-4982-9684-7.
- * (2) Brom, Danny, Pat-Horenczyk, Ford, Julian (eds). *Treating Traumatized Children: Risk, Resilience, and Recovery*. Routledge (2009). ISBN: 978-0415471503
- (3) Herman, Judith. *Trauma and Recovery*. Basic (2015). ISBN: 978-0465-06171-6
- (4) Hick, John. *Evil and the God of Love*. Springer (2010). ISBN: 978-0230252790
- (5) Hunsinger, Deborah van Deusen, *Bearing the Unbearable*. Eerdmann (2015). ISBN: 978-0802871039
- (6) Jones, Serene, *Trauma & Grace*. W/JK (2009). ISBN: 978-0664234102
- * (7) Park, Crystal. *Trauma, Meaning, and Spirituality*. American Psychological Assoc (2017). ISBN: 978-143382325-1
- * (8) Van der Kolk, Bessel, *The Body Keeps the Score*. Viking (2014). ISBN: 978-0670785933