

Healing the Soul: Trauma, Violence, Reconciliation & Resilience

MELISSA ROTH & BETH GOOD





Central African Rep. Sudan

Congo

**Congo
DRC**

Congo

★ Kinshasa

Uganda

Rwanda

Burundi

Tanz.

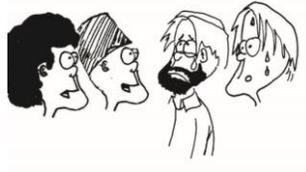
Angola

Zambia

Trauma

- ▶ An emotional wound related to a traumatic event or ongoing repeated events
- ▶ Not everyone who experiences a traumatic event or traumatic situations experience traumatic stress
- ▶ The ability to respond is overwhelmed

Acute Stress Disorder
Post Traumatic Stress Disorder (PTSD)
Developmental Trauma (Complex trauma)



Individual Trauma

Collective Trauma

Single Event

Secondary/
Vicarious
Trauma

Participatory
Trauma

On-going
Continuous
Cumulative

Historical
Trauma

Cultural
Trauma

Dignity
Violations

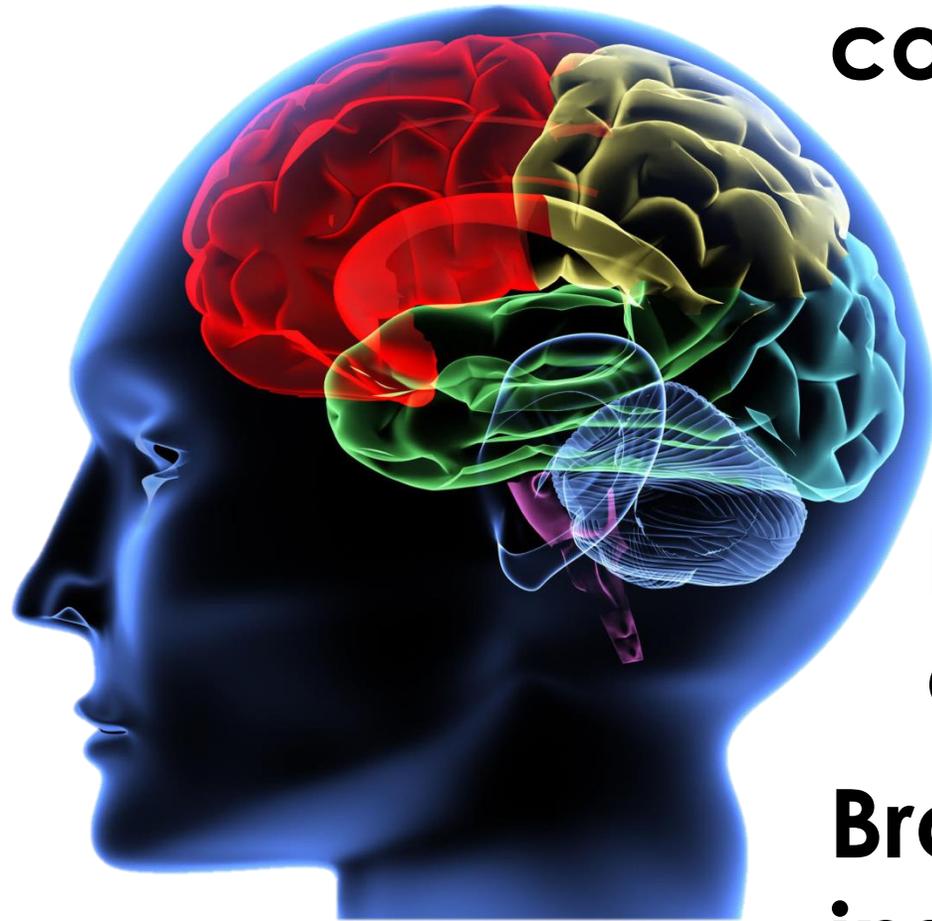
Structural
Trauma

Resilience



**KEEP
CALM
AND JUST
GET
OVER IT**

Trauma and the Brain



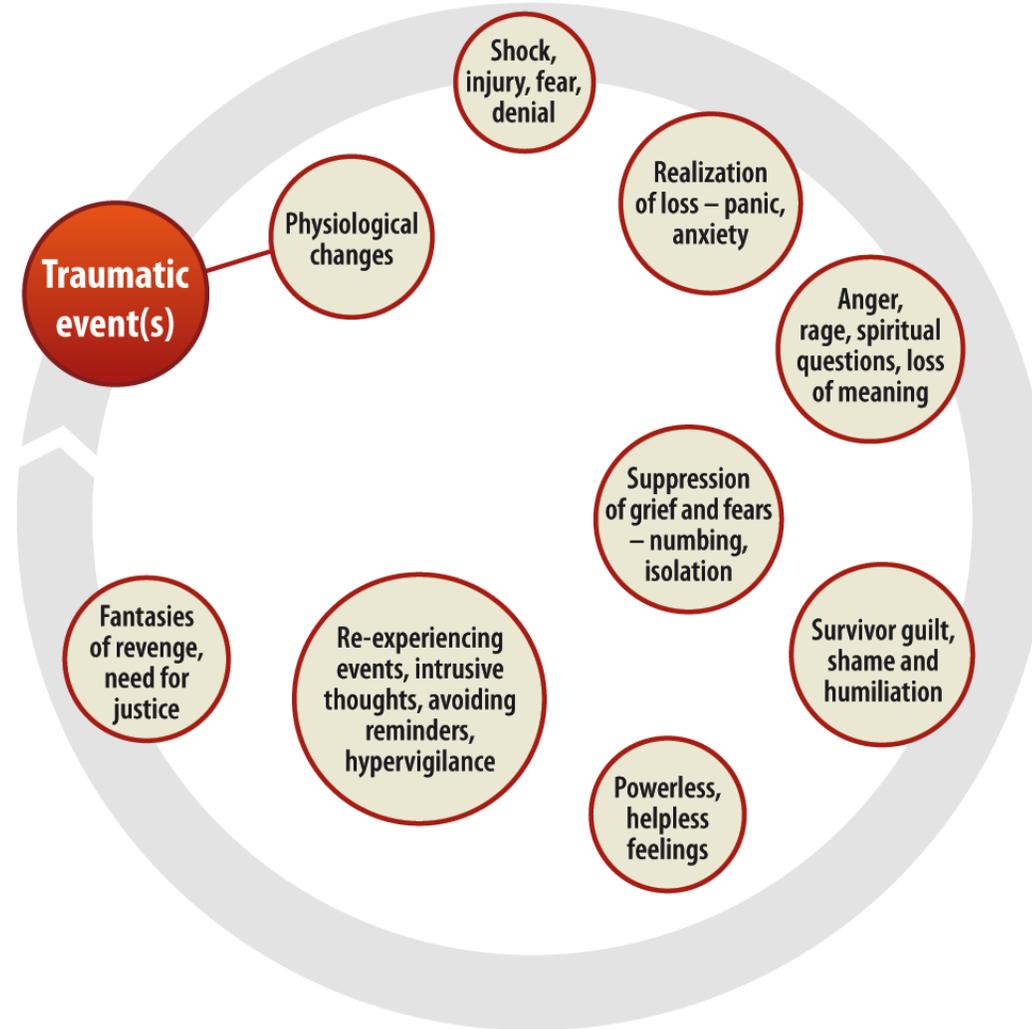
**Prefrontal Cortex:
connecting brain**

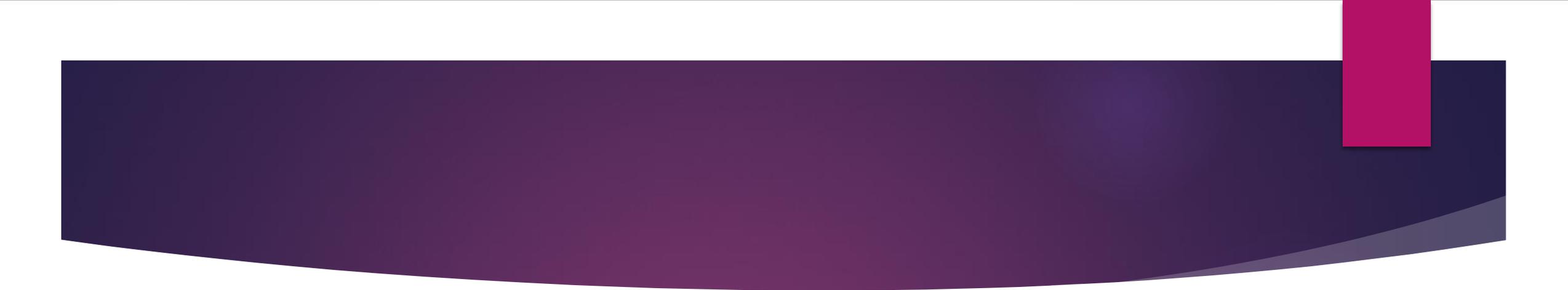
**Cerebral Cortex:
rational brain**

**Limbic System:
emotional brain**

**Brain Stem:
instinctual brain**

Trauma Experience

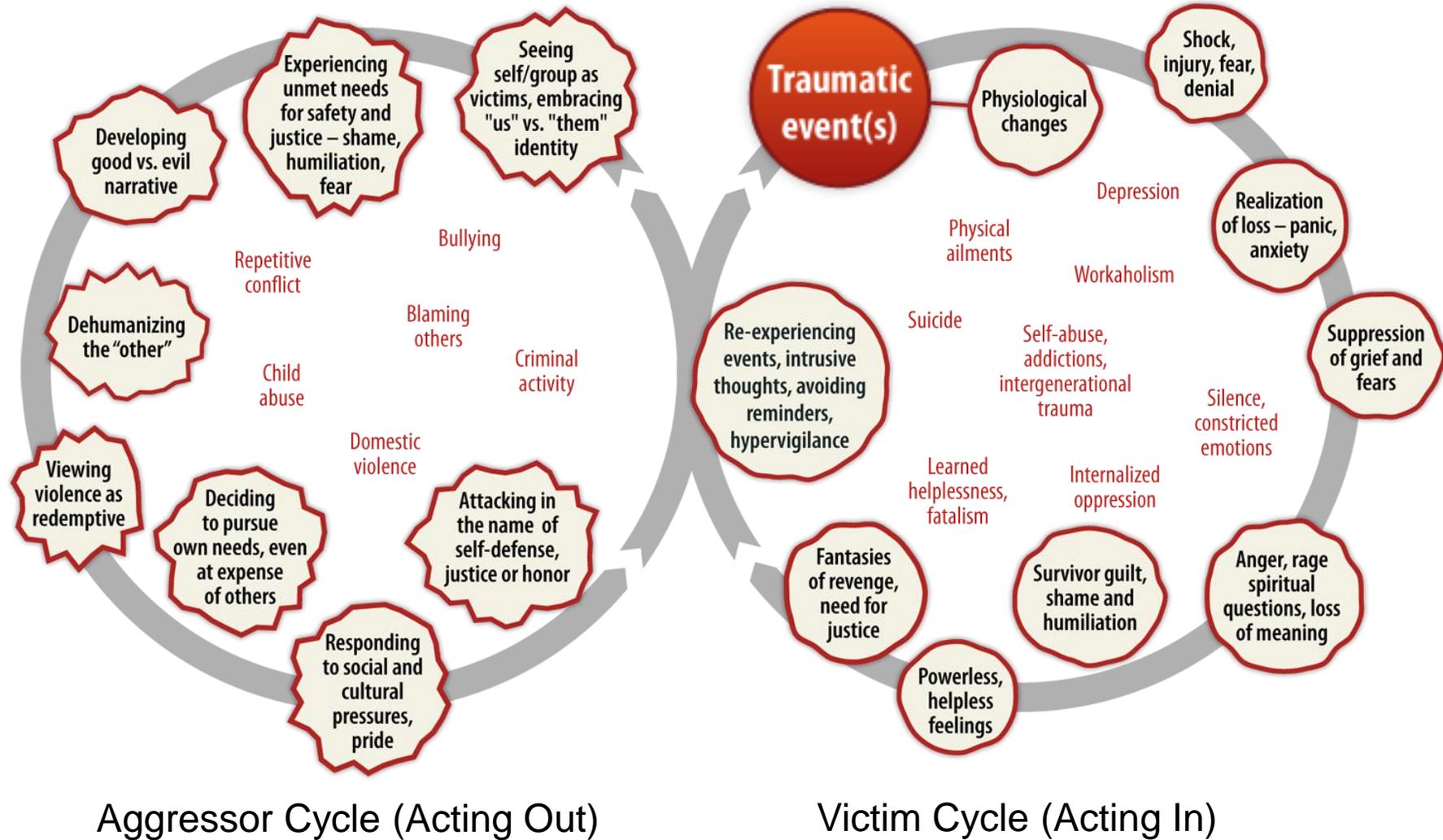




“Pain that is not transformed
is transferred.”

-Fr. Richard Rohr

Cycles of Violence



Aggressor Cycle (Acting Out)

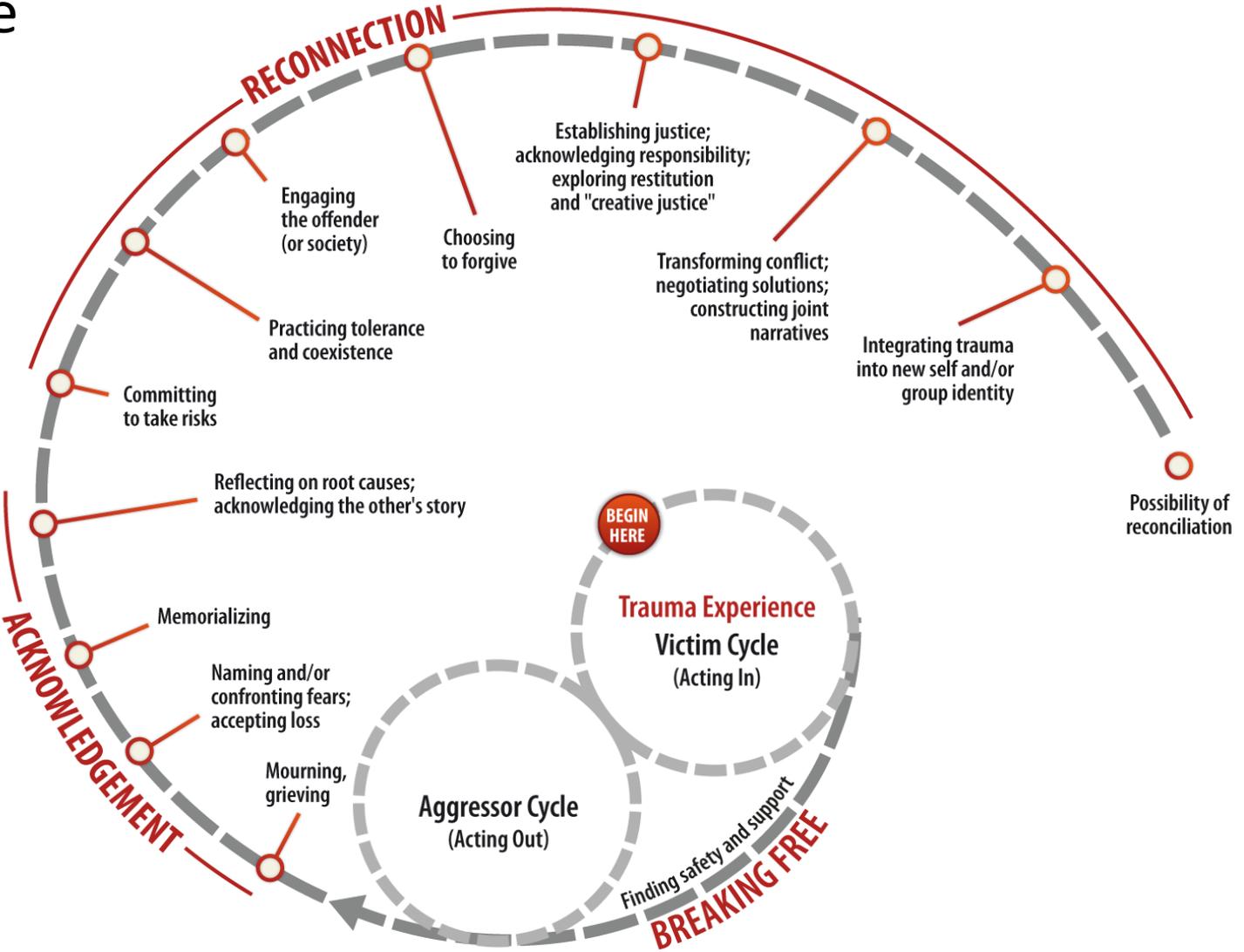
Victim Cycle (Acting In)

Hurt people

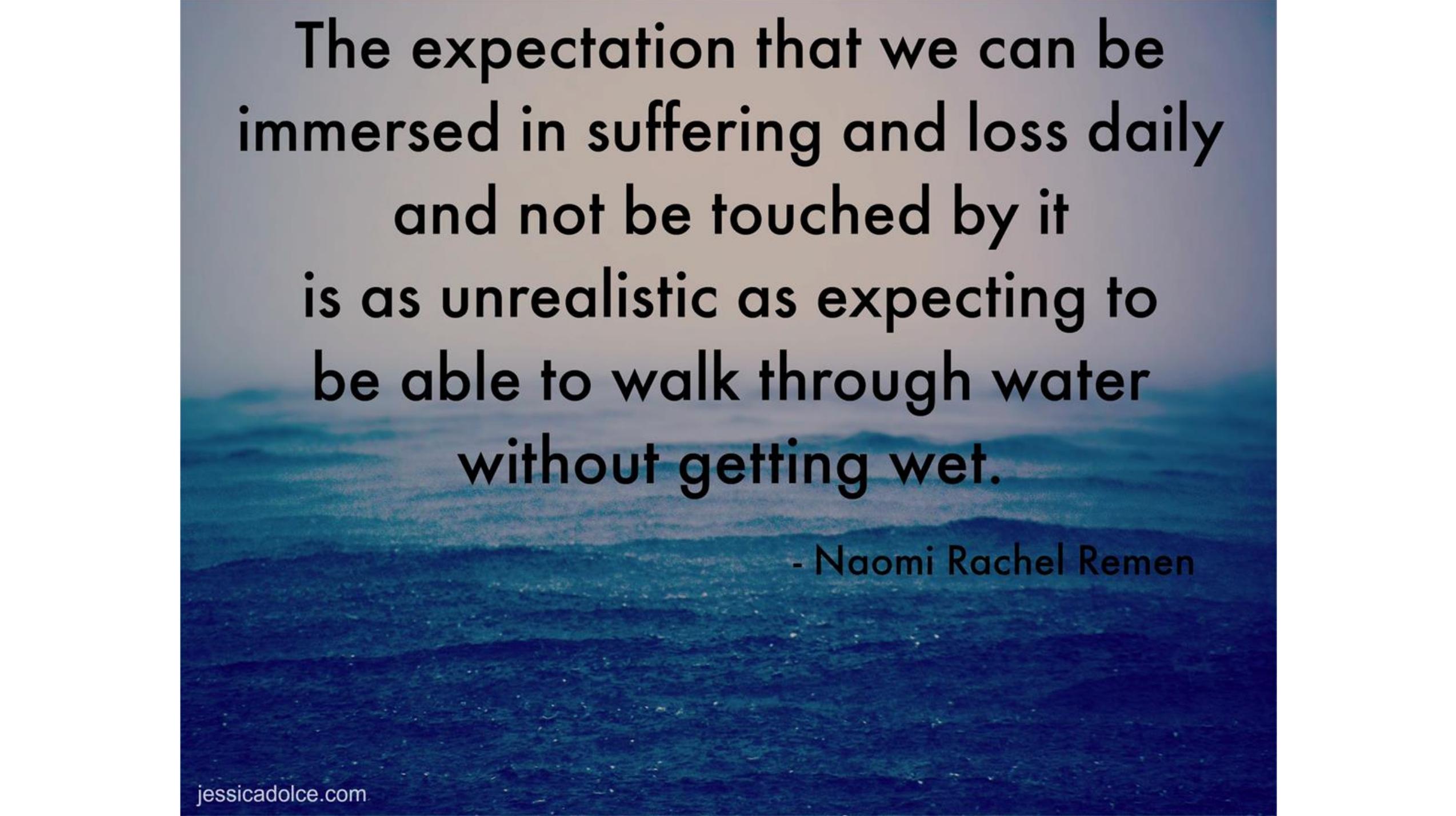
hurt people.

Breaking Cycles of Violence

Building Resilience



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Published in Forgiveness and Reconciliation, Templeton Foundation Press, 2001.



The expectation that we can be
immersed in suffering and loss daily
and not be touched by it
is as unrealistic as expecting to
be able to walk through water
without getting wet.

- Naomi Rachel Remen

Resilience



Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.