

# TRAUMA HEALING 2025 ADVANCED EQUIPPING SESSION

## ABOUT THE SESSION

This session, the second of two seminars, continues the equipping process for facilitators in Bible-based Trauma Healing using the book *Healing the Wounds of Trauma: How the Church Can Help* and its associated programme model.

This proven approach uses applied Scripture and some of the best mental health principles to address spiritual and emotional wounds caused by trauma of war, ethnic conflicts, natural disasters, car accidents, abuse, and similar events. The book has been translated and taught in over 100 countries with more than 194 language groups in Africa, Asia, the Pacific, and the Americas.

## LEARNING OBJECTIVES

This advanced session hones the skills acquired at the initial session and during the practicum.

By the end of this session:

Trainees should be better able to solve programme issues arising in trauma healing as they carry out their ministries. They should also be able to understand the materials completely and clearly, and teach them in a participatory way. Participants who have the necessary competencies will be certified as training facilitators or healing group facilitators at the end of the advanced session.

## WHO SHOULD ATTEND?

Participants must have already attended an initial equipping session and co-led or led at least two healing groups (or equivalent activities) and submitted their reports.

**LIMITED SEATS! (max 12 pax)**

## ABOUT THE FACILITATOR



**NANCY  
WRITEBOL**

Nancy Writebol is a SIM Global Coordinator for Trauma Healing and a Healing Master Facilitator certified by Trauma Healing Institute. She is also ministering with Serving in Mission (SIM) in the US alongside her husband, David.

## CO-FACILITATORS:

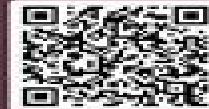
Rev Shannon Chan, Carol Lim and Bellinda Ng

## DATES AND TIME:

21-24 May 2025 at 9.00am-5.00pm

## VENUE:

Bible House, 7 Armenian Street S179932



## Fee\*

Early Bird Price  
**\$380**  
until 28 April

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**\$450**  
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\*Fee includes materials, snacks, and lunch

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# 2025 Edition Trauma Healing

**Shannon Siegel**

## 2025 Edition Trauma Healing:

**Schwartz's Principles of Surgery, 10th edition** F. Charles Brunicardi,Dana K. Andersen,Timothy R. Billiar,David L. Dunn,John G. Hunter,Jeffrey B. Matthews,Raphael E. Pollock,2014-06-05 THE WORLD S 1 SURGERY TEXT UPDATED TO INCLUDE STATE OF THE ART EVIDENCE BASED SURGICAL CARE AND LEADERSHIP GUIDANCE FOR TRAINEES AND PRACTICING SURGEONS The Tenth Edition of Schwartz's Principles of Surgery maintains the book's unmatched coverage of the foundations of surgery while bringing into sharper focus new and emerging technologies. We have entered a new era of surgery in which minimally invasive surgery, robotic surgery, and the use of computers and genomic information have improved the outcomes and quality of life for patients. With these advances in mind, all chapters have been updated with an emphasis on evidence-based state-of-the-art surgical care. An exciting new chapter, Fundamental Principles of Leadership Training in Surgery, expands the scope of the book beyond the operating room to encompass the actual development of surgeons. This edition is also enriched by an increased number of international chapter authors and a new chapter on Global Surgery. More than ever, Schwartz's Principles of Surgery is international in scope, a compendium of the knowledge and technique of the world's leading surgeons. Features More clinically relevant than ever, with emphasis on high-yield discussion of diagnosis and treatment of surgical disease, arranged by organ system and surgical specialty. Content is supported by boxed key points, detailed anatomical figures, diagnostic and management algorithms, and key references. Beautiful full-color design.

*Dutton's Orthopaedic: Examination, Evaluation and Intervention, Seventh Edition* Mark Dutton,2025-07-25 The 1 most trusted evidence-based text in orthopaedic physical therapy. The definitive text for orthopedic students, Dutton's Orthopaedic Examination, Evaluation and Intervention delivers a logical, systematic approach to hands-on orthopedic treatment. This new edition offers the perfect balance in its coverage of the continuum of care, emphasizing the appropriate use of manual techniques and therapeutic exercise while outlining the correct applications of multiple adjuncts to the rehabilitative process. Aided by decision-making algorithms, this comprehensive guide covers anatomy, biomechanics, examination and treatment of each joint and region, and features evidence-based and written by a prominent practicing therapist, this is an essential resource for physical therapy students and practitioners. Dutton's Orthopaedic Examination, Evaluation and Intervention, Seventh Edition, includes 1,200 photos and illustrations depicting orthopedic techniques. Videos on testing and method techniques available on AccessPhysiotherapy. Essential information on balance, pain assessment, gait, and concussions. Incorporates the APTA Practice Patterns to address certain dysfunctions.

**Working with Dissociation in Clinical Practice** Helena A. Crockford,Melanie Goodwin,Paul Langthorne,2026-01-28 Working with Dissociation in Clinical Practice brings together current literature and the contributing authors' professional and lived experiences to provide practical recommendations for supporting the mental health and wellbeing of individuals with dissociative difficulties. Readers will benefit from learning how to apply this advice for best practice to a range of settings and client groups, ensuring

more positive service user outcomes Written in dialogue between experts by training and experts by experience this essential edited volume covers practical strategies for practitioners working with dissociative clients Authors address areas such as common misconceptions assessment co morbidity risk management and providing care and therapy within a trauma informed and multi disciplinary context The book further explores support for dissociation within more specialist clinical areas tailoring guidance to a range of client groups including children older people those with learning disabilities and those in forensic settings It provides guidance for health systems and organisations to become more dissociation aware within existing frameworks for trauma informed care This book is a compelling read for clinical psychologists other psychological and mental health practitioners people with lived experience of dissociative difficulties and those who support them

**Skeletal Trauma** Bruce D. Browner,2003 The 3rd Edition of this 2 volume comprehensive work provides expert coverage of today s most contemporary approaches to the management of fractures and other injuries Internationally recognized specialists offer extensive coverage of both internal and external fixation and the basic anatomy and mechanisms of injury integrated with diagnosis management follow up and complications New content encompasses trauma reconstruction malunions nonunions infections limb length discrepancies and related problems

[Journal of the American Medical Association](#) American Medical Association,1911

*Healing Complex Trauma* Edison Bueno,2026-01-10 Discover a

Path to Healing Transform Trauma into Strength and Resilience Are you struggling with the invisible weight of complex trauma Do anxiety difficulty trusting others or physical symptoms without apparent cause impact your daily life Healing Complex Trauma offers a scientifically grounded compassionate roadmap to reclaim your sense of safety and connection What Makes This Book Different Drawing on Stephen Porges s groundbreaking Polyvagal Theory this comprehensive guide shows you how your nervous system holds the key to healing Unlike approaches that focus solely on the mind this book teaches you to work with your body helping you Understand why you feel stuck in cycles of hypervigilance disconnection or overwhelm Regulate your nervous system with practical evidence based techniques you can use immediately Reconnect with yourself and others through the power of co regulation and safe relationships Transform your trauma into post traumatic growth finding new meaning and purpose Inside This Book 17 Chapters of accessible science and practical wisdom covering everything from brain impacts to spiritual healing Proven Practices Diaphragmatic breathing somatic therapies trauma adapted mindfulness and Transcendental Meditation Real Stories Inspiring case studies that show healing is possible Professional Guidance A complete therapist guide with session plans assessment tools and clinical strategies Community Support Strategies for healing collective and intergenerational trauma Comprehensive Resources Apps organizations videos and online communities to support your journey Perfect For Trauma Survivors seeking relief from anxiety disconnection and physical symptoms Therapists Mental Health Professionals wanting to integrate Polyvagal Theory into their practice Educators Caregivers supporting children and adolescents with trauma Community Leaders fostering healing in groups

affected by collective trauma Anyone interested in emotional regulation resilience and personal growth What Readers Are Saying This book gave me tools I could use immediately For the first time in years I feel like I can breathe Trauma Survivor An essential resource for any therapist working with complex trauma The clinical guidelines are invaluable Licensed Therapist Clear compassionate and practical This book changed how I understand my body's responses Educator Your Journey to Healing Starts Here Whether you're a survivor taking your first steps toward healing a professional seeking to deepen your practice or someone supporting others through trauma this book offers the knowledge tools and hope you need Healing is possible Connection is possible A new sense of possibility awaits Scroll up and click Buy Now to begin your journey today Bonus Content Includes Detailed practice summaries for easy reference Therapist checklist and session templates Community healing strategies Comprehensive glossary of trauma terms Extensive resource list with apps organizations and support communities

**Tintinalli's Emergency Medicine: A Comprehensive Study Guide, Seventh Edition** Judith Tintinalli, J. Stapczynski, O. John Ma, David Cline, Rita Cydulka, Garth Meckler, 2010-11-12 The landmark emergency medicine text is now in full color 17 additional chapters available for download With 418 contributors representing over 120 medical centers around the world Tintinalli's Emergency Medicine is the most practical and clinically rigorous reference of its kind It covers everything from prehospital care disaster preparedness and basic resuscitative techniques to all the major diseases requiring emergency treatment such as pulmonary emergencies renal and GU disorders and hemophilia This authoritative in depth coverage makes this classic text indispensable not only in emergency departments but also for residents and practitioners when studying or preparing for any exam they may face While continuing to provide the most current information for acute conditions the seventh edition of Tintinalli's Emergency Medicine has been substantially revised and updated to cover all of the conditions for which patients seek emergency department care in a concise and easy to read manner NEW Features Full color design with more figures and tables than ever Reader friendly chapter presentation makes it easy to find important material Updated tables covering drugs and important clinical information Patient safety considerations and injury prevention are integrated into chapters as appropriate Total revision of the dermatology section enables diagnosis by lesion description and body area affected and provides current treatment Organ systems sections reorganized to reflect considerations for actual clinical practice New chapters New adult chapters include Natural Disasters Aneurysms of the Aorta and Major Arteries Hip and Knee Pain Aortic Dissection Acute Urinary Retention Subarachnoid Hemorrhage and Intracranial Bleeding Clotting Disorders Community acquired Pneumonia and Noninfectious Pulmonary Infiltrates Type I Diabetes Type II Diabetes Anemia Tests of Hemostasis Clotting Disorders Head Injury in Adults and Children the Transplant Patient Grief Death and Dying and Legal Issues in Emergency Medicine Twelve new pediatric chapters including The Diabetic Child Hematologic Oncologic Emergencies Ear and Mastoids Eye Problems in Infants and Children Neck Masses GI Bleeding Nose and Sinuses Urologic and Gynecologic Procedures in children Renal

emergencies in children Behavioral and Psychiatric Disorders in children Pediatric Procedures Pediatric ECG Interpretation Greater coverage of procedures throughout for the most common conditions seen in the emergency department Available content for download includes an additional 17 chapters such as Hyperbaric Oxygen Therapy Principles of Imaging Prison Medicine Military Medicine The Violent Patient Forensics Wound Ballistics and Drug Interactions Free downloads also feature videos and animations for teaching and learning performance of important procedures especially Ultrasound Guided Procedures     Medical and Health Information Directory Amanda Quick,Gale Group,2002-12     **Principles of Trauma**

**Therapy** John N. Briere,Catherine Scott,2024-12-27 John Briere and Catherine Scott's Principles of Trauma Therapy Third Edition is both comprehensive in scope and highly practical in application This best selling text provides a creative synthesis of cognitive behavioral relational affect regulation mindfulness and psychopharmacologic approaches to the real world treatment of acute and chronic posttraumatic states Grounded in empirically supported trauma treatment techniques and adapted to the complexities of actual clinical practice this book is a hands on resource for front line clinicians those in private practice and graduate students of public mental health     **Friends Journal** ,2004     *Guide to Current Medical Literature and General Index of the Journal* American Medical Association,1911     *Gale Encyclopedia of Surgery* Anthony J.

Senagore,2004 Contains 465 alphabetically arranged entries that provide step by step procedures for over two hundred specific surgeries as well as information on diagnostic tests medications and related topics and includes a glossary of terms and other reference material     Healing Trauma Program Shannon Siegel,2020-11-03 A practical guide especially relevant for those individuals who are in deep search of ways in restoring the wisdom of the mind and body and for understanding and working with a traumatic memory Have you ever experienced a traumatic event in the span of your lives Has someone you know been enduring lifelong symptoms like depression anxiety panic attacks and unexplained physical pain and fatigue This book can help you discover the path to self healing and more Many people in the world today experience trauma some may not show it but they are certainly going through it This book entitled Healing Trauma Program helps those who cannot find the courage to ask for help those who desperately want to heal yet is so used to keeping their feelings in all the while keeping everyone out This material aims to help the readers on their way to recovery and aids them with how to move forward little by little This book includes The origins of a trauma How trauma shapes a person How to cope and deal with PTSD Mindfulness and meditation for trauma Healing self perception issues Review on the stages of healing Remembering dismantling and replacing traumatic memories The path to acceptance And so much more Being a book that focuses on helping the audience with their healing the readers can most definitely expect this book to be empathetic in a way that will motivate them to ascend with their lives positively Pick up this practical guide which will not only commiserate with you but will also be with you throughout your self healing     American Law of Medical Malpractice Steven E. Pegalis,Harvey F.

Wachsman,1980     **Healing Trauma** Marion F. Solomon,Daniel J. Siegel,2003-02-25 Born out of the excitement of a

convergence of ideas and passions this book provides a synthesis of the work of researchers clinicians and theoreticians who are leaders in the field of trauma attachment and psychotherapy As we move into the third millennium the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience neurobiology developmental psychology traumatology and systems theory The contributors emphasize the ways in which the social environment including relationships of childhood adulthood and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind     [Healing Trauma](#) David Reyes,2020-12-14 There are events in life that simply paralyze us The burden becomes so heavy that it seems impossible to move forward and we come to think that no one can help us If you are one of this kind of people then read on Healing trauma contains a set of proven totally effective tools that will help you deal with the consequences of overcoming traumatic events and anxiety Trauma Treatment Toolbox EMDR Therapy Toolbox Stop Anxiety are great books written by David Reyes this time you can find them in one package Is it possible to overcome the consequences of traumatic events Anxiety stress shock blockage depression fear denial shame irritability eating disorders difficulty relating to others These are some of the symptoms or consequences of having experienced a traumatic event All of this is due to alterations on a psychological and emotional level However is it possible to overcome the consequences of traumatic experiences The answer is yes There are very effective therapies that have helped thousands of people in the world to overcome their traumas and keep living with total balance and normality One of the best known is EMDR Eyes Movement Desensitization and Reprocessing With this technique people learn to work specifically on their traumatic memories in such a way that they no longer influence their current behavior Discover how to overcome the consequences of traumatic events in your life by reading the ideal content Healing Trauma Trauma Treatment Toolbox EMDR Therapy Toolbox Stop Anxiety Why read this fabulous 3 book in 1 package The books written by David Reyes do not just contain words of hope they contain effective tools that work Some of the most important points you will receive are Recognize the symptoms of anxiety and how to overcome them Find psychological physical and emotional balance Healing Your Childhood Trauma Knowing an effective toolkit for dealing with trauma Practice with EMDR therapy and leave traumatic memories behind Continue your life in a healthy way Building effective interpersonal relationships Maybe you are used to comments like Learn to live with that maybe you are just overreacting or look at that person who lived the same things and is not like you You cannot cover up what you feel you cannot force yourself to act in a way you do not feel Therefore you need to identify with name and surname these symptoms and attack them at the root If it is possible to have a stable and happy life do not continue in the dark is time to come to light and shine The book Healing Trauma Trauma Treatment Toolbox EMDR Therapy Toolbox Stop Anxiety will help you So what are you waiting for Scroll up and click the BUY NOW button     **[The Little Book of Trauma Healing: Revised & Updated](#)** Carolyn Yoder,2020-06-02 How do we address trauma interrupt cycles of violence and build resilience in a turbulent world of endless wars nationalism othering

climate crisis racism pandemics and terrorism This fully updated edition offers a practical framework processes and useful insights The traumas of our world go beyond individual or one time events They are collective ongoing and the legacy of historical injustices How do we stay awake rather than numbing or responding violently How do we cultivate individual and collective courage and resilience This Little Book provides a justice and conflict informed community approach to addressing trauma in nonviolent neurobiologically sound ways that interrupt cycles of violence and meet basic human needs for justice and security In these pages you ll find the core framework and tools of the internationally acclaimed Strategies for Trauma Awareness and Resilience STAR program developed at Eastern Mennonite University s Center for Justice and Peacebuilding in response to 9 11 A startlingly helpful approach **The Trauma Tool Kit** Susan Pease Banitt,2012-12-19 2013 Nautilus Silver Award Winner In 2010 the Department of Veterans Affairs cited 171 423 Iraq and Afghanistan war veterans diagnosed with PTSD out of 593 634 total patients treated That s almost 30 percent other statistics show 35 percent Nor of course is PTSD limited to the military In twenty years as a therapist Susan Pease Banitt has treated trauma in patients ranging from autistic children to women with breast cancer from underage sex slaves to adults incapacitated by early childhood abuse Doctors she interviewed in New York report that even before 9 11 most of their patients had experienced such extreme stress that they had suffered physical and mental breakdowns Those doctors agree with Pease Banitt that stress is the disease of our times At the 2009 Evolution of Psychotherapy conference Jack Kornfield noted We need a trauma tool kit Here it is Most people Pease Banitt says experience trauma as a terminal blow to their deepest sense of self Her techniques restore a sense of wholeness at the core level from which all healing springs The uniqueness of her book lies in its diversity and accessibility She assesses the values and limitations of traditional and alternative therapies and suggests methods that are universally available Almost anybody can grow some lavender in a pot she notes or find a tree to sit under a journal to write in or Epsom Salts in which to soak They can learn exercises of the mind and breath work to regulate the body Besides such resources Pease Banitt s tools for healing include Skills to build a first aid kit to respond to any traumatic event Insight into the causes of stress mentally and physically Motivation to deal with stress sooner rather than later An insider s knowledge about maintaining health The ability to make good decisions for effective interventions Increased resilience to overwhelming events She closes with a look at public policy and public health issues and the need for new therapeutic models If trauma is the disease of our time then healing from trauma individually and globally can pave the way for a brighter future This book provides the tools **You're Going to Be Okay** Madeline Popelka,2023-09-12 Now in paperback a hopeful and approachable book from the creator of HealingFromPTSD the largest trauma healing community on Instagram in which each chapter is inspired by the top performing posts from the page Madeline Popelka is a trauma survivor who knows firsthand how some survivors can feel like they ve lost themselves to trauma and that it might seem impossible to find the upside of a devastating experience After Madeline was diagnosed with PTSD and began to heal she felt a need to create a space where

other trauma survivors wouldn't feel so isolated. She then founded HealingFromPTSD which has grown into the largest trauma healing community on Instagram. In this hopeful and empowering book there are 16 chapters each reflecting a lesson or insight that Madeline gained along her healing journey. Among them Trauma Doesn't Have an Expiration Date, Your Emotions Are Your Allies, You Weren't Meant to Heal Alone, Hold Space for the Goodness, Embrace the Ongoing Process. Writes Madeline. I'm sharing the 16 key lessons that I wish I learned sooner and the insights I gained that shifted my perspective and reduced my shame with the hopes that they will do the same for you. I'm sharing what I needed to hear when I didn't get the encouragement I wanted from my friends, family or therapist. I'm sharing the thoughts that brought me comfort and peace when I was feeling isolated and I hope that by sharing my story you feel less alone and are inspired to take your healing into your own hands. In You're Going to Be Okay you'll learn that healing is a lifelong journey and while it can be messy and uncomfortable there are gifts to be found along the way.

**Cognitive Behavioral Therapy for Insomnia in the Context of Comorbid Mental Health Conditions** Andrea Goldstein-Piekarski, Rachel Manber, 2026-01-06

An estimated 6%–10% of the U.S. population meets the criteria for insomnia disorder, a figure that is even higher among individuals experiencing psychiatric conditions. Evidence suggests that although experiencing sleep difficulties is a diagnostic criterion in several psychiatric conditions and is experienced in the context of some medical disorders, insomnia is a distinct disorder intricately interwoven with co-occurring medical and psychiatric conditions. This insightful new book explores Cognitive Behavioral Therapy for Insomnia (CBT-I) in a manner relevant to patients seen by mental health clinicians. CBT-I is an effective nonpharmacological treatment approach grounded in the sciences of sleep and behavior change. The volume's distinguished contributors carefully consider the components of CBT-I and provide guidance on customizing treatment for patients with and without co-occurring psychiatric conditions. After an initial review of the etiology, pathophysiology, and diagnostic features of insomnia, the authors explore a range of topics including the following: Evidence supporting the efficacy of CBT-I and its components; Pharmacological approaches and strategies for tapering patients off hypnotic medications while they undergo CBT-I; Applying CBT-I in the context of specific psychiatric disorders such as ADHD, depression, schizophrenia, bipolar disorder, and substance use; Adapting CBT-I for unique patient populations including adolescents, pregnant patients, and older adults; Cultural considerations for treating insomnia in Black, Hispanic, and Asian patients. Case examples, detailed tables, and key points illustrate the application of CBT-I principles. Insomnia is not only debilitating and life-altering for those affected; it also carries significant economic and public health consequences. Cognitive Behavioral Therapy for Insomnia in the Context of Comorbid Mental Health Conditions provides clinicians with the knowledge and tools to offer meaningful relief to their patients.

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## **2025 Edition Trauma Healing Introduction**

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