

THE HEALING JOURNEY

Helping people heal from the pain of trauma

TRAUMA HEALING INSTITUTE

We are Trauma Healing Institute.

**We're a global organization
dedicated to helping people
around the world heal from the
pain of trauma.**

**We support individuals, churches, and other
organizations with ministry tools and resources they can
use to help people heal in their own communities.**

**Some
experiences
in life are
painful.**



Some experiences in life are so painful, they cause deep and lasting suffering.

That suffering is what we call “trauma.”

Trauma is a deep wound of the heart and mind that takes a long time to heal.

It hurts every part of us: our relationships, our bodies, our thoughts, and our faith.



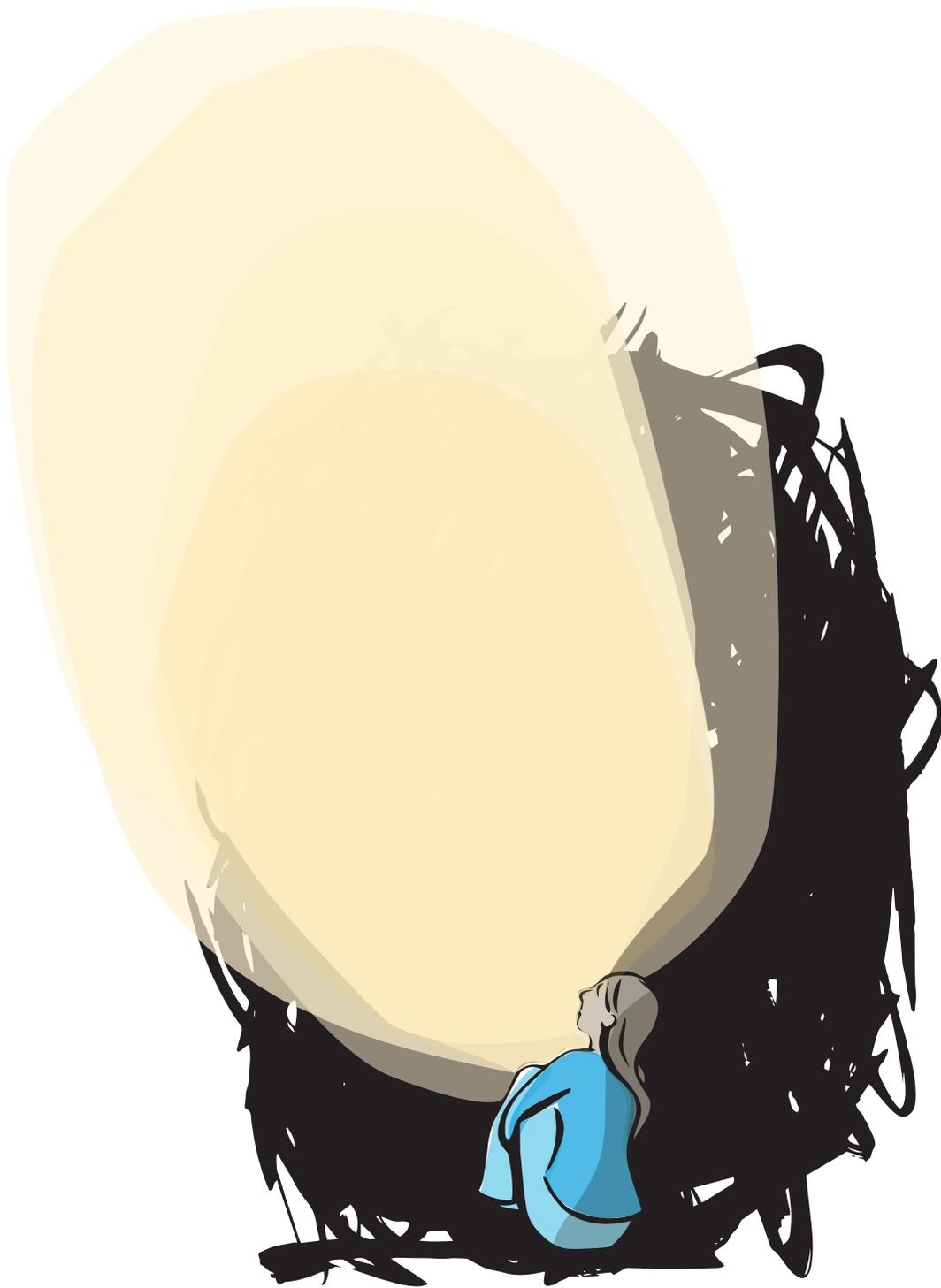
Because we are human, we are all vulnerable to trauma.

We may use different names for our pain. Or we may not be able to talk about it at all.

No matter what we call our pain, it is real.

No matter what we call our pain, we can heal.

**Suffering
is part of
the human
experience.**



Suffering is part of the human experience, in every age and in every part of the world.

But God is with everyone who suffers.

God feels our pain with us, and God helps us heal.

The light of love is stronger than the darkness of trauma. This is why we have hope.



Trauma Healing Institute provides a way for suffering people all over the world to find healing in the midst of their pain by experiencing God's nearness and love for themselves, with the strength and support of others.

**Our method
is simple.**

**Our method is simple.
It brings a group of
people together in a
safe place, where
they can help each
other heal.**

Each healing group is led by a trained facilitator using a curriculum that Trauma Healing Institute provides.

The lessons use art, stories, activities and questions to help people engage deeply with themselves, with God, and with each other.





As they meet together, people in a healing group learn how to talk about their own pain and listen to the pain of others.

They read the Bible to hear what God has to say about suffering.

They learn about the journey of healing, and they begin to find forgiveness for those who have hurt them.

**In healing groups,
people discover that
they are not alone.**

They find comfort for their hearts and minds in God, who cares for all of us, and in a community that walks the road of healing with them.



**This work
began in
response
to a human
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This work began in response to a human need.

In the 1990s, in the Democratic Republic of Congo, there was widespread war and conflict.

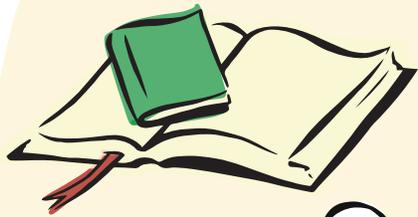
Pastors, counselors, and community leaders came together to find a way to help people who were suffering deeply.

Together, they created an early version of what we now call “the THI method.”



There are five characteristics of this method that make it uniquely effective:

- 1:** It brings together proven mental health practices and the wisdom of the Bible in a way that's accessible to everyone.
- 2:** It's designed for anyone to use, with simple language and clear ideas that are easy to understand.
- 3:** It happens in small groups, led by trained facilitators who don't need to be professional counselors.
- 4:** It uses a participatory format to help people engage deeply with themselves, with God and with each other.
- 5:** It's adaptable, so people can use it anywhere in the world, in any language or culture.



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**We know
this method
works.**



We know this method works because we have seen it work first-hand, all over the world.

We witness the healing of participants in healing groups.

We see them develop a greater sense of control over the emotions that tormented them before, return to feelings of joy and peace, and become closer to other people and to God.



**We know it works
because we have used
it ourselves and have
experienced healing in
our own lives.**

Along with personal stories, research data testify to the transformative healing power of this approach.

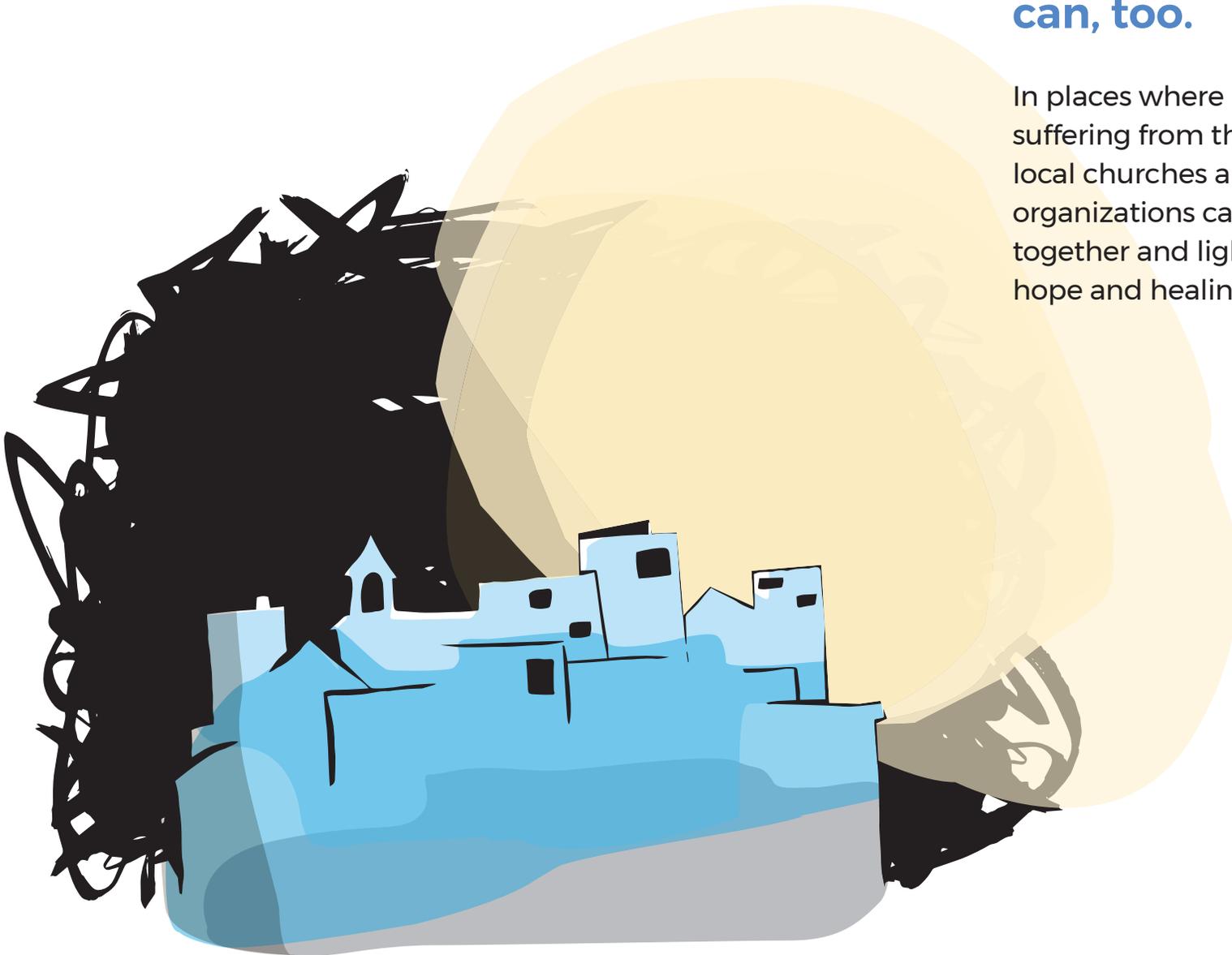
**Communities
are affected
by trauma.**

**Communities are
affected by trauma,
just as individuals are.**



**Just as individuals
can go on a journey of
healing, communities
can, too.**

In places where many people are suffering from the pain of trauma, local churches and community organizations can bring them together and light a path toward hope and healing.



Communities where people participate in healing groups can become more peaceful places, with healthier relationships, a greater sense of belonging, and less violence, suicide and divorce.

By encouraging genuine forgiveness, the work of healing can help whole communities recover from long histories of conflict.



**At the
heart of our
method is a
book.**

At the heart of our method is a book called *Healing the Wounds of Trauma*, which contains a set of practical lessons that lead people on a journey of healing.

At the heart of the book is the Bible, which tells us about the love of God.





The book and supporting materials are available in over 150 languages, and new translations are being added all the time.

This curriculum comes in different versions for adults, children and teens. It has also been adapted into other formats including audio, video, and story-based versions.

**Many people
want to help
others heal.**



Many people want to help others heal. But it takes knowledge and skill to help people who are in pain, without hurting them more.

THI provides training for those who want to learn how.

Individuals and members of organizations who want to use our method first attend a training session that prepares them to lead healing groups.



Training sessions happen all around the world, and usually last three to five days.

They are hosted by organizations that partner with Trauma Healing Institute and led by THI staff or other experienced trainers certified by THI.



At a training session, participants experience the THI method by taking part in healing groups themselves.

They learn how to guide others through the curriculum, how to create a safe place for people to talk about their most painful experiences, and when to refer someone to a mental health professional for additional care or counseling.



Not everyone is able to master the skills required to work with people who have experienced trauma.

Those who complete a training session and demonstrate these skills become certified THI healing group facilitators.

They can access the online library of THI resources as they go forth to lead healing groups on their own.

Advanced training is available to people who want to learn more, practice their skills, or teach the method to others.

**Healing
happens in
communities.**



Healing happens in communities, among people who care for each other.

The THI model is shared in communities, too – as friends, coworkers, and community leaders tell one another about it and share their experiences.





Trauma Healing Institute helps people and organizations come together to support one another in the work of trauma healing.

We call these groups “communities of practice.”



THI works to organize these communities around the world and provide them with training and materials.

Communities of practice can include healing group facilitators, church leaders, counselors, and others – any group of people who come together to help those who are suffering in their own community.

As communities of practice grow, they may offer training sessions so that more people can lead healing groups.

They may also help establish new communities of practice in other cities and regions to help even more people heal.



**All who suffer
can find
healing.**



All who suffer can find healing, no matter where they are or why they are in pain.

We know that God sees each person who is hurting, and cares for them in a special way.

God shines light into every dark place, and helps us all to heal.

This is why we make the THI method available to anyone who wants it, anywhere in the world.



Today, more than 7,500 healing group facilitators are using the THI method to help people who are suffering in more than 100 countries.

Because healing happens in community, THI works primarily through the churches and organizations that come together in communities of practice.

We now work with more than 200 organizational partners. Ten of these partners make up the Trauma Healing Alliance, a group that provides guidance, expertise, and financial support to sustain the everyday work of THI.

As healing spreads from person to person and community to community, THI is helping our global community bring the light of God's love into the darkness of human suffering all over the world.



**If you feel
called to
help...**

If you feel called to help others who are suffering from the pain of trauma, THI can help you:

Learn more about how trauma affects individuals and communities

Train to become a healing group facilitator

Support the work of a community of practice near you

Convene people and organizations to start a new community of practice

