

**Trauma Healing
Initiative**

2025

**Program
Offerings**



Transform Minnesota

Overview

Transform Minnesota, in partnership with the Trauma Healing Institute and American Bible Society, is honored to offer programming through the Trauma Healing Initiative. Using biblical principles and mental health best practices, people can begin their healing journey through the following programs:



In Their Words

"The combination of Biblical understanding and mental health best practices really made the Trauma Healing Institute training stand out as unique."

01 Convening

A convening session is designed for top leaders of churches and organizations to learn a high-level overview of the trauma healing ministry. The time will be spent looking at the need for trauma healing in the church, how Trauma Healing Initiative curriculum is responding, and what the commitment is when a church chooses to partner in this work.

Leaders will leave this session knowing how to take the next step in their church and community and can then identify those who should be equipped as facilitators.

02 Healing Groups

Healing Groups are safe, multi-session small groups led by certified facilitators. In these groups, people with heart wounds can come together to find healing, engage with scripture, learn to feel safe, and know they are valued. This small-group experience is also helpful for those who walk closely with others who must cope with trauma and losses, both big and small.

Adult healing groups are meant for those ages 18 and older and are not intended to be a replacement for professional mental health care.

After participating, an individual may determine with their trainer if they are ready to lead others through a healing group.

In Their Words

“Participating in the healing group was such an important experience for me...It gave me a chance to be with God and others, to look closely at places of pain in my own life, and to bring that pain to God in a safe environment.”

“I was able to feel I compiled all my pain and discarded it symbolically while asking Jesus to help.”



03 Initial Facilitator Training

The Trauma Healing Initial Facilitator Training is for those who wish to be trained and certified as facilitators. Facilitators will be trained in biblical and mental health principles related to trauma care. The Trauma Healing Initial Facilitator Training is designed to be experiential and participatory.

Certification as a trauma healing facilitator is based on demonstrated skills in five core competencies:

- Able to facilitate in a participatory way
- Able to work on a team
- Able to help traumatized people
- Knowledge of the materials
- Able to manage personal well-being.

While certification is not a guarantee, most people will gain valuable skills in trauma care for themselves and others through attending this training.

Necessary Qualifications:

- Must have completed participation in a Healing Group
- Able to attend each day of the training (certificates will only be granted to full attendees)
- Fluent in English
- At least 18 years old
- Committed to help trauma survivors and able to dedicate 2 weeks per year to Trauma Healing
- Able to teach others, manage own wellbeing, work on a team, and learn to lead groups in a participatory way
- It is suggested, but not required, that you attend the training with someone else from your organization, church, or area with whom you could co-lead healing groups in the future (if certified)

04 Combined Healing Group and Initial Facilitator Training

At times we will combine a Healing Group with an Initial Facilitator Training. While this is a longer time commitment there is the benefit of experiencing a Healing Group and moving directly into Initial Facilitator Training.

05 Advanced Facilitator Training

The Advanced Facilitator Training builds upon the skills of those who have already attended an Initial Facilitator Training and completed their practicum (leading at least two healing groups). By the end of this session, trainers will be better able to solve program issues arising in Trauma Healing Groups as they carry out their ministries.



Participants who have the necessary competencies will be certified as training facilitators or healing group facilitators at the end of the advanced session.

Necessary Qualifications:

- Have attended an Initial Facilitator Training, led at least two Healing Groups, and submitted reports to the Trauma Healing Institute (traumahealing@americanbible.org)
- Able to attend each day of the training (certificates will only be granted to those who do so)
- Fluent in English
- At least 18 years old
- Committed to help trauma survivors and able to dedicate 2 weeks per year to Trauma Healing
- Able to teach others, manage own wellbeing, work on a team, and learn to lead groups in a participatory way