

Workshop 5

TRAUMA

Christ's comfort in deep suffering

The narrative approach: engaging with a trauma therapy

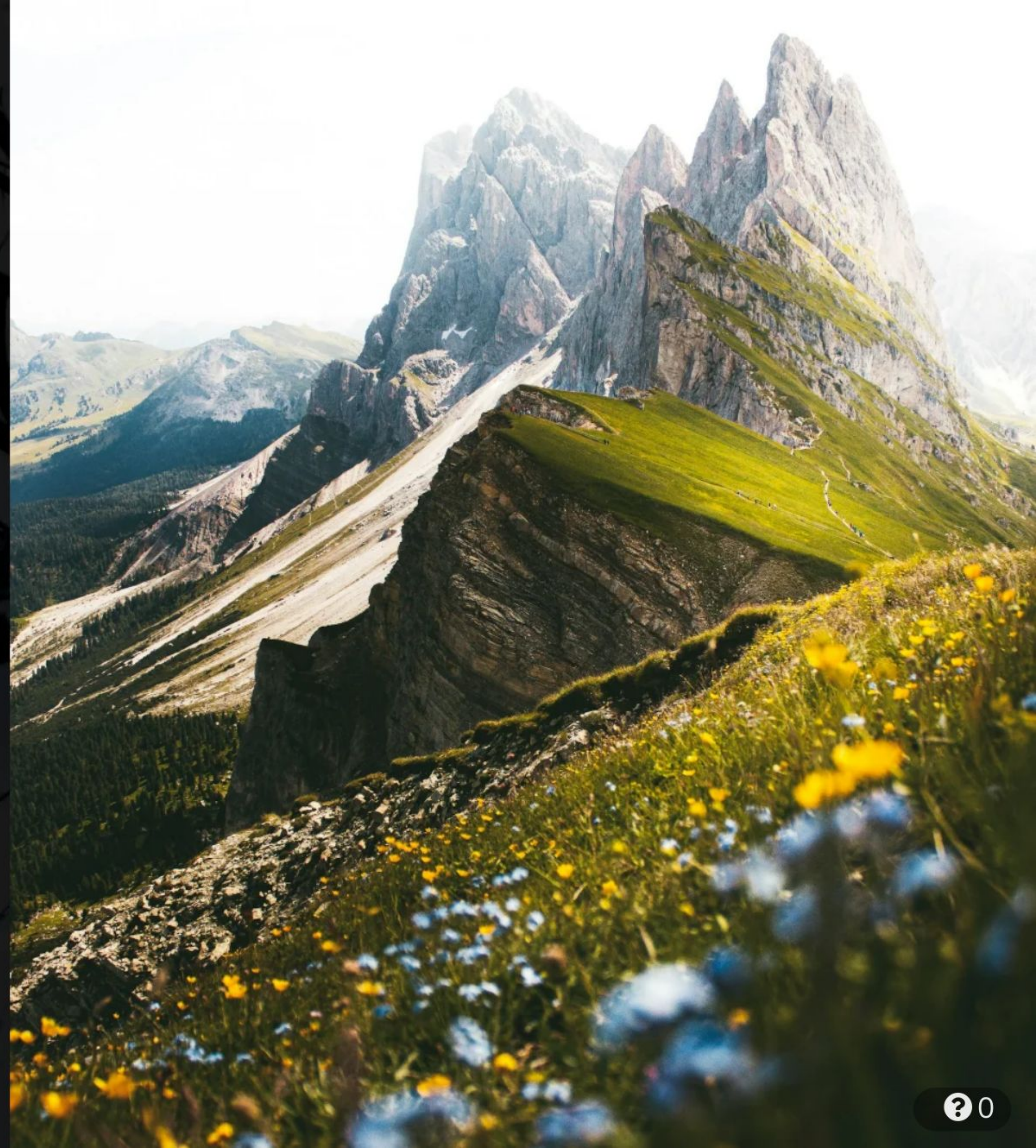
Karen Sleeman

The Power of a Story

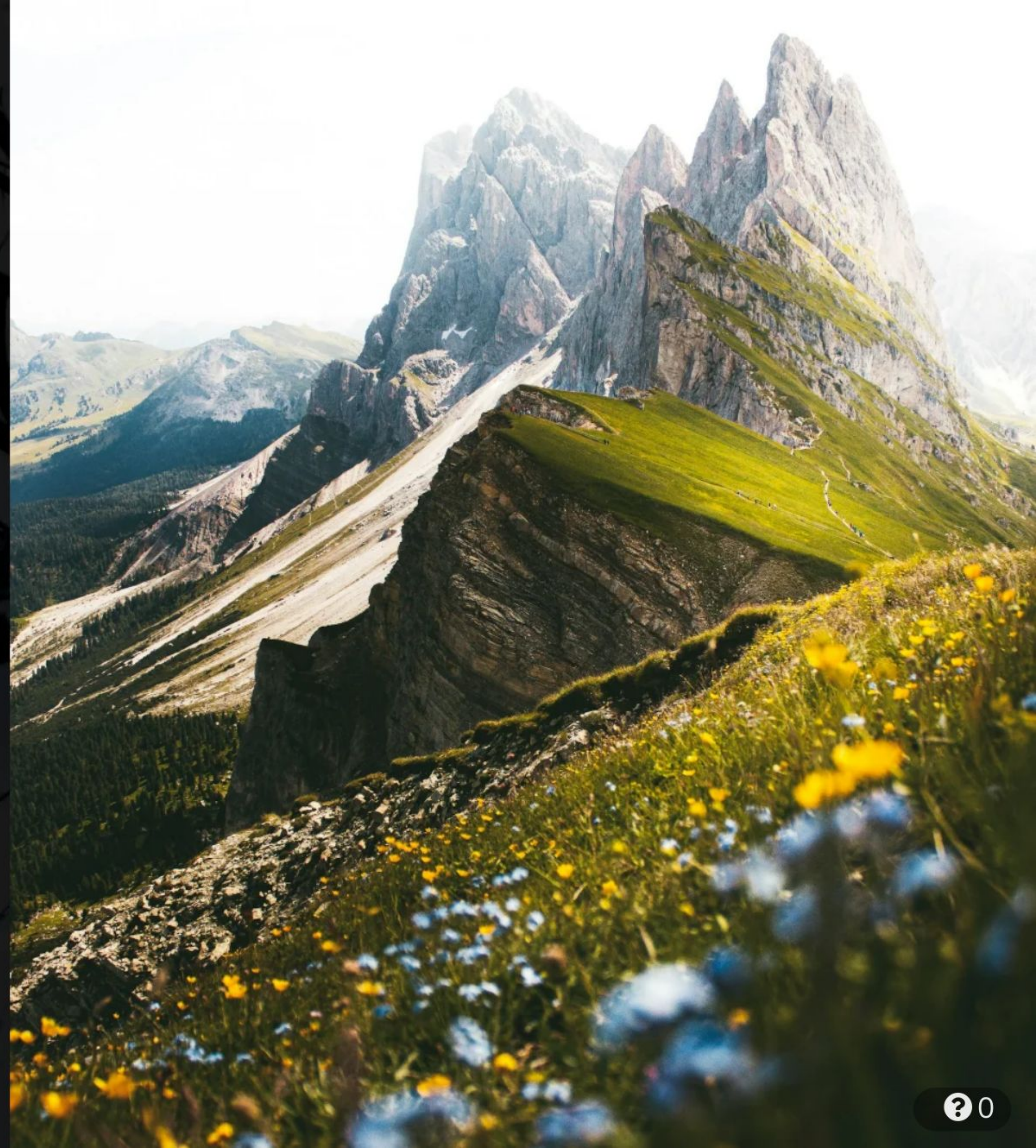
Why are we so captivated by stories?

Narrative therapy and counter stories

Where
do we
Start?



Psalm 73



Wonder Moments



Wonder Moments: Discussion

What are the wonder moments in Asaph's life?

What are the benefits of starting here?

What are the benefits of starting here?

God is good, therefore there is meaning and something better

Starts with God and his character and a relationship that frames the rest of the story.

Turns a valid and real complaint/pain into worship

Acknowledging God and who he is
We often start with bad and mess starting here with the Lord and that He's good

Psalm 73 starts with God - he is part of the conversation from the first moment (even if the but comes quickly)

Awareness of God and his goodness in someone's life

Provides a context for suffering.
Helps avoid being overwhelmed by the heat.
Seeing hope at the start.

Seeing image of God in someone from the beginning

Brings God into the picture early

It gets you into their shoes

God is good
His presence, protection, guidance, justice
A sanctuary
Will take me into glory
Always with me, my refuge
My strength, my portion, all I desire

Wonder Moments

1. Avoids the problem saturated story
2. If stuck seek other voices



Up Against Stories



Up Against Stories: Discussion

How might you come to understand Asaph's lived experience?

Can you think of some gentle questions that might elicit this story?

Up Against Stories

1. Lived experience

2. The importance of
lamenting & witnessing



Turning Points



Turning Points: Discussion

What is Asaph's turning point?

What would you want to explore around that?

Turning Points

1. Sort out responsibility
2. Speaking about others actions
3. Not identity claims
4. I did nothing?



What
Now?



What Now?

1. Not cure but care
2. Untold stories
3. Witness and retell



Q&A

Top questions

Pinned

Newest

Oldest

Answered

There are no unanswered questions.



