



# MILITARY TRAUMA HEALING MINISTRY

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WHAT RESOURCES ARE AVAILABLE?

# WHAT IS TRAUMA?

- Normal response to extreme suffering

- War

- Abuse

- Betrayal

- Painful loss

- Accidents

- Violence

- Disaster

- Crime

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- Wound of the Heart & Mind (Psalm 25:17) that Hurts every Part of Us

- Thoughts

- Health

- Relationships

- Faith



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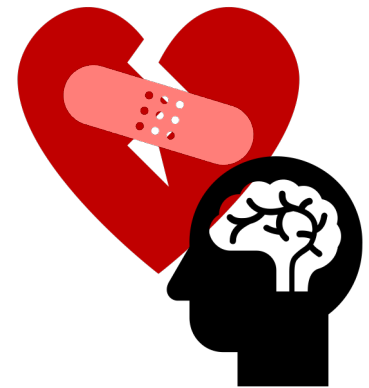
- Faith

- A wound that needs care

- must be “cleaned”

- long time to heal

- can “scar”



# THREE COMMON SIGNS OF TRAUMA

1. Reliving what happened
2. Avoiding reminders
3. Being alert/"hyper alert"





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## Some others:

- Sleep problems
- Aggressiveness
- Difficulty concentrating
- Self-destructive behavior
- Memory problems
- Unusual need to control

# TRAUMA'S DESTABILIZING EFFECT

## Beliefs for a sense of well being

1. The world makes sense.
2. Justice is available.
3. I am a person of value.

## Trauma shatters these beliefs

1. The world doesn't make sense.
2. There is no Justice.
3. I'm not a person of value.

# BIBLICAL MILITARY TRAUMA HEALING RESTORES HOPE

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(Romans 5:18, 8:19-22)



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(Romans 5:18, 8:19-22)
2. God is just & works justice in the face of evil → Justice is available  
(Deuteronomy 10:17-18; Isaiah 30:18)
3. We are loved & valued by our Creator God → I am a person of value  
(1 Corinthians 3:16; 2 Corinthians 5:17; Romans 8:35, 38-39)



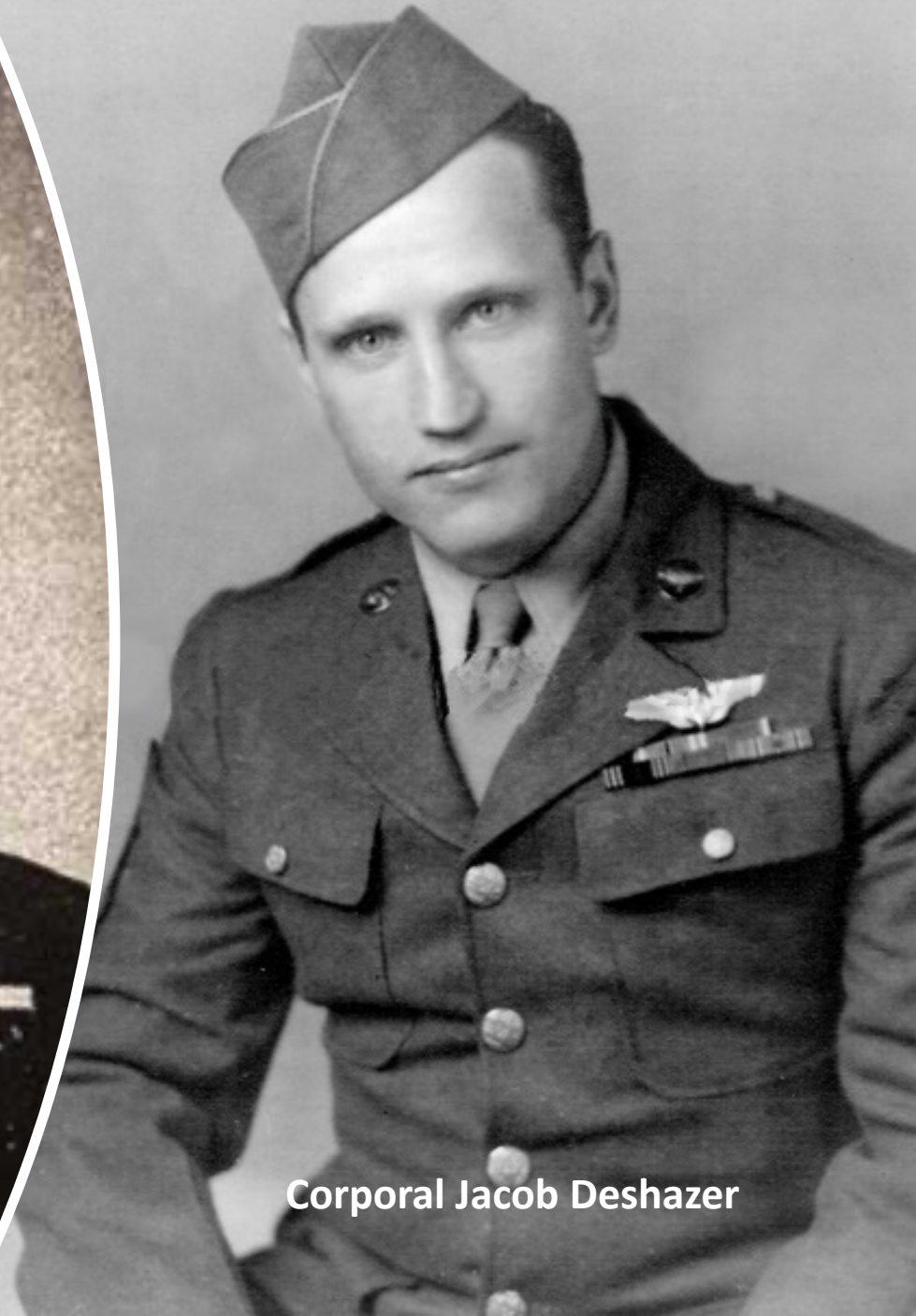


# TWO MEN ON OPPOSITE SIDES OF WW2...

...were mentally,  
emotionally &  
physically wounded by  
their experiences in  
combat.



Captain Mitsuo Fuchida



Corporal Jacob Deshazer

# TWO MEN ON OPPOSITE SIDES OF WW<sub>2</sub>...





# TWO MEN ON OPPOSITE SIDES OF WW2...



**DeShazer and Fuchida together in Christ**





# MILITARY TRAUMA HEALING MINISTRIES

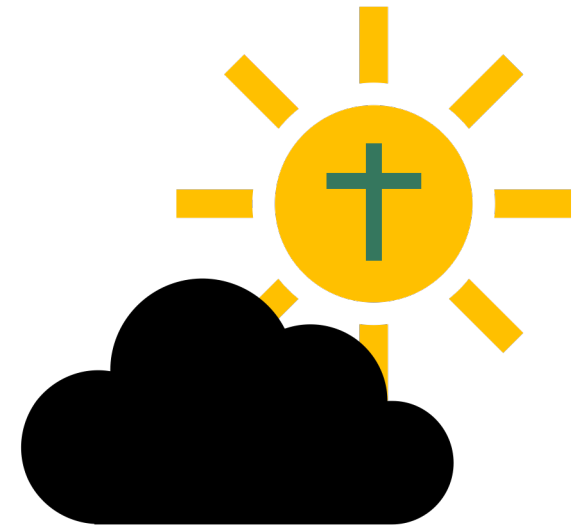
## 👉 BIBLE-BASED RESOURCES 👉

AVAILABLE TO THE INTERNATIONAL MILITARY COMMUNITY

- **TRAUMA HEALING GROUPS**
  - Reboot Recovery
  - ACCTS/Trauma Healing Institute
  - Campus Crusade for Christ International (CCCI)
- **NATIONALLY BASED PROGRAMS - OPEN TO HELPING OTHERS**
  - Armed Forces Christian Union (UK)
  - Welcome Home Initiative (USA – New York state)
- **SELF-STUDY PROGRAMS**
  - Never Alone (ABS)
  - CCCI resources

# TRAUMA HEALING PROGRAMS: TYPICAL TOPICS

- How can Heart & Mind Wounds Heal?
- Healthy vs Unhealthy Grieving
- Bringing pain & regret to the Cross
- Forgiving
- Restoring hope & strength to move forward



# TRAUMA HEALING GROUPS: REBOOT RECOVERY

**REBOOT** RECOVERY

 OVERCOMING TRAUMA TOGETHER

- **Focus:**

- Peer-led/facilitated course.
- For veterans, active-duty military & families
- Have helped 20K+ heal from trauma

“As a spouse of soldier suffering from post-traumatic stress, attending REBOOT was the only thing that helped and the best thing we ever did. He now has his faith back and we are stronger. He is also less stressed in public places...”

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- Online or in-person groups
- Brief video & discussion. Facilitator-guided discussion.

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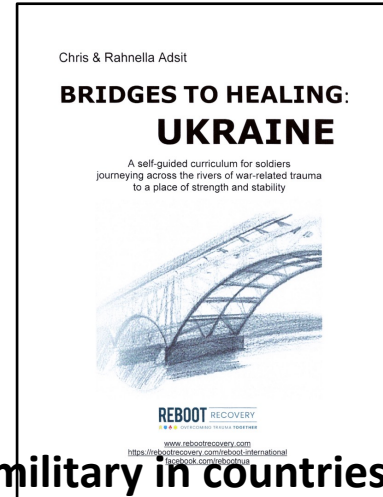
- Once a week for 12 weeks.
- 20-to-25-minute video followed by discussion = total time 60-90 minutes.
- Available as weekend retreat.

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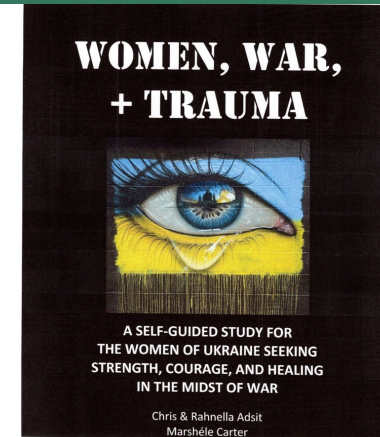
# REBOOT RECOVERY RESOURCES



- For Active duty & veterans
- English, Ukrainian, Spanish
- 12 Sessions
- “Field Guide” & Facilitator’s Guide



- For military in countries at war
- English, Ukrainian, Armenian, Romanian, Kirundi
- 8 “Bridges” (chapters)
- Downloadable/Printable



- For women in countries at war
- English, Ukrainian, Armenian, Romanian
- 14 chapters
- Downloadable/Printable

[rebootrecovery.com/reboot-international-resources](https://rebootrecovery.com/reboot-international-resources)

# REBOOT RECOVERY - CONTACTS

- **Contact:**

- Chris Adsit [chris@rebootrecovery.com](mailto:chris@rebootrecovery.com) (Cell: 541-729-2483)

- Jess Hall [jess@rebootrecovery.com](mailto:jess@rebootrecovery.com)



Ukraine



Kenya



# TRAUMA HEALING GROUPS: ACCTS/TRAUMA HEALING INSTITUTE

- **Focus:**

- Address not only wounds of mind & body, but also of soul & spirit by discussing experiences & what the Bible says about them
- For active-duty military, veterans, family members, & civilians
- Biblically based & uses best mental health practices

Healing the Wounds  
of Military Trauma

PARTICIPANT BOOK FOR HEALING GROUPS



“Thanks so much, it’s just amazing to be part of this training. It is more than our anticipations. Blessing to all of you our facilitators for accepting to transfer such Valuable mysteries.”

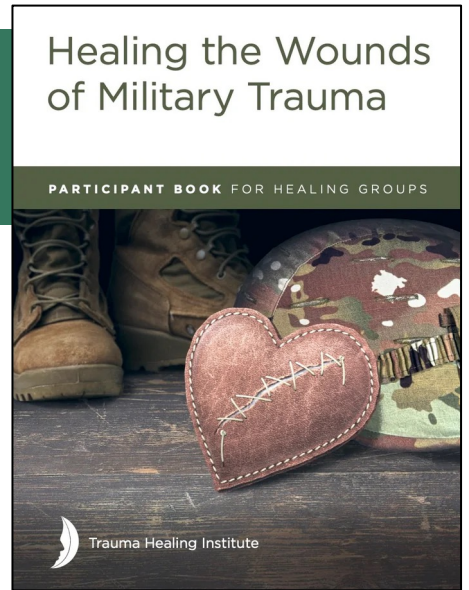
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- Led by certified facilitators (former military/military spouses)
- Groups of 6-12 participants
- Online or in-person



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- **Length:**

- Once a week for 8 weeks
- About 2.3 hours per session for discussion & activities



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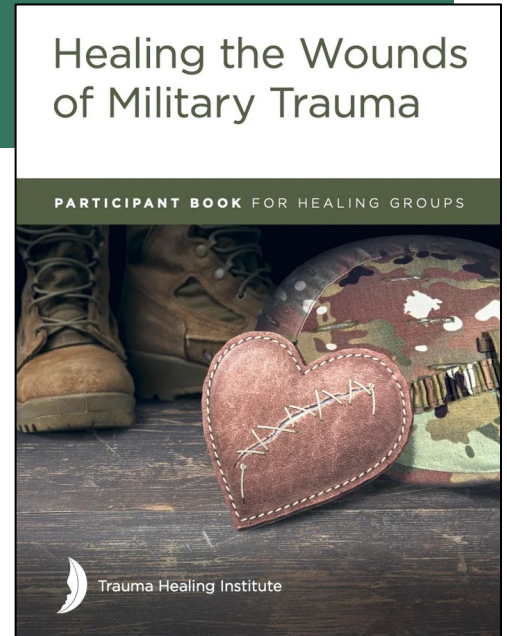


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## “Healing the Wounds of Military Trauma” (ABS) CORE TOPICS

- **Session 1: What is a Wound of the Heart?**
- **Session 2: Moral Injury**
- **Session 3: If God Love Us, Why Do We Suffer?**
- **Session 4: What Can Help Our Heart Wounds Heal?**
- **Session 5: What Happens When Someone Is Grieving?**
- **Session 6: Bringing Our Pain to the Cross**
- **Session 7: How Can We Forgive Others?**
- **Session 8: Looking back & looking forward with resilience**



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### ADDITIONAL MINI SESSIONS AVAILABLE

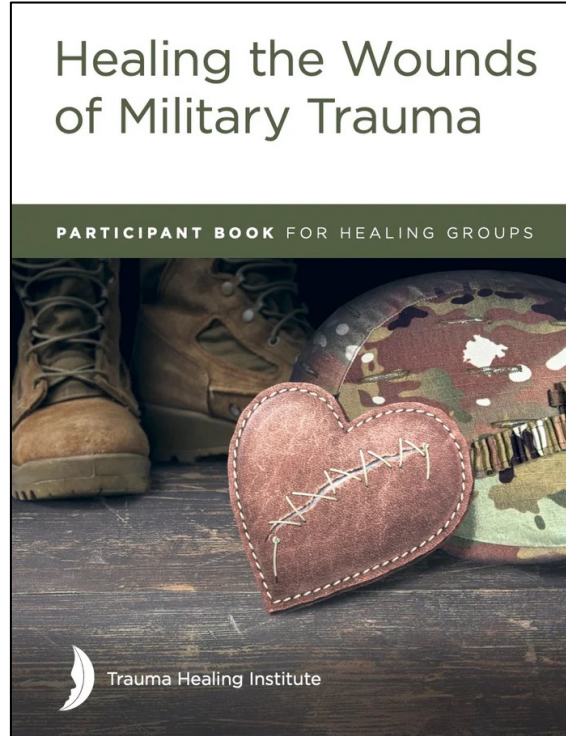
- Coming Home
- Helping children affected by war
- Sexual Harassment
- Domestic Abuse
- Suicide
- Addictions
- Caring for caregivers
- Moral Injury



# ACCTS/TRAUMA HEALING INSTITUTE - RESOURCES

[bibles.com/search?q=military+trauma](https://bibles.com/search?q=military+trauma)

Free resources - Videos & downloads  
[traumahealinginstitute.org/free-downloads](https://traumahealinginstitute.org/free-downloads)



**Beyond Disaster Guide**

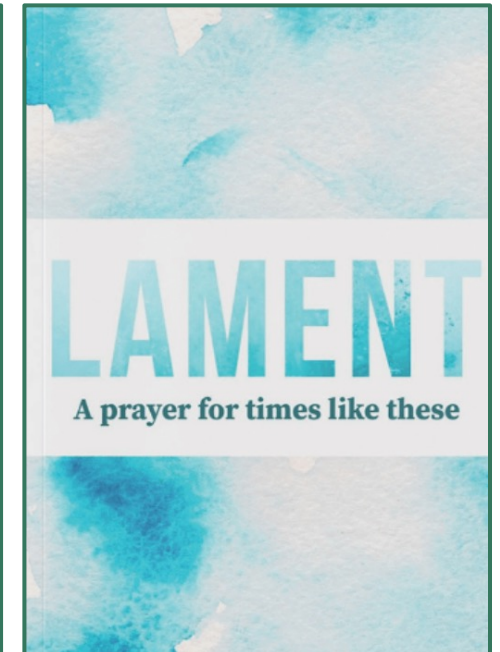
If you have survived a disaster, this booklet can help you with practical ways to care for yourself and your loved ones.

*Available in 12 languages*

**Recognizing Trauma Guide: Things to Know and Ways to Help**

This resource looks at the three most common ways trauma presents itself in our lives.

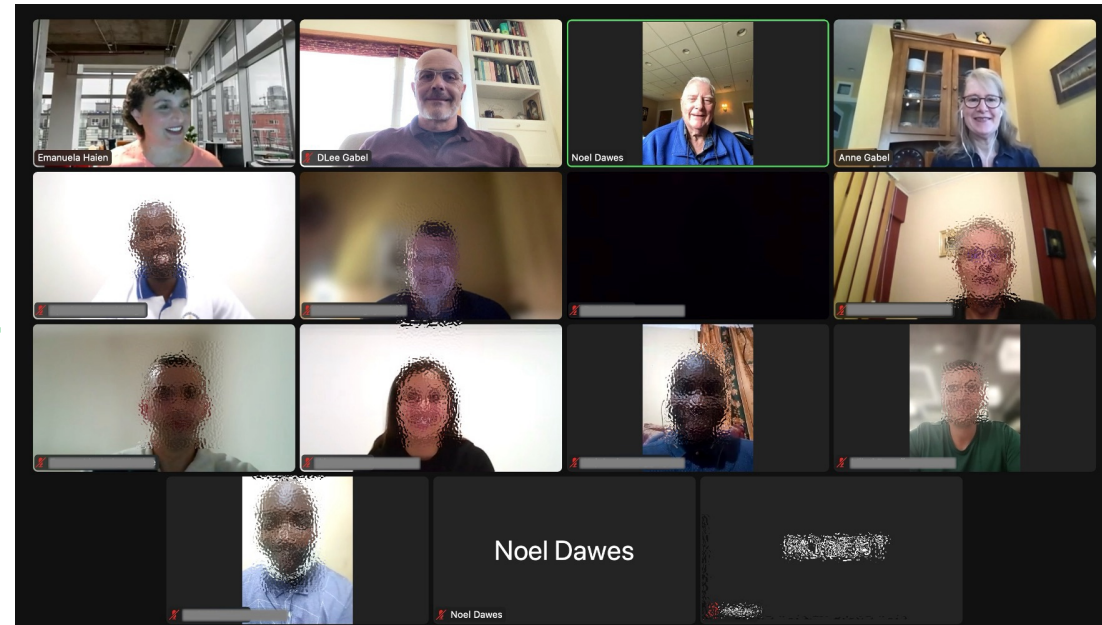
*Also available in Spanish*



- Some resources available in multiple languages
- More resources: [bibles.com/collections/trauma-healing](https://bibles.com/collections/trauma-healing)

# ACCTS/TRAUMA HEALING INSTITUTE - CONTACTS

- To find healing groups & training events  
<https://facilitators.traumahealinginstitute.org/events>
- To find military trauma healing facilitators, plan events in your country, & ask questions  
- [traumahealing.sil.org](https://traumahealing.sil.org),
- ACCTS Online healing groups (in person possibly in future)
  - Emanuela Haien  
[emanuela.haien@accts.org](mailto:emanuela.haien@accts.org)
  - Anne Gabel  
[anne.gabel@accts.org](mailto:anne.gabel@accts.org)
- ACCTS MTH info  
[https://accts.org/military\\_trauma\\_healing.html](https://accts.org/military_trauma_healing.html)





# TRAUMA HEALING GROUPS: CAMPUS CRUSADE FOR CHRIST INTERNATIONAL (CCCI)

- **Focus:**

- Creates collaborative teams from various ministries working in unity to meet military trauma healing & other spiritual needs
- Tailored for particular locations & situations

“How good and pleasant it is for brothers to dwell together in unity”  
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# NATIONALLY BASED PROGRAMS - OPEN TO HELPING OTHERS: ARMED FORCES CHRISTIAN UNION

- **Focus:**

- Primarily serves the British military
- For active-duty, veterans & spouses
- Open to helping learn to replicate in other countries



“...the LORD ... has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness...”  
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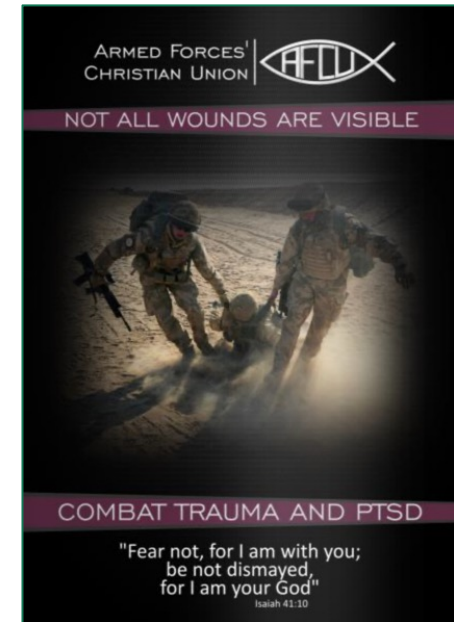
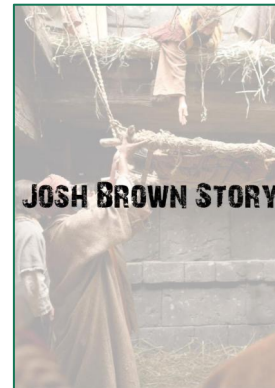
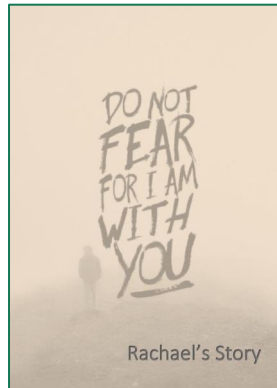
- **Length:** Varies

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# ARMED FORCES CHRISTIAN UNION - RESOURCES

- **Simple handbooks** Short guides on spiritual nature of military trauma & how to pray
  - *Operation Warrior Hope*
  - *Op Warrior Hope Prayers*
- **Testimonies** [afcu.org.uk/combat-trauma-and-ptsd/](http://afcu.org.uk/combat-trauma-and-ptsd/)



- **Possible podcasts** in the future

# ARMED FORCES CHRISTIAN UNION - CONTACT

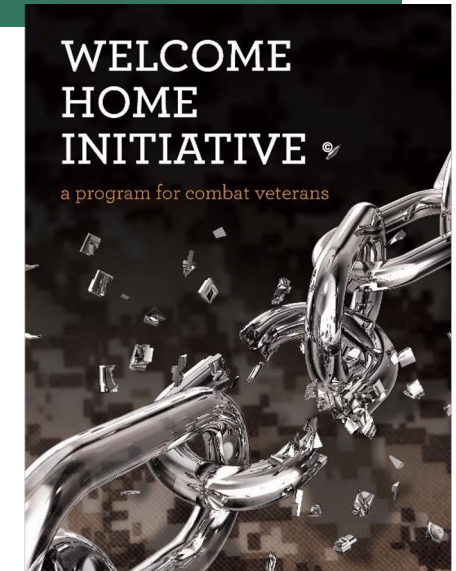
- **Contact:** Liesel Parkinson [LieselParkinson@afcu.org.uk](mailto:LieselParkinson@afcu.org.uk)



# NATIONALLY BASED PROGRAMS - OPEN TO HELPING OTHERS: WELCOME HOME INITIATIVE

- **Focus:**

- Seeks to restore stable spiritual, emotional, mental, & physical life
- For military community including spouses
- Relaxed fellowship & restorative rest
- Emphasis on healing prayer
- In New York state, but non-US are welcome & could “take home”



“It was an awesome retreat...miracles happened... I left as a different man—a better man.”

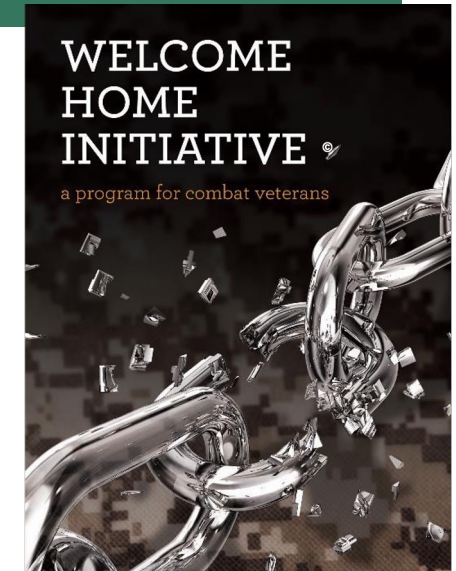
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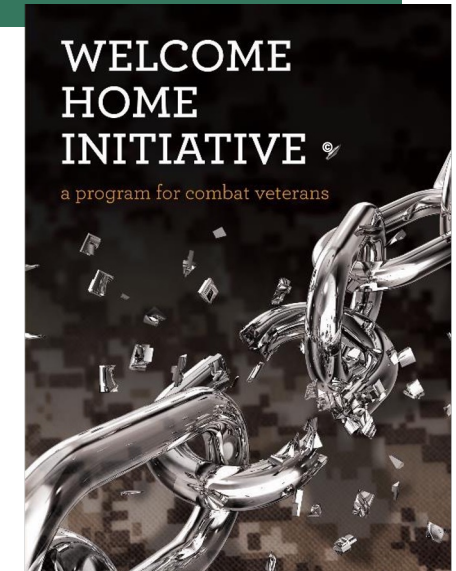
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[ctkcenter.org/healing-ministry/the-welcome-home-initiative](http://ctkcenter.org/healing-ministry/the-welcome-home-initiative)

# SELF-STUDY MILITARY TRAUMA PROGRAMS: NEVER ALONE (AMERICAN BIBLE SOCIETY)

## Online learning course for military trauma healing.

- **Focus:** Helpful stories, teaching & Scriptures that show healing is possible





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  - 7 sessions
  - Self-paced





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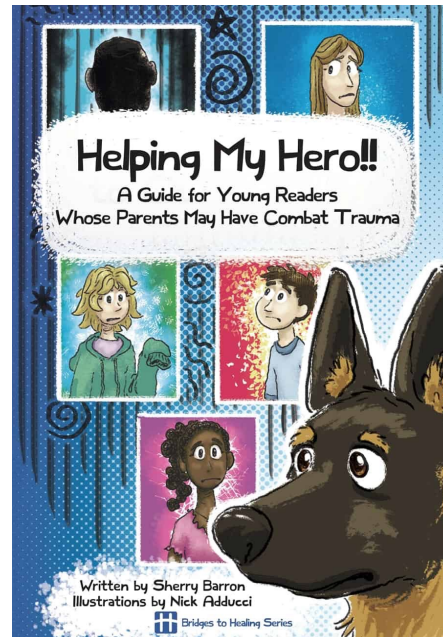
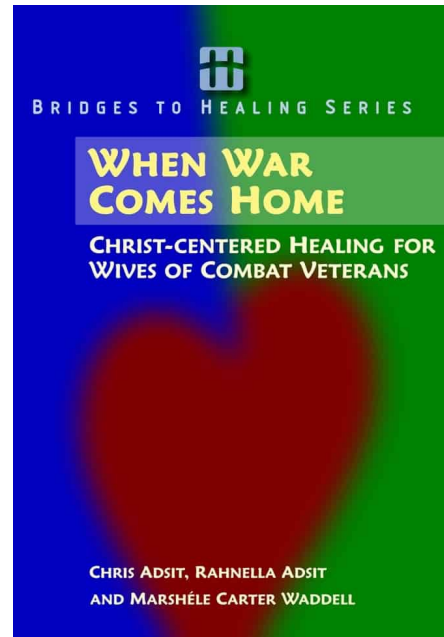
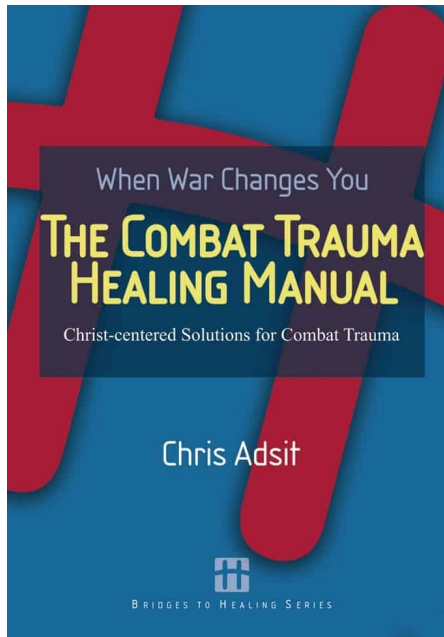
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  - 7 sessions
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- **How it works:**
  1. Register for a free account (<https://neveralonemilitary.org> )
  2. Choose sessions you want. Go at your own pace
  3. Find peace, comfort & strength in God's Word & in His Power
  4. Referrals for more help



# SELF-STUDY MILITARY TRAUMA PROGRAMS: CAMPUS CRUSADE FOR CHRIST INTERNATIONAL (CCCI)

<https://crustore.org/product-category/military-valor/>



- **In several languages** - Contact CCCI national team leader or [info@crumilitary.org](mailto:info@crumilitary.org)

# A SIMPLE WAY TO HELP TODAY

## Simply listening can help people heal.

You can help a friend or loved one share their pain by asking these three simple questions, and listening without offering judgment or solutions.

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*Help carry one another's burdens, and in this way you will fulfill the law of Christ.*

*– Galatians 6:2*



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## THE SAFE LISTENER'S PROMISE

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I will listen to understand.

I will keep what you  
share private.

I will not minimize  
your pain.

I will not compare your pain  
with my own.

I will not give quick solutions.

I will listen again when you  
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## 3 QUESTIONS TO ASK SOMEONE WHO IS HURTING:


1 | What happened?

2 | How did it make you feel?

3 | What was the hardest part for you?

*Thank the person for sharing, and be willing to listen again.*





**Praise be to the God and Father of  
our Lord Jesus Christ, the Father  
of compassion and the God of all  
comfort, who comforts us in all  
of our troubles, so that we can  
comfort those in any trouble with  
the comfort we ourselves have  
received from God.**

- 2 Corinthians 1:3-4 -