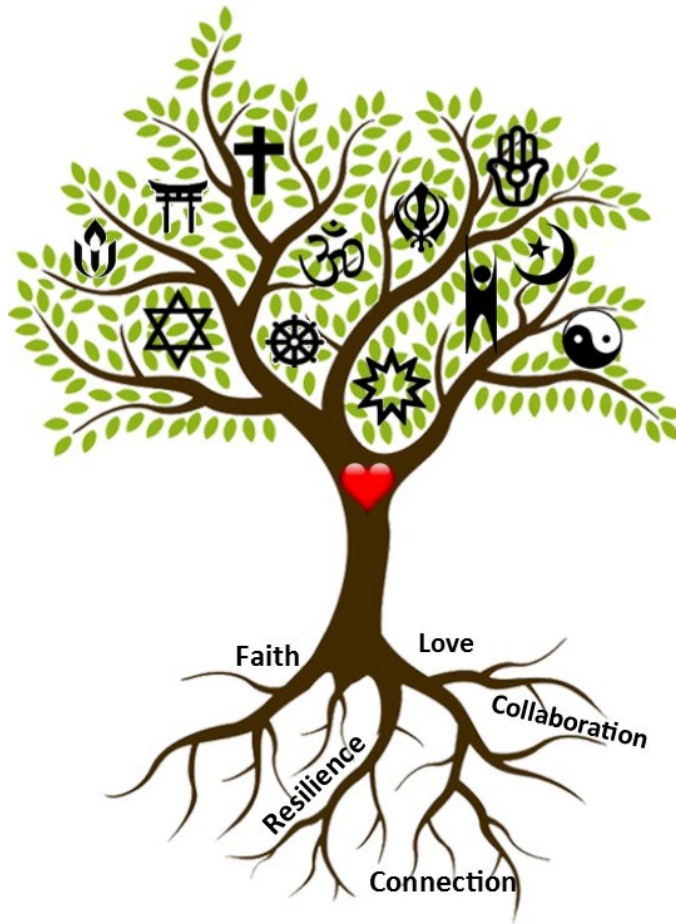


# Convening at the Intersection of Trauma, Faith and Resilience to Connect, Learn, Heal, and Serve

Thursday, January 30, 8:00 a.m. to 4:00 p.m.  
Chicago Teacher's Union Foundation  
1901 W. Carroll Avenue, Chicago



<p><b>Investing Sponsors</b></p>	<p><b>HEALTHY CHICAGO</b> CHICAGO DEPARTMENT OF PUBLIC HEALTH</p>	<p><b>Convening Sponsors</b></p> <p><b>Resilience and Vitality Coaching and Consulting</b></p>
----------------------------------	---	--

This gathering is presented by the Chicagoland Trauma Informed Congregation Network, an interfaith table that brings together faith-rooted organizations and others that are interested in using our collective wisdom to respond to the call to facilitate and deepen the role of faith communities in recognizing and creating "safe and brave spaces" that support the healing of trauma experienced by individuals and communities. The Network is not a direct service provider, but a vehicle for education, skills transfer and connection of the intersection of faith, trauma and restorative justice.

# Program Agenda

- 8:30-9:00 **Gathering, Registration, Networking and Refreshments. Browse the Share Fair**  
A special thank you to the congregations and individuals participating in the Share Fair. Stop by and learn about their resources and programs, and meet those who are quietly practicing what it means to be trauma informed and healing engaged.
- 9:00-9:25 **Welcome and Opening. Native American Drumming with Circle Movement**  
American Indian Center of Chicago
- 9:30-10:00 **Connecting to Self:** Dr. Hema Pokharna, Coaching for Leadership, Resilience and Vitality  
Participants will experience that peace is only a breath away and learn to be the peace they wish to see in the world.
- 10:00-10:30 **Keynote Speaker:** Dr. Iva Carruthers, a founding trustee and General Secretary of the Samuel DeWitt Proctor Conference  
**“The Urgency of Now”**  
In her keynote address, Dr. Carruthers will describe the causes and impacts of individual, communal and systemic trauma; articulate the role and capacity of faith communities to build resilience and be healing engaged, and identify collective healing frameworks and strategies that faith communities can employ at the individual, communal and systemic level.
- 10:30-11:15 **The Trauma Informed Congregations Movement:** Rev. Dr. Kirsten Peachey and Rev. Dr. Shirley Fleming, Co-Directors, The Center for Faith and Community Health Transformation  
Rev. Dr. Fleming and Rev. Dr. Peachey will describe the Adverse Childhood Experiences study and its results; explain the Substance Abuse and Mental Health Services Administration’s framework for understanding trauma; describe how the framework can be adapted for faith communities, and identify the markers and pathways to becoming a trauma-conscious and healing-engaged community of faith.
- 11:15-11:30 Break
- 11:30-11:45 **Connecting to Others:** Dr. Hema Pokharna, Coaching for Leadership, Resilience and Vitality  
Participants will learn to speak peace in a world of conflict.

## A special note about photography:

**For those wishing not to be photographed, please stop by the registration table where you will receive a special name tag. Thank you!**

11:45-12:45 **Connecting to Others: Faith-Rootedness, Trauma & Resilience:** Rev. Dr. Barbara Wilson, Director, Collaboration & Community Partnerships, Presbytery of Chicago

This session will define and explore the faith-rooted approach to relationship and community building, and offer a framework with practical tools for mitigating trauma, promoting healing and building resilience within our communities.

12:45-1:00 **Connection to Higher Purpose -Your higher purpose is to share LOVE:**  
Dr. Hema Pokharna, Coaching for Leadership, Resilience and Vitality

Participants will learn to express their loving that makes the biggest difference for themselves and the world. Discover what matters most in our deepest hearts, and bring our lives into alignment to experience greater freedom and joy.

1:00-1:45 Lunch and Share Fair

1:45-3:30 **WORKSHOPS - offered twice at 45 minutes each.**

**Option 1: Dealing with Domestic Violence in the Parish**

Father Chuck Dahm, Archdiocesan Director of Domestic Violence Outreach

Father Dahm will discuss signs and symptoms of domestic violence; how to recognize the impact of domestic violence, and how to identify small- and big-scale practical ways to become a trauma-informed and healing-engaged community of faith.

**Option 2: Eight Blocks at a Time: A Community-Based Approach to Building Resilience**

Apostle Dr. Carolyn Vessel, Founder and CEO, I AM ABLE

I AM ABLE Center for Family Development, Inc. has been blessed to hold true to its position as a Christian faith-based Community Mental Health Center (CMHC), providing clinical and psychosocial services at the community level. We offer individuals, groups and families the best of both worlds as we serve the whole person. Through a variety of trauma-informed-care programmatic offerings, our family systems, strengths-based agency serves those at the fringes of life and turns no one away.

**Option 3: Nurturing Psychological and Spiritual Wellness in the Muslim Community**

Dr. Fahad Khan, Deputy Director and Clinical Director, The Khalil Center

Dr. Khan will discuss the sources and impacts of trauma in the Muslim community and how to incorporate practical methods of promoting psychological and spiritual wellness in the Muslim community.

**Option 4: Restorative Justice Practices: A Relationship-Building Approach**

Minister Attorney Michelle Day, Founder and CEO, Nehemiah Trinity Rising

Restorative Justice emphasizes building interpersonal and systemic relationships that prevent or repair unjust behavior through collective efforts. It is both a way of life which fosters the existence and continuity of a strong community and a process that creates space for truth telling and healing to happen where harm has occurred. This workshop will offer experiences of a variety of restorative justice practices that can be practiced in a faith-based setting as part of the commitment to being healing engaged.

1:45-3:30 **Option 5: Resilience and Healing for Those Who Provide Support for Others**

Staycie Flint, Chaplain, Advocate Children's Hospital

When we journey with each other through times of crisis, trauma or adversity, we take each other's burdens into our own bodies and spirits. This conversation provides space for participants to talk about how we can nurture our own thriving as we walk alongside others in times of stress.

**Option 6: Recognizing and Healing Inequities & Oppression in Faith Communities**

Rabbi Menachem Cohen, Mitzuit Jewish Community, Spiritual Director, Game Designer

Faith communities are human institutions and we often inflict wounds on each other through judgement, exclusion, abuse, or spiritual harm. This workshop explores the work of accountability and repair as a central task of becoming trauma informed and healing engaged.

**Option 7: Liturgy, Ritual and Prophetic Communication as Approaches to Healing**

Rev. Lis Valle-Ruiz, PhD, Assistant Professor of Homiletics, McCormick Theological Seminary

This workshop explores how both formal and informal ritual and liturgy can offer powerful ways for us to process and heal when we experience trauma and adversity as individuals, but also as communities and across history. Dr. Valle will identify the existing rituals and spiritual practices in congregational life that support healing and restoration when trauma occurs; describe how to access the potential in ritual for strength, resilience and healing, and describe how to create intentional practices in our congregations that support healing.

**Option 8: Addiction, Recovery and Healing—Practices and Approaches in the Jewish Tradition**

Cantor Rabbi Rob Jury, Anshe Tikvah

This workshop will introduce Jewish practices for recovery and healing of trauma and addiction. Participants will have the opportunity to ground oneself in a Jewish sacred text and meditative practice, learn about resources available in the Jewish community to address trauma and addiction. The workshop will also have a brief question and answer period for participants to explore incorporating these spiritual practices in their own context.

3:30-3:45 **Feedback/Evaluation**

3:45-4:30 **Closing/Sending Forth.** Ritual to join fellow travelers moving along together, holding an expansive sense of care and tenderness for each other and for their journey. Receive a gift to continue integration of your learnings as you journey forward.

## Share Fair Exhibitors

**Thank you for sharing your wisdom of what it means to be trauma informed and healing engaged!**

Anabaptist Disabilities Network	Envision Unlimited, Mental Health Division
Advocate Health Care	PsyCynergy
GRIP Outreach For Youth	Family Bridges
Sinai Community Institute	Illinois Division of Mental Health
NAMI South Suburbs of Chicago	Catholic Charities Behavioral Health Program
University of Illinois Chicago	