

Post-Trauma with the Disciples

A Cycle of Recovery

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Trauma: a deeply distressing or disturbing experience;
our emotional response to this

Some basics before the pathway to recovery (learning with Mary Magdalene):

- Grieve...and grieve deeply
- Let go...and go

A needed pathway to recovery following trauma:

- Safety
- Trust
- Choice
- Collaboration
- Empowerment

Foundational to taking the pathway to recovery:

- Grieve...and grieve deeply
- Let go...and go

A needed pathway for post-trauma recovery:

- Safety
- Trust
- Choice
- Collaboration
- Empowerment

A follow-up tip:

- Walk with someone; don't do it alone

Psalm 23 (NKJV):

23 The LORD *is* my shepherd;
I shall not want.

² He makes me to lie down in green pastures;
He leads me beside the still waters.

³ He restores my soul;
He leads me in the paths of righteousness
For His name's sake.

Psalm 23 (NKJV):

⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil;

For You *are* with me;

Your rod and Your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil;

My cup runs over.

⁶ Surely goodness and mercy shall follow me
All the days of my life; And I will dwell in the
house of the LORD forever.