

PTPC 75970/85970  
Special Topics in Pastoral Care: Trauma-Informed Pastoral Care  
(3 semester hours)

Instructor: Eunil David Cho

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Term: Fall 2021

Prerequisites: None

Format: TBA

Description of Content:

“One does not have to be a combat soldier, or visit a refugee camp in Syria or the Congo to encounter trauma. Trauma happens to us, our friends, our families, and our neighbors.”  
Bessel Van Der Kolk, *The Body Keeps the Score*

“The traumatic event challenges an ordinary person to become a theologian, a philosopher, and a jurist. The survivor is called upon to articulate the values and beliefs that she once held and that the trauma destroyed. She stands mute before the emptiness of evil, feeling the insufficiency of any known system of explanation. Survivors of atrocity of every age and every culture come to a point in their testimony where all questions are reduced to one, spoken more in bewilderment than in outrage: Why? The answer is beyond human understanding.” Judith Herman, *Trauma and Recovery*

The course explores the interdisciplinary study of embodied and psychological trauma and considers appropriate practices for providing pastoral and spiritual care with traumatized individuals and communities. It primarily aims to deepen students’ understanding of the lived experience of personal, communal, and intergenerational trauma and develop their ability to respond pastorally and theologically to the complexity of traumatic events. As students examine trauma from diverse clinical and theoretical perspectives, they also look at narrative accounts of trauma (novels, memoirs, and films) to explore how individuals and communities can engage in the process of recovery and healing.

Class Procedures:

A seminar-style course largely driven by student-led discussion, occasional lectures by the instructor, weekly discussion posts, and student presentation.

Requirements:

1. Attendance and informed participation in the class sessions

2. A brief reading response paper to facilitate a small group discussion (twice during the semester)
3. Two response papers (5-8 pages): (1) a trauma narrative analysis paper; (2) a trauma-informed pastoral care statement paper;
4. Vocational integrative project: the final project provides you with an opportunity to integrate the readings and discussions to design a project that reflects students' particular vocations

Require Texts:

Anderson, Laurie Halse. *Speak*. Square Fish, 2011. (ISBN-10: 0312674392; ISBN-13: 978-0312674397; \$ 7.74).

Herman, Judith. *Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror*. Basic Books, 2015. (ISBN-10: 0465061710; ISBN-13: 978-0465061716; \$ 15.29).

Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin, 2015. (ISBN-10: 0143127748; ISBN-13: 978-0143127741; \$11.83).

Van Dernoot Lipsky, Laura. *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*. Berrett-Koehler Publishers, 2009. (ISBN-10: 157675944X; ISBN-13: 978-1576759448; \$ 15.89).

Wiesel, Elie. *Night*. Hill and Wang, 2006. (ISBN-10: 9780374500016; ISBN-13: 978-0374500016; \$ 7.46).

*Various journal articles and book chapters made available online.*

Recommended Texts (we will be reading chapters from these texts):

Arel, Stephanie and Shelly Rambo, eds. *Post-Traumatic Public Theology*. Palgrave Macmillan, 2016.

Baldwin, Jennifer. *Trauma-Sensitive Theology: Thinking Theologically in the Era of Trauma*. Cascade Books, 2018.

Swain, Storm. *Trauma and Transformation at Ground Zero: A Pastoral Theology*. Fortress Press, 2011.

Rambo, Shelly. *Spirit and Trauma: A Theology of Remaining*. Westminster John Knox Press, 2010.

Grading Procedures:

1. Attendance and Informed Participation (10%)
2. Reading Response and Discussion Leadership (20%)
3. Trauma Narrative Analysis Paper (20%)
4. Trauma Informed Pastoral Care Statement (20%)
5. Vocational Integrative Project (30%)