

Biblical Foundations for Trauma-Informed Care

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1. What is trauma?

We are relational and embodied souls

τραύμα

“He heals the brokenhearted and binds up our wounds.” - Psalm 147:3 = wound

Trauma is the experience of sin and suffering that impacts the whole person - body and soul - and has lasting effects.

The Bible is full of traumatic situations: Genesis 4, 34, 2 Kings 6-7, Matthew 2:16, Mark 15:21-41

The Gospel and Trauma - “But he was pierced (etraumatisthē) for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.” - Isaiah 53:5

2. God, Attachment, & Trauma

God created us in His image to share in that perfect relationship with Him and one another (Gen 1:27 - 2:1-25). We are created to love as God loved us. We were created to be:

- Safe (Ps 91:1)
- Seen (Jer 12:3)
- Significant (Jer 29:11; 2 Cor 5:20)
- Secure (Ps 122:6-7)
- Soothed (Ps 94:19)

3. Our Response

“God is near to the brokenhearted and saves the crushed in spirit. God isn’t quick to admonish the brokenhearted person - He comes near and rescues her!” Psalm 34:18

He heals the brokenhearted, and binds up their wounds. - Psalm 147:3

“He anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives...” - Luke 4:16-20

4. Why Being Trauma-Informed is Important

If we don’t grow in our understanding of trauma, we will fail to understand how the body + soul are interconnected and how the effects of a fallen world impact faith and healing and as a result, we could provide counsel that hurts instead of helps.

5. The Hope for Trauma

Only the Holy Spirit brings healing. But we, as counselors, get to model and mirror the steadfast love of God toward our clients by coming near, empathizing, and offering compassion for the brokenness in people’s lives.

“I think a look at suffering humanity would lead to the realization that trauma is perhaps the greatest mission field of the twenty-first century.” - Diane Langberg

“And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.” - 1 Peter 5:10-11

6. Resources

- *Suffering and the Heart of God: How Trauma Destroys and Christ Restores* by Diane Langberg
- *Restoring the Shattered Self* by Heather Gingrich
- *Trauma Aware* by Eliza Huie
- CTHN.org