KAIROS PATHWAYS

Trauma-Aware Group Study Resource Kit

Trauma-Aware Training Resources

For Leaders and Helpers — Before the Group Begins

Both leaders and helpers are required to complete trauma-informed/aware training before the group begins. This isn't optional, and it's not a bureaucratic formality. The people who'll walk through this study carry real wounds, and they deserve to be supported by people who understand how trauma works, how to hold space well, and how to avoid causing further harm.

This is, first and foremost, a Christian guide, and the resources below are ordered accordingly: Christian training programs are listed first and form the core of your preparation. A supplemental list of well-regarded secular programs follows for groups operating in, or supplementing their training with, a secular or interfaith environment.

Christian Training Resources

Organization / Program	Type	Website	Cost	Best For
Trauma Healing Institute	Facilitator training	traumahealinginstitute.org	Low cost	Biblically grounded; designed for non-clinical community leaders
Mending the Soul	Group leader training	mendingthesoul.org	Moderate	Peer-led abuse recovery; closest model to this study
GRACE	Church-based training	netgrace.org	Varies	Specifically for abuse response in Christian settings
Stephen Ministry	Lay caregiver training	stephenministries.org	Through church	Excellent for the helper role; 50+ years of proven training
Celebrate Recovery	Leader training	celebraterecovery.com	Through church	Widely available in churches; strong leadership model
AACC Light University	Online courses	aacc.net/lightuniversity	Affordable	Caring for People God's Way — ideal for lay ministry workers
CCEF	Biblical counselling	ccef.org	Affordable	Theologically deep; excellent for leaders wanting a strong foundation

Organization / Program	Type	Website	Cost	Best For
Restored International	Abuse recovery training	restoredrelationships.org	Varies	Christian organization focused on abuse recovery and leader training
Parakaleo	Ministry care training	parakaleo.org	Varies	Designed for those in ministry leadership and pastoral oversight
Hopeful Hearts Ministry	Church trauma training	hopefulheartsministry.com	Varies	Christian trauma recovery training designed for church settings
Focus on the Family	Counselling & referral	focusonthefamily.com	Free consult	Free pastoral consultation and referral network across North America

Secular Training Resources (Supplemental)

Organization / Program	Type	Website	Cost	Best For
Psychological First Aid	Online course	coursera.org (Johns Hopkins)	Free	Best starting point for all helpers and leaders
SAMHSA Trauma-aware Care	Free toolkit & guides	samhsa.gov	Free	Comprehensive framework for non-clinical leaders
NCTSN Learning Center	Online modules	learn.nctsn.org	Free	Trauma basics for community and lay caregivers
ACEs Connection	Community & training	acesconnection.com	Free	Built around Adverse Childhood Experiences research

Recommended Training Pathway

If you're unsure where to start, here's a suggested pathway based on your role. Complete the Christian pathway first; the secular resources afterward are optional and may be used to supplement your training.

For Helpers (minimum requirement)

- **Step 1**: Complete the Trauma Healing Institute's foundational facilitator training or AACC Light University's "Caring for People God's Way" course.
- **Step 2**: Review GRACE's church-based training materials on recognizing and responding to abuse disclosures.
- **Step 3**: Connect with your group leader before the study begins to discuss your role and any questions about the material.

Optional secular supplement:

- **Step 4**: Complete Psychological First Aid on Coursera — free, approximately 6 hours.
- **Step 5**: Read SAMHSA's free "Trauma-aware Approach" guide (available at samhsa.gov).

For Leaders (recommended requirement)

- **Step 1**: Complete the Trauma Healing Institute facilitator training or Mending the Soul leader training.
- **Step 2**: Complete AACC Light University's "Caring for People God's Way" course.
- **Step 3**: If available in your area, attend a GRACE or Stephen Ministry orientation.
- **Step 4**: Connect with a trauma-aware Christian counsellor or pastor who can serve as a consultant during the study.

Optional secular supplement:

- **Step 5**: Complete Psychological First Aid on Coursera.
- **Step 6**: Review NCTSN's "What is a Trauma-aware Child and Family Service System?" module.

Note to group leaders: Before your first session, ask every helper to show you a certificate or confirmation of completed training. This accountability protects your participants and strengthens the group's integrity.

A Note on Secular Resources

Several well-regarded secular training programs exist — including Psychological First Aid (Johns Hopkins / Coursera), SAMHSA's Trauma-aware Care toolkit, and the National Child Traumatic Stress Network's learning modules. These programs are built on sound research and are used by many Christian organizations as background reading.

They aren't required for this study, and they aren't listed as primary resources because our foundation is Christ and Scripture. However, if you wish to deepen your understanding of how trauma affects the brain and body — or if your group operates in a secular or interfaith setting — these resources may supplement or, where appropriate, substitute for what you learn through the Christian programs above. Ask your pastoral overseer or consultant for guidance if you're unsure whether a particular resource is appropriate for your context.