



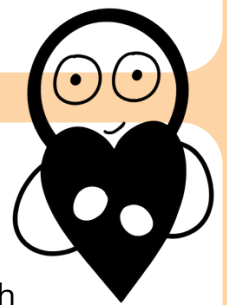
# TRAUMA INFORMED PRAYER MINISTRY

**If we are praying for people that have experienced trauma, we need to be mindful that they might:**

- Feel unsafe around people who they don't know
- Not want to be touched
- Be suspicious of those who are in authority due to past inappropriate touch
- Feel everything is out of their control and feel pressured into compliance
- Be nervous about what might happen when and after we pray for them
- Feel a high sense of shame
- Be disinhibited and overshare

**Remember that trauma can impact:**

- Relationships, attachment patterns and social interaction
- Brain development, function and response
- Regulation and arousal systems, including a person's window of tolerance
- Cognitive and executive functioning including aspects of attention, concentration, memory and mentalisation
- Beliefs, assumptions, expectations, meaning making, scripts, schemas about self and others- including about God and how he thinks of us
- And much more...



**What are Trauma-Informed Lenses?**

Trauma-informed care is an approach that:

- Realises the prevalence and impact of trauma
- Recognises the signs and symptoms of trauma in those we are involved with
- Responds to it by prioritising felt safety, trust, and empowerment
- Actively seeks to resist further trauma

Pastoral care integrates this approach into spiritual and emotional support, ensuring that care practices are sensitive to the needs of those who have experienced trauma.

A pastoral care team is privileged to be able to think about people with the lenses of God- which is also a trauma informed approach.

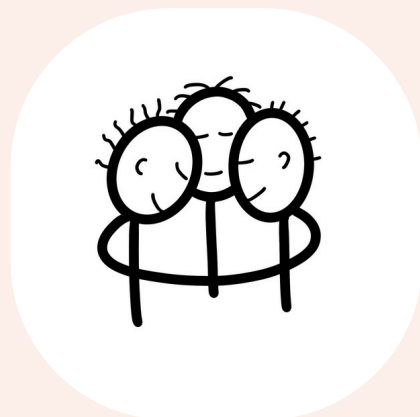
# TOP TIPS FOR PRAYER MINISTRY



- Have a diversity of people on your prayer ministry team. Be aware that some people prefer man to man or woman to woman and age groups might matter. Consider backgrounds.
- Explain what will happen: ideally this should be before people are offered prayer, by the leader of the meeting/event.
- Think about your prayer ministry space: is it at the front, the back, in another room?
- Consider offering options such as to come forward for prayer or have prayer where they are sitting.
- Offer that they bring a friend/companion.
- Have a welcoming, warm posture and smile.
- Ask the person what made them ask for prayer and what they would like prayer for.
- Ask before laying hands on them whilst praying. Always avoid laying hands on chests, thighs or heads.
- Make sure you have others on hand. Some churches pray in twos and this can be good practice, although for some this is overpowering.
- If you do have two people have one as lead and one as assistant/observer
- Have fresh breath- use a mint beforehand!
- Have tissues to hand nearby.
- Afterwards check if there is anything else they need and give them time to process.
- You could offer a space for them to go to.
- Have a proper selection and induction process for your team as well as regular training.



- Have a restricted group of people that don't appreciate the uniqueness of each individual.
- Assume everyone knows what is going on.
- Assume everyone will cope with people seeing them be prayed for in a more public way.
- Dive straight in to praying without a short discussion first.
- Assume the need they have due to outward presentation – eg physical disability so they want prayer for physical healing.
- Assume you should touch them and come close.
- Be all alone with the person.
- Eat garlic or drink strong coffee beforehand!
- Be unprepared.
- End abruptly
- Choose people on the spur of the moment to help you pray.



For more information about our Pastoral Care Training, contact us via our website [www.jointhedots.solutions](http://www.jointhedots.solutions)