

Trauma & Trained Mental Health: A Kingdom Framework for Healing, Leading, and Living Whole

What Is Trauma-Informed, Trained Mental Health?

"Trauma and Trained Mental Health" is the intentional intersection of **psychological understanding, Holy Spirit-led healing, and leadership development**, equipping individuals especially leaders to:

- Identify unresolved trauma
- Heal through biblical and clinical strategies
- Lead others from *wisdom*, not wounding
- Be emotionally and mentally mature vessels in Kingdom spaces

This approach doesn't replace therapy or biblical truth it **bridges the two**, making space for the soul and the Spirit to do a deep, restorative work.

Understanding Trauma in Kingdom Terms

Trauma isn't just about what happened to you, it's also about:

- **What it caused you to believe** (about God, yourself, and others)
- **What it altered in your nervous system** (how you react, retreat, or regulate)
- **What it disrupted in your soul** (your ability to trust, feel safe, or stay present)

Biblically, trauma often shows up as:

- Broken identity (think Mephibosheth in 2 Samuel 9)
- Spiritual amnesia (like Elijah under the broom tree)
- Dissociation or fear (like Peter denying Jesus)

But God is not intimidated by trauma. He *restores, retrains*, and **re-commissions**.

What Does It Mean to Be Trauma-Trained?

Being **trauma-trained** doesn't just mean you've survived something. It means you've:

1. **Identified how trauma shaped your patterns**
2. **Done the soul work with the Word and the Spirit**
3. **Built capacity to support others without transferring your pain**
4. **Understand emotional regulation, triggers, and boundaries**
5. **Live with a renewed mind and a healed heart**

You are no longer just surviving you're now *stewarding your healing* and becoming a safe place for others.

Why This Matters for Healed Leaders

✗ The Untrained Leader:

- Bleeds on others while leading
- Over-spiritualizes or suppresses trauma
- Uses charisma to cover emotional chaos
- Leads from reaction instead of revelation

✓ The Trauma-Trained, Healed Leader:

- Recognizes emotional patterns and roots
 - Normalizes healing while holding space for others
 - Builds psychologically safe environments
 - Operates in power **and** wisdom
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The Process of Becoming Trauma-Trained:

1. **Awareness**
 - Naming your pain, patterns, and protective mechanisms
 - Asking: "What did I learn to survive that now hinders my leadership?"
2. **Healing**
 - Inviting Jesus into past wounds and body-held memories
 - Using scripture, therapy, journaling, and stillness to process and release
3. **Rewiring**
 - Replacing fear-based reactions with Spirit-led responses
 - Practicing nervous system regulation (e.g., breath, prayer, presence)
4. **Equipping**

- Learning how to support others' healing without burning out
 - Creating systems, structures, and strategies rooted in emotional safety
5. **Integration**
- You no longer compartmentalize healing it's your way of being
 - You teach, lead, correct, and build **as someone who's been made whole**
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The Fruit of Trauma & Trained Mental Health in Leadership:

- **Clarity over confusion** in communication and vision
 - **Discernment over defensiveness** when navigating conflict
 - **Boundaries over burnout** in relationships and ministry
 - **Safety over striving** in your culture, team, or family
 - **Authority over anxiety** in your purpose and decisions
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“He heals the brokenhearted and binds up their wounds.” – *Psalms 147:3*

“You have been made whole. Go in peace.” – *Luke 8:48*

You're not just *trauma-informed*.

You're *Spirit-formed, trauma-trained, and truth-filled*.

You don't just carry oil.

You carry **insight, empathy, and authority** that was forged in fire and healed by the hand of the Father.

In grace and love

Teara F. Stewart