

## Participant Registration

Any Catholic in the Diocese of Kalamazoo that is an adult survivor of childhood abuse or neglect can apply to participate in the Trauma Recovery Program.

Others may call Dr. Phyllis Florian, at (269)903-0134, to arrange for an assessment interview.

Spanish-speaking persons are asked to call Padre Kenneth Schmidt, MA, LPC, NCC, Programa de Recuperación de Traumas Psicológicos, at (269) 327-5165.



If you are the victim of abuse by church personnel, please call the Bishop's Delegate, Deacon Patrick Hall, at (269) 349-8714, ext. 246, or toll free at (877) 802-0115.

Healing the wounds of a traumatic childhood is so vitally important to living a joy-filled and productive life. For this reason we reach out in love to our sisters and brothers and offer the Trauma Recovery Program to any Catholic struggling with a tragic childhood of abuse or neglect. Through this excellent program participants are successfully armed with the resources to live a full life and we hope a stronger recognition of God's love for them.

Bishop Paul J. Bradley  
Diocese of Kalamazoo



### Diocese of Kalamazoo

215 N. Westnedge Ave  
Kalamazoo, Michigan 49007

This service is offered free of charge to all Catholic adult survivors of childhood trauma.

# Introduction to the Trauma Recovery Program



Learning Skills  
to  
Heal the Mind,  
Body, and Spirit

A  
Faith-Based  
Response for  
Adult Catholic  
Survivors of  
Childhood Abuse  
and Neglect

## A Faith-Based Response

“We commit ourselves to do all we can to heal the trauma that victims/survivors and their families are suffering and the wound that the whole Church is experiencing.”

*Charter for the Protection of Children and Young People, National Conference of Catholic Bishops*

The Catholic Bishops have made a solemn commitment to the protection of children and young adults, and to the healing of the effects of trauma to victims/survivors of childhood abuse and neglect.

**The first obligation of the Church with regard to the victims is healing and reconciliation.**

Dioceses have responded to the needs of victims/survivors and their families with a commitment to their spiritual, emotional, and physical well-being. In cooperation with social service agencies and other churches, support groups for victims/survivors and others affected by abuse have been established and encouraged in every diocese and in local parish communities.

## What is the Trauma Recovery Program?

Trauma is an event or series of events combined with an individual's vulnerability that creates an obstacle in normal human development.

The Trauma Recovery Program teaches the core concepts and skills of the “Trauma Model,” a treatment model developed by Colin A. Ross, M.D. With his permission, the Program utilizes Dr. Ross' concepts in conjunction with the expertise and skills of the facilitator.

The goal of the Trauma Recovery Program is to help individuals improve their functioning by helping them to stabilize, using new tools learned in a group setting. The Program teaches skills for effective living in the present rather than recovery of repressed memories. Healing occurs with the processing and integrating of feelings, thoughts, and behaviors.



## Who Benefits from the Trauma Recovery Program?

The Trauma Recovery Program was developed in the Diocese of Kalamazoo for Catholic people who have been affected by childhood abuse and neglect. Now personnel in many dioceses have received training and apply the trauma model in a variety of ways. In the Diocese of Kalamazoo, participants meet in a small group setting for ten sessions. The groups are comprised of six to ten trauma survivors, facilitated by a credentialed mental health professional and a priest. Once individuals have completed the learning group, they can attend a support group that meets for nine sessions.

### What About Confidentiality?

Group members are provided with a safe environment in which they can identify conflicts and unlearn specific behaviors related to the effects of the trauma. The facilitators maintain confidentiality, and group members sign an agreement to do the same.

## TRAUMA RECOVERY PROGRAM

*A gift of the Catholic Diocese of Kalamazoo to its people*