

Our Services

We are focusing on the healing of heart wounds of heart wounds of traumatized people in the following categories:

Individual trauma counselling

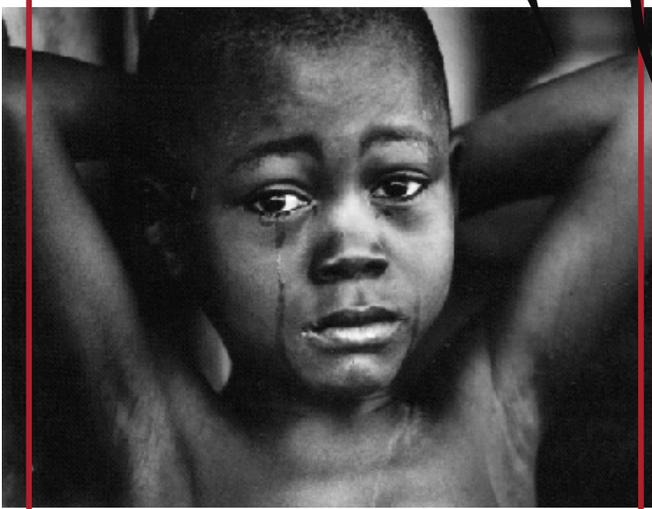
Trauma debriefing directly after a traumatic event for victims and their families
Short- and long-term trauma counselling in order to help people moving forward after traumatic events.

Small group trauma healing sessions

Corporate debriefings in schools, companies and in communities

Community projects

Developing awareness of the effects of trauma in schools, companies and communities
Educational talks and workshops on how to deal with trauma
Training workshops



Capacity Building and Training

Persons, who show facilitator aptitude, either in churches and organizations or through their exposure to the ministry when taking part in small group sessions, can become part of a growth plan to be developed towards facilitators who are functioning at an acceptable level, but still within the spectrum of their own style, personality and abilities.

There are four levels of facilitation:

1. Small group facilitator:

leads small groups during a trauma healing equipping session.

2. Assistant facilitator:

helps teach at a trauma healing equipping session.

3. Facilitator:

leads trauma healing equipping sessions.

4. Master facilitator:

certifies facilitators and organizes on-going network sessions.

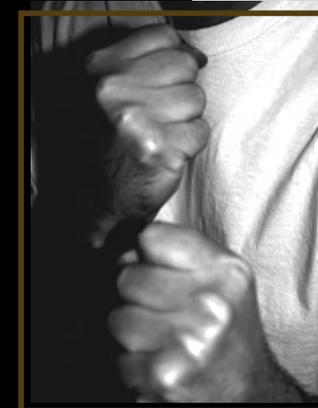
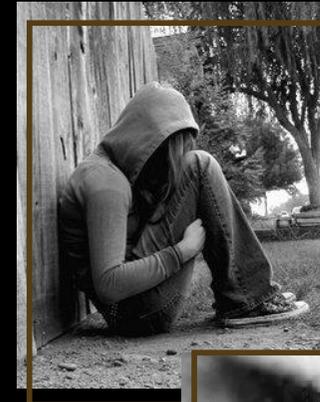
Our Contact Details

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Trauma Healing Network

NAMIBIA



...from brokenness
to healing...

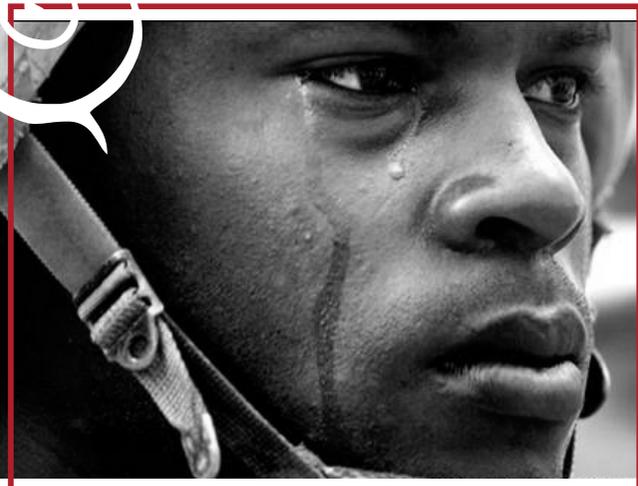
Our Vision

Listen to the daily news – everyday more people are traumatized by, amongst others, accidents, abuse and domestic violence, natural disasters like floods and famine, diseases such as HIV/AIDS, work related stress, rape, robbery, divorce, suicide and the death of loved ones.

Hereby, it often happens that the families and friends of the victims of trauma become traumatized on a secondary level when witnessing or hearing about the trauma of their loved ones.

The good news is that, in the midst of suffering, Christ took our suffering on himself when he died on the cross, and, in the light of his victory, it became also possible for survivors of trauma to be victors.

Therefore, the Bible Society of Namibia wants to mobilize organizations and churches in Namibia to help victims of trauma to engage with Scripture and to experience healing of their heart wounds.



Our Focus

Our main focus is to include trauma healing in the existing outreach ministries of organizations and churches in their focus on adults and children, women and men.

It involves four stages:

- Sensitizing church or organizational leaders
- Equipping volunteers to use story-based trauma healing materials
- Healing-groups in the community which focus on integrating the trauma
- Celebrating the passage from being broken to being whole

Our Network

Our over-arching goal is to establish an on-going trauma healing network of people, churches and organizations that can respond to the scope of needs in Namibia.

Those within the network may be working in some form of trauma healing or in other aspects of humanitarian care.

At the very least they should share a concern and passion for trauma healing, and should be willing to work respectfully with others.

The network provides a space for encouragement, identifying common problems, finding solutions, learning from each other, professional development, prayer, and research. Basic training, programs, on-going professional development, monitoring, and research feed the vitality of the network.

Our Approach

The core program is based on Scripture-based trauma healing content and resources. It provides basic mental health concepts within a biblical framework, using Scripture passages and composite real-life stories to help people connect the teaching with their circumstances.

Beyond physical injuries, trauma is a wounding of the heart, and the healing of heart wounds happens best in one's heart language. Therefore the workbooks will be available in the heart languages of the people of Namibia.

Through the use of small group conversations on the basis of original laments, drawings and activities, the workbook helps people to express their pain without getting stuck in it. They are invited to bring their pain to the cross of Christ for healing. Once healed of their trauma, they are able to forgive and eventually to be reconciled with those who have inflicted the pain.

Whenever a community is traumatized, children suffer, but often they are without a voice and their heart wounds go untreated. They also have to articulate their inner pain although their language skills are still in development. Many adults do not know how to help traumatized children in their pain and despair. Through stories, games, drawings, crafts, writing laments, songs and activities, children are helped to put their pain into words and to bring it to Christ for healing.