

# Sacred Scars: Unveiling and Healing Religious Trauma in Clinical Practice



## Description

This workshop will help individuals understand the various terminologies, statistics, origins, elements, symptoms, assessment tools, and treatments for religious trauma and spiritual abuse. Participants will learn how different religious/spiritual practices, beliefs, and persons or organizations can cause religious trauma and distinguish between healthy and unhealthy spirituality. In addition, participants will be provided the opportunity to consider their own biases regarding this topic and how to mitigate potential harm to clients from countertransference. They will learn about the potential long-term impacts of religious trauma and spiritual abuse on their clients and how to provide compassionate support and referral to alternative aides when appropriate and necessary. This engaging and informative workshop is designed to equip helping professionals with the knowledge, skills, and personal growth work needed to make a positive impact in the lives of those suffering from the consequences of trauma incurred in religious and spiritual contexts.

## Instructor

**Alicia Chiasson, LMSW, MPA, CCTP**, is a licensed therapist in the state of Michigan who specializes in the treatment of trauma, shame, anxiety, and religious/spiritual abuse. Alicia helps clients make sense of their circumstances and wounds, gain tools for self-healing, identify and connect with their inner resources, and pursue a life of wellness, fulfillment, and empowerment. Alicia's specialty in Religious Trauma and Spiritual Abuse began with her own traumatic experience and she is honored to now walk alongside those suffering from this issue as they examine preexisting beliefs about themselves and the world, process the grief related to redefining or leaving the faith and their associated communities, and heal from the harm that was experienced as a result of their religious/spiritual beliefs and community.

## Objectives

1. Differentiate between the varied definitions associated with religious trauma
2. Understand the functions and benefits of religion/spirituality & recognize how religion and spirituality can harm clients and lead to trauma
3. Identify assessment tools, related diagnoses, and treatment approaches to religious trauma and spiritual abuse
4. Discover clinician challenges & needs when working with religious trauma and spiritual abuse
5. Understand the societal implications of religious trauma and spiritual abuse

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.



FRIDAY, NOVEMBER 15, 2024  
12:00 PM - 3:00 PM

ONLINE VIA ZOOM

COST : \$ 59  
CE CREDITS : 3.0  
COURSE LEVEL: BEGINNER