

Missionary Trauma Action Sheet

Table Talks Gospel Furthering Fellowship

The question becomes, “What can and should I do to assist missionaries in the area of trauma?”

1. Move past the idea of stigmatizing those who deal with Post-Traumatic Stress.
2. Understand and express that a person dealing with Post-Traumatic Stress is **NOT** abnormal. They experience **normal** reactions to abnormal **events**.
3. Obtain and make available resources to assist missionaries with understanding the challenges missionaries face in general and Post-Traumatic Stress in particular.

It's Tuesday- Now What do I do? by Richard Lewis
<https://www.lewis-training.com/books-and-resources>

It was written primarily for new missionaries arriving on the field unsure of their first steps. The first steps of many missionaries are determined by what they told churches they would do when they got to the field. They are not the best first steps.

The Cross-Cultural Worker's Survival Guide by Don Mingo

To Hell, Back, and Beyond- A PTSD Journey – When Faith and Trauma Collide
by Don Mingo

<https://www.m2mcare.org/books-by-don-mingo/>

Recommendation of these resources is not a blanket endorsement of everything in them or everything written by the authors.

4. Learn, in an educational, non-accusatory way, how a prospective missionary's board (whether as a sender or supporter) explores and deals with past trauma during the application process.

5. Learn, in an educational, non-accusatory way, how a missionary's board **proactively** inquiries about and ministers to their missionaries in general and in the area of trauma specifically.

6. Require and assist missionaries in participating in a professional missionary debriefing when they return to the US for furlough and when ending their missionary career. This is a debriefing done by an outside person/agency for the missionary's personal benefit.

Interlude Debriefing Retreat
www.Barnabas.org

Mission Training International- DAR program
mti.org

The recommendation of these debriefing ministries is not a blanket endorsement of the organization that provides them or everything that is taught to them.

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