



Responding to the Covid-19 Crisis



SIL International and other members of the Trauma Healing Alliance have partnered together to provide trauma healing resources specific to the COVID-19 crisis. The hope for these resources is that they will help many navigate through this unprecedented time. The COVID-19 Trauma Healing lesson can be used in a group (online), with your family, or by an individual - even by those who have never used trauma healing materials before.

There is also a lesson for families for use with children, *Peace, Be Still...*

The COVID-19 Trauma Healing Lessons can be followed effectively by working through the Beyond Disaster booklet. See the separate Leader's Guide for help with that process.

There is also a guide for facilitating these materials and healing groups using the online Zoom application.

Click on the title of each resource to download.

Healing from the Distress of the COVID-19 Crisis

A lesson for small groups or individuals to help people begin to heal from the spiritual and emotional effects of the COVID-19 pandemic. If used as a standalone lesson, you can follow up with the booklet *Beyond Disaster: A Survivor's Guide for Spiritual First Aid* to continue in the healing process. You can also use this lesson with a group that is going through *Healing the Wounds of Trauma: How the Church Can Help*, the classic curriculum from the Trauma Healing Institute. German, and French are in pilot edition, March 2020. English and Spanish have been.

THI COVID-19 Lesson
THI Sanar de la angustia de la Crisis COVID
THI La crise du COVID (pilote)
THI Mit Gott durch die Coronakrise (pilot)
从新冠肺炎所造成的痛苦中恢复 (draft)
Covid-19 ကပ်ရောဂါကြောင့် စိတ်ဒဏ်ရာရနေသော
การเยียวยาความกังวลใจจากวิกฤตโควิด-19
COVID-19 Lesson: Optional stories for different contexts
REVISIONS in the Updated COVID-19 Lesson: For translation purposes

THI COVID-19 Care for the Caregiver Lesson
COVID-19 Caregiver Stress Test

A Simple Guide for Connecting with Your Friends during COVID-19

This is an phone conversation guide for connecting with people during this pandemic, based on the THI *Healing from the Distress of the COVID-19 Crisis* lesson. It is for those who can't (or won't) join a healing group (online or otherwise) at this time but would like to check in with their friends, family, and ministry contacts, particularly to minister to people's emotional needs. Being heard is a huge part of healing, so this was designed to equip as many people as possible to ask good questions and listen well.

Connecting with Your Friends during COVID-19

Peace, Be Still: A Family Guide to Living in Crazy Days

This lesson offers parents a resource to use with children ages 8–12 during the COVID-19 pandemic. This six-part resource will help you help your children to feel safe during this time of uncertainty and change. It offers biblical and practical resources and age-appropriate activities for addressing our feelings and finding ways to express them appropriately. Developed by the children’s team at the Trauma Healing Institute.

Peace Be Still COVID Family
Paz, quedense tranquilos familias COVID
Silence Calme Toi COVID Famille
จงเงียบสงบ - คู่มือครอบครัวสำหรับการใช้ชีวิตในวันที่แสนยุ่งยาก

Beyond Disaster booklets

Beyond Disaster is a guide for spiritual first aid for people who have survived natural or human-caused disasters. It can be distributed any time following a disaster but is most beneficial once the initial shock has passed.

The booklet offers (1) strategies to help people cope in the short term, (2) guidance on what to expect during the process of recovery, and (3) resources to begin a journey toward emotional and spiritual healing. Based on the globally proven model of the Trauma Healing Institute, this booklet integrates best practices in mental health into a biblical framework.

(*Economy format*, A5 size. Full content with fewer graphics and fewer pages. You can print this document from Adobe Acrobat if you choose the “booklet” option when printing.)

Beyond Disaster
Beyond Disaster (economy format)
Más allá del desastre
Más allá del desastre (formato de economía)
Survivre à une catastrophe
Trotz der Krise geht es weiter
Oltre il Disastro
超越苦难：心灵创伤的急救指南
Долаючи лихо
Преодолеваю бедствия
Onkraj stiske

Using Beyond Disaster with Small Groups

Guidance for using the *Beyond Disaster* booklet with small groups, which is a recommended way of encountering the material. This 9-page document includes some background, ideas for leading a group, and tips on facilitating discussion on the booklet. No professional training is required. This resource offers additional support to leaders who may feel unprepared to address the effects of trauma.

Beyond Disaster Leader's Guide

Más allá del desastre Guía del líder

Survivre à une catastrophe Guide du leader

Trotz der Krise Anleitung

《超越苦难》培训教程

Beyond Disaster postcards

The "*Beyond Disaster*" postcard offers basic support for survivors immediately after a disaster. Designed for those who may still be in shock, the front of the card has an image by Makoto Fujimura and a verse from Isaiah 43. The back of the card lists typical physical and emotional reactions to trauma and short-term coping strategies. (4x6 inches)

Beyond Disaster Postcard International

Beyond Disaster Postcard USA

Más allá del desastre Tarjeta postal Internacional

Más allá del desastre Tarjeta postal EE UU

Survivre à une catastrophe Carte postale

Trotz der Krise Postkarte

Using ZOOM for online healing groups

Using Zoom for online healing groups

Uso de Zoom para grupos de sanidad en línea

Find these and other COVID-19 language resources on SIL International's COVID-19 Resource Center website at sil.org/covid-19.

Contact traumahealing@sil.org for more information about other Trauma Healing resources and training opportunities.

See also BeyondDisaster.Bible or go to traumahealinginstitute.org.