



“Trauma-Informed Pastoral Care”

CAO SPRING RETREAT

May 7, 2026

9:00 am to 12:30 pm

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Objectives for Retreat

- Participants will learn that trauma is "not what happens to you but what happens inside you" (Mate, 2022, 20); it is an inner psychic injury that deeply affects an individual's body, mind, and spirit
- Participants will be able to identify and describe the key components of trauma
- Participants will be able to identify and describe different emotional, physical, cognitive, and behavioral responses to traumatic events
- Participants will be able to identify and describe the deep impacts that severe trauma has on individuals
- Participants will be able to understand and describe the main concepts and core principles underlying trauma-informed care
- Participants will be able to discern and describe the special role that chaplains can play in promoting the healing of patients suffering from trauma

(More information to come after January, 2026)