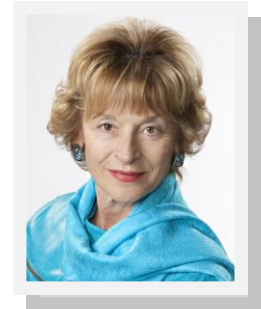




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Dr. Jane A. Simington, PhD.

POST TRAUMATIC SOUL DISORDER: MENDING A FRACTURED SOUL

Many in our world are attempting to heal from the aftermaths of trauma resulting from natural disasters or human atrocities. While the effects of trauma are experienced physically, emotionally, mentally, and spiritually, the spiritual distress resulting from a traumatic event is often described as being the most intense of the effects, and as having the most long-lasting and serious impact on all other aspects of human functioning and relationships.

During our time together you will:

- 1) Review the concepts of spiritual distress in relation to trauma and trauma healing.
- 2) Describe the relationship between spiritual distress and the physical, mental, emotional and soul responses to trauma
- 3) Examine techniques to help heal the spiritual distress of trauma, rekindle hope and renew happiness and joy.



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[Article: Trauma and Dissociation: Neurological and Spiritual Perspectives](#)