



CFTU

Christian Feminism To You

Speakers Bureau

Mental Health and Self-Care for Responding to Trauma and Crisis using Art and Writing

Develop a toolkit for caring for yourself and others during trauma and crisis in your community.

It is important for the person caring for another in trauma to take care of themselves as they witness crisis. This is an interactive workshop that helps identify ways to incorporate art and writing as healing tools as a healthy expression for yourself and those you work with in your community. Explore strategies to provide opportunities to utilize these activities in your church, practice, or workplace.

Presentation length can be adjusted as necessary, from a one hour lecture or workshop to the focus of a two-day retreat or conference.

“This was so ‘wonderfully healing.’”

Dr. Christy Sim is the Executive Director of Stronger Than Espresso, an organization that designs and provides healing tools and curriculum for communities after a person experiences domestic violence, abuse or sexual assault. She previously spent two years as the Accreditation and Technical Assistance Coordinator at the Kansas Coalition against Sexual and Domestic Violence (KCSADV) where she worked with twenty-nine domestic violence and sexual assault programs helping enable a standard of trauma-informed care for everyone in the state.

Dr. Sim graduated in August 2014 from St. Paul’s School of Theology, with a doctorate in Global Health and Wholeness with her main area of emphasis and research in healing after Domestic Violence. She has over 400 hours of additional training in domestic violence, sexual assault, legal and forensic implications of violence, the neurobiology of trauma, trauma-informed care, developing a community’s response to violence, and more.

She has a chapter, “Celebration of Strength” in the book *Talking Taboo: American Christian Women Get Frank about Faith* (edited by Lane and Okoro; White Cloud Press, 2013).

Read more on the [Stronger Than Espresso website](#).



For booking information contact Christian Feminism Today by emailing office [at] eewc [dot] com.

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