

Community Conversations: Resilience & Health

by Rev. C Perry Dougherty



Resilience is the capacity of individuals or groups to navigate their way to the psychological, social, cultural, material, and spiritual resources that help sustain their well-being...

**The power of story,
testimony,
voice...**

**A few things
I know to be true
about trauma...**

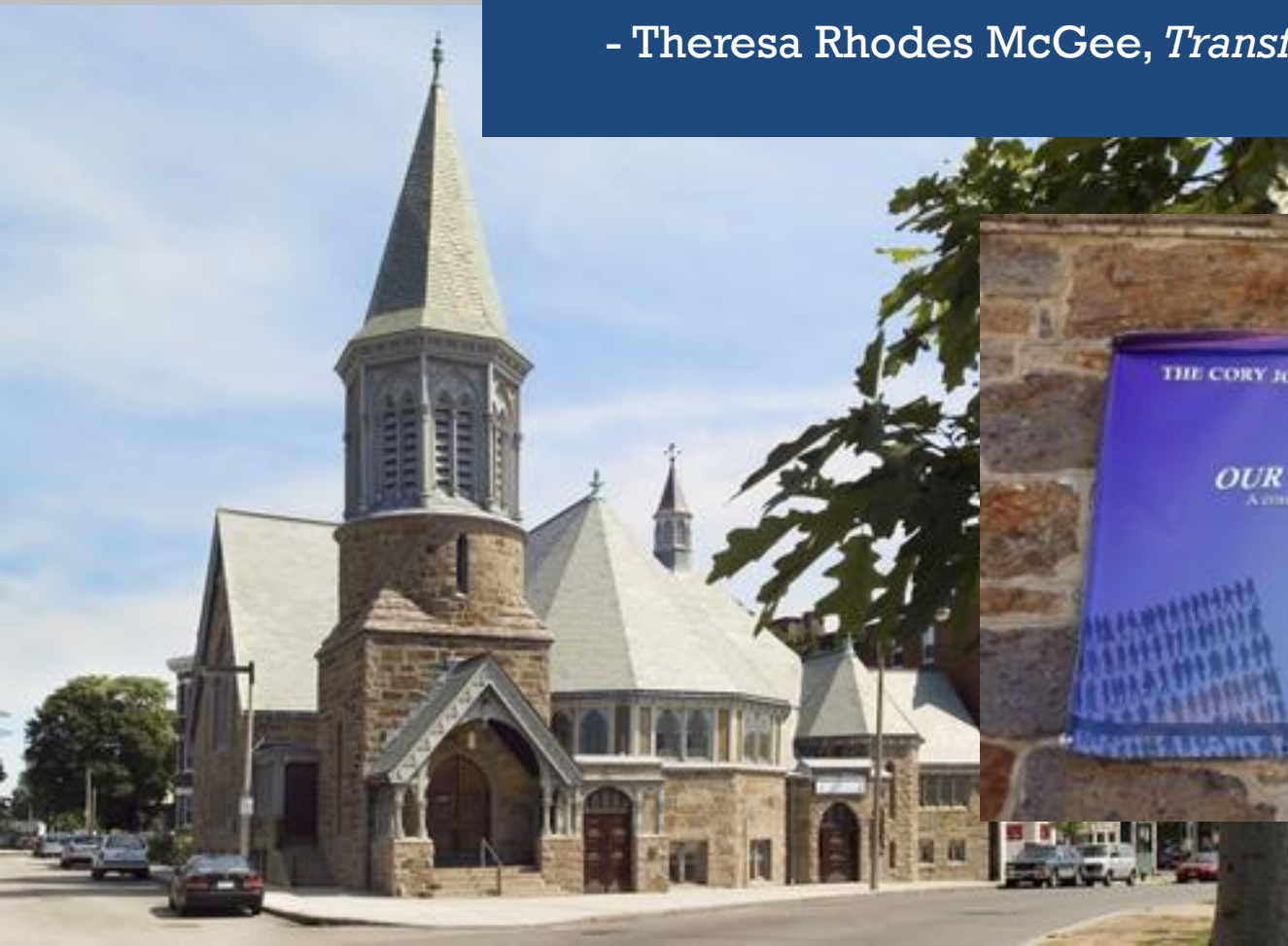
“Founding itself upon love, humility, and faith, dialogue becomes a horizontal relationship of which mutual trust between the dialogues is the logical consequence.”

- Paulo Freire,

Pedagogy of the Oppressed

*“Healing from trauma
is as multi-dimensional
as the wound itself.”*

- Theresa Rhodes McGee, *Transforming Trauma*



Our Voices, Our Stories

Community Companions

- Trained in trauma 101, deep listening, personal narrative
- From community, history of trauma themselves

Monthly Community Events

- Open to all (not Christian)
- Community meal
- Space, tone held by facilitator (open, close, as needed only)
- Music, dance, poetry interspersed throughout

Small Groups

- Grief Groups with clinician
- Mutual Support Groups with community companions

“When I walked into this place, I felt like it was a place for healing. The spirit in this room—you can feel it. It’s an anointing. There’s an anointing spirit in here. We’re healing each other.”

*- Participant,
“Our Voices, Our Stories” Program at Roxbury
Presbyterian Church in Roxbury, MA*

Safety (space)

“This is the first time I’ve talked in front of a group where I don’t know a soul. It’s because of those who will embrace your tears that you can heal. You have to tell the story again and again to heal.”

*- Participant,
“Our Voices, Our Stories” Program at Roxbury
Presbyterian Church in Roxbury, MA*

Story (practice)

“This now has become a community. Each of us is here to listen and to hold each other in healing.”

*- Participant,
“Our Voices, Our Stories” Program at Roxbury
Presbyterian Church in Roxbury, MA*

Connection (experience)

Spiritual Wholeness

Isolation

Connection

Doubt

Faith

Despair

Meaning

Anger

Compassion

Fear

Love

Judgment

Forgiveness

Suffering

Liberation

**The power of
community,
companionship,
witness...**

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