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
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
“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
“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
Spiritual Wholeness

Isolation  Connection
Doubt      Faith
Despair    Meaning
Anger      Compassion
Fear       Love
Judgment   Forgiveness
Suffering  Liberation
The power of community, companionship, witness...