



## **SIT CORE VALUES & GOALS**

### **Trauma Definition**

**Acute Trauma** - single significant incident that alters your sense of safety and well-being

**Chronic Trauma** - abuse/violence that continues for long periods of time setting a pattern of distrust and distortion of value, safety and normalcy

**Complex Trauma** - Chronic trauma with long term physical and emotional symptoms; traumatic events compound spiraling into hopelessness, despair and anger

### **Core Values**

**Safe Spaces:** Offering a safe space for the hurting to identify, open up, and process their trauma. Prov 1:33, Ps 12:5, II Thess 3:3

**Prayer Warriors:** Active prayer warriors who pray confidentially for specific concerns.

**Healing Hope:** Envisioning hope for recovery and a brighter (purposeful) future. Lam 3:21-23

**Christ Centered:** Leading people into a renewed/new relationship with Jesus; using Biblical principles in all training and counsel. Matt 6:33, Prov 3:5-6, Heb 12:14, Ps 19:9, Prov 16:6

**Caring Community:** Offering engagement with others who have been in trauma or who are working through trauma. Heb 10:25

**Pivotal Partnerships:** Connecting the hurting to qualified counselors/programs. Partnering with churches to train their church body in trauma care. Matt 18:20

### **SiT Goals**

We care and empathetically coach individuals to figure out their right next steps.

We connect them with organizations or tools to help them long term.

We train in tools that help manage the chaos of trauma.

We share Biblical truths that can give them Hope through a relationship with Jesus.