

 On the Road of Recovery

# RELIGIOUS TRAUMA AND SPIRITUALITY

A development course for providers  
supporting the community members  
with spiritual trauma.





# JOHN NIMMO

- Project manager of On the Road of Recovery, CPRS-S at Case Western Reserve Uni and Project SOAR, and NPRA Ohio Affiliate
- Over 4 years in recovery from SUD and MI
- A proud member of the LGBTQ+ community
- Pretty cool guy





# TRAINING BENEFITS

As leaders, we come in contact with diverse individuals from various backgrounds and cultures.

- Religious trauma
- Who is most effected
- Supportive environments



# BELIEFS AND FAITH

WHAT IS RELIGION?

WHAT IS PHILOSOPHY, OR MORAL CODE?

WHAT IS FAITH?

WHAT IS SPIRITUALITY?





# IS RELIGIOUS TRAUMA REAL?

RELIGION HAS A HISTORY OF BEING WEAPONIZED

31% of people in US, and 10% of the world identify as “Nones”

## RELIGIOUS UPBRINGING

Raised in strict religious homes

Raised in other religions

Raised with no religion

## POPULATIONS

LGBTQIA+

Athiest/Agnostics

Minority Religions

Secular

## ORGANIZATIONS

Business/Employers

Faith-based treatment

12-step meetings

Governments

Extremist groups

1

**Kim's story of  
excommunication**


2

**John's story of  
conversion  
therapy**

3

**Jedi's  
story of coming  
out to family as  
LGBTQIA+**



- 
- Excommunicated.
  - Drinking
  - Resentments
  - Bad accident
  - 12 steps
  - Higher Power

Kim

# Jedi

- Indian Family
- Non-binary
- Shunned
- Worked with CPRS
- Transgender
- Rebuilding Relationships



# Types of Spirituality

## Secularism

Meditation  
Chant  
Jainism  
New Age  
Yoga  
Mindfulness

**Understanding the  
mind and body**

## Theism

Hindusism  
Prayer  
Islam  
Christianity  
Norse  
4000 world religions

**Organizaitons with a  
belief in an entity(s)**

## Spiritualism

Social Spirituality  
Spiritual Being  
Jainism (Dharma)  
Shamanism  
Taoism  
Wicca

**Enlightenment and  
Universal Connection**

## Intellectualism

Atheism  
Anti-Theism  
Agnostic  
Intellectualism

**No connection or  
drive to connect.**

# All Are Subjective



# THE SIGNIFICANCE OF SPIRITUALITY IN SHAPING OUR IDENTITY

- Shapes personality and moral values
- Personal beliefs are unique
- Beliefs are subjective





# SUPPORT GROWTH

To build a connection with a person, listen to their values and inquire about any potential religious trauma. Determine their openness to spirituality.





# Leave out personal bias and discrimination.

- 
- Alternative faiths
  - Non-religious individuals
  - Intellectualism
  - Your personal moral beliefs concerning social issues
  - Prayer or meditation rituals
  - Varied belief systems
  - Minority groups that have experienced religious trauma





# ALLOW PEOPLE TO DISCOVER THEIR OWN PATHWAY



## **UNDERSTAND**

Ask questions, remove bias

## **ADDRESS TRAUMA**

Offer community supports

## **PROVIDE OPTIONS**

Share resources of all ways to  
connect to a spiritual pathway



# Do not:



Try to convert people

Judge another's choices

Force a spiritual journey

Have expectations



# Find local resources



## Religious Communities:

- Churches
- Synagogues
- Mosques
- Temples
- Coven Circles
- Alters



## Spiritual Leader's:

- Priests
- Rabbi
- Ministers
- Shaman
- Spiritual Life Coaches
- Ministers
- Reverends



## Mindfulness communities:

- Yoga
- Meditation
- Reiki
- Sound therapy
- Acupuncture
- Massotherapy



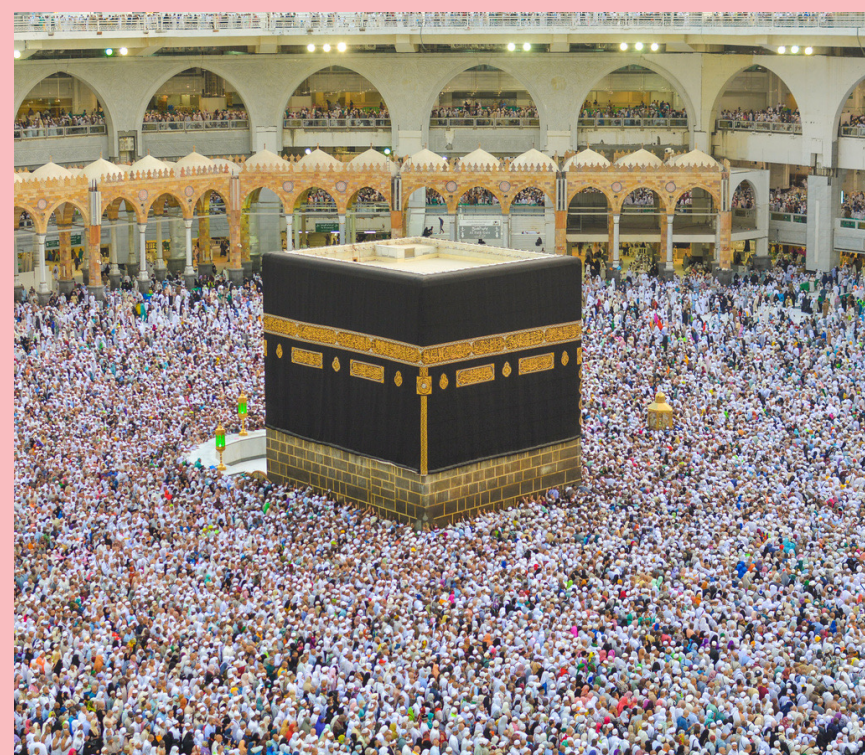
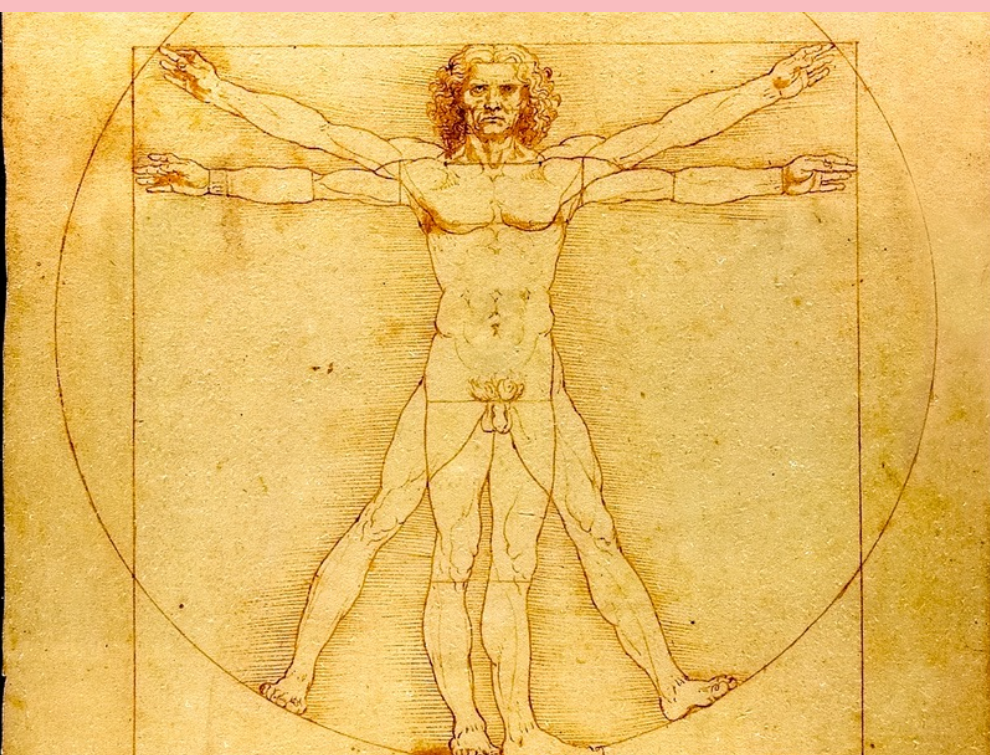
## Intellectual communities:

- SMART Recovery
- Freedom from Religion org.
- Secular Coalition of America
- Unitarian Universalist
- Flying Spaghetti Monster
- Our Lady of Perpetual Exemption





**It's ALL About  
Community!**







Enjoy the Sound Bath!



# QUESTIONS





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