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“This book is written sensitively, compassionately and clearly, and shows how the beauty of Christ both challenges our perspectives on trauma and ministers to those impacted by deep suffering.”

Karen Sleeman

“A wise and reliable guide for church leaders and members that deeply understands trauma. Steve presents an inspiring and biblical vision of love and care that will bless many. Practical, realistic and achievable in numerous church contexts.”

Dr Karl Hood

Understanding Trauma

A Biblical Introduction for Church Care

Many of us long to serve and be there for those who are suffering from trauma, but we don't know how to do so in a way that is caring and helpful.

This book enables Christians, and especially pastors, elders, and ministry leaders, to understand what trauma is and how it affects people, including their experience of church, so that we can lovingly support those who are suffering from it.

Author Steve Midgley trained as a psychiatrist before being ordained, served as Vicar of Christ Church Cambridge for 18 years and is now the Executive Director of Biblical Counselling UK. He writes with wisdom and compassion to summarize current understanding in this area, gives a biblical perspective, and makes lots of practical suggestions about how churches can be sensitive to, and be there for, those who have experienced trauma.

This book will help whole church communities to help and care for those who are struggling with trauma.

About the Author

Steve Midgley is executive director of Biblical Counselling UK and a pastor at Christ Church Cambridge. Steve is a conference speaker, a board member for the Christian Counseling & Educational Foundation, and on the board of directors of the Biblical Counseling Coalition. He and his wife, Beth, have three adult children.



Suggested Interview Questions

1. How is trauma woven into the Biblical narrative?
2. What are the three Es of trauma, and how do these help us identify it?
3. Why is trauma so often hidden from view among fellow church members?
4. What kind of problems can arise when churches don't have much of an understanding of the category of trauma?
5. Can you share some examples from the Bible that show that Jesus not only understands trauma but experienced it himself? How can this provide deep comfort?
6. What accounts from the Bible help us to understand that experiences of suffering should not be minimized and that they even merit grief and outrage in certain cases?
7. What are some positive and negative aspects of the secular theories about brain changes due to trauma?
8. You mention identity, acceptance, and involvement as three truths a person impacted by trauma needs to experience in the body of Christ. Why are these important?
9. How can we help those suffering from the effects of trauma to engage in the biblical practice of lament?
10. How does appreciation of beauty help restore people who have suffered trauma?
11. The cross points to the truth that one day there will be an end to suffering—why would that mean so much to someone who has experienced trauma?