



COURSE OBJECTIVES

- ✓ To teach course participants how stress and trauma can cause "soul wounds," which can lead to Post-traumatic Stress and Post-traumatic Stress Disorder in themselves and in their families.
- ✓ To help participants experience the strength and optimism generated by an inclusive, cohesive group of supportive others with whom they can feel heard and understood.
- ✓ To provide a non-judgmental environment where participants can process and share their traumatic experiences with others who have had similar experiences.
- ✓ To provide a safe, confidential environment where participants can share experiences and observations without fear of repercussions from their departments or co-workers.
- ✓ To teach participants to engage in a balanced, three-dimensional approach to trauma involving physical, psychological, and spiritual components.
- ✓ To help participants recognize the counter-productive nature of most of their typical methods of coping with stress and trauma.
- ✓ To give participants practical steps to follow when dealing with particularly debilitating aspects of stress and trauma such as anger, loss, grief, false guilt, bitterness due to unforgiveness (of self and others), depression, and suicidal ideation.
- ✓ To involve the first responder spouses in the whole REBOOT experience so that they can better understand their spouses, be more supportive, and care for their own secondary trauma issues.
- ✓ To help participants re-frame adversity in their lives, seeing it as a potential agent of strengthening, growth, and resiliency instead of harm and distress.
- ✓ To help participants view God as a responsive, engaged, compassionate, healer and source of power, inspiration, and resiliency, and to approach Him as such.
- ✓ To give participants the vision that, as they gain strength, stability and healing, they are equipped to help others who are struggling with trauma.

FIRST RESPONDER REBOOT CURRICULUM OUTLINE

WEEK 1 ANSWERING THE CALL

An introduction to what First Responder REBOOT is all about and the guidelines we will follow. Explores the six ways trauma exposure as first responders can impact our lives.

WEEK 2 STOP THE BLEEDING

We'll examine a set of default responses to trauma exposure that actually make things worse and learn how to avoid these unproductive responses.

WEEK 3 A WOUNDED SOUL

Introducing the concept of "soul wounds," showing the connection that exists between our damaged spiritual "roots" (due to trauma, poor choices, loss, guilt, etc.) and toxic "fruit" in our lives (anxiety, anger, hypervigilance, etc.).

WEEK 4 ALLIES & ENEMIES

Who is our enemy? What do they want, and why are they attacking us? Even more importantly, who are our allies that are willing to fight alongside us? In this session, we'll answer these questions..

WEEK 5 MOUNTAINS & VALLEYS

As First Responders, we are conditioned to suppress emotion—except for anger, which often becomes our default response. Over time, this leads to either emotional outbursts or complete numbness. Healing begins when we stop ignoring or avoiding our emotions and start managing them in a healthy way.

WEEK 6 BETRAYAL & ABUSE

Every relationship presents the possibility of betrayal. During our time together, we're going to focus on three sources of betrayal, including betrayal from parents, partners, and institutions.

WEEK 7 LOSS

First responders suffer loss in a variety of ways – so we will look at the important role that grieving plays as well as productive ways to mourn the loss of friends, dreams, capabilities and even careers.

WEEK 8 GUILT, SHAME & REGRET

In this session we will learn the role of guilt, shame, and regret and that they are inevitable after experiencing trauma. They will either help us move forward or keep us trapped in the past.

WEEK 9 FORGIVENESS

Harboring unforgiveness of ourselves or of those who have hurt us can lead to bitterness and unhealed soul wounds, hurting ourselves the most. What forgiveness is and is not. Includes an opportunity to participate in an exercise that will demonstrate forgivingness in action.

WEEK 10 RESTORING MY IDENTITY

Traumatic events tend to shake our self-identity to the core, often leaving a negative self-image. But we can rebuild a positive self image based on the truths from Scripture, rather than listening to the negative influences around us.

WEEK 11 MY LIFE, HIS STORY

Each participant spends the week prior to this class preparing a personal narrative of "their story," describing some of the key stresses or traumas they have experienced in their lives; members have an opportunity to share their stories with the group.

WEEK 12 WHAT COMES NEXT

During this session we will provide three options to you as you consider what comes next. You can choose to Heal, Grow or Lead.