

International Conference on Spirituality and Social Work
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**Pre-Conference Workshop:
Thursday, June 17**

**Building a staircase to heaven: Best practices in trauma work and
meaning making**

by
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ABSTRACT

Where we find trauma, we often find the search for meaning and spirituality. Ethical practice necessitates cultural competency in addressing such matters of the heart as faith and religion. This experiential workshop is designed to promote therapist self awareness of meaning making and spirituality using a combination of mini lecture, small/large group discussion, and writing exercises. Not only does trauma affect the suffering individual. There are complex and multiple ways in which trauma touches the therapist existentially and challenges the professional's emotional competence to remain engaged in the task of trauma treatment.

LEARNING OBJECTIVES

- *identify markers of culturally competent practice in working with issues of spirituality/religion
- *list the cautions/challenges for trauma therapists
- *summarize key findings from scholarly research on trauma work and spirituality
- *outline three strategies to promote client exploration of spirituality
- *outline the meaning system that shapes the person of the therapist with trauma survivors

Bio - JUDY CHEW

Judy Chew, MSW, PhD., is a registered psychologist, Training Coordinator at the Counselling Center, University of Calgary. She holds the positions of Adjunct Associate Professor in the Department of Applied Psychology and Adjunct Professor in the Faculty of Social Work, University of Calgary. Her professional interests and experience include training/supervision, psychology of men, counseling women, family of origin work, relationship decision-making, spirituality, group work, and resolving abuse issues. Dr. Chew's places value on the promotion of individual choices that enhance emotional, psychological, spiritual, physical and social wellbeing.

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