

HOLY HURT GROUP FAQ

Do I need to read Holy Hurt in order to participate in the group?

While it is recommended, it is not a requirement. You are welcome to read as you feel ready, or listen to Hilary's podcast: <https://holyhurtpodcast.com/>

Do I need to be a Christian or part of another religious group to participate?

No. The invitation is open to anyone who is interested in learning more about Spiritual Trauma.

Is this group therapy?

No. The structure is based on group spiritual direction and facilitated by an experienced Spiritual Director. The material in Holy Hurt is evocative, so finding a licensed therapist might further help in your healing journey.

Will I be asked to share my own story of spiritual trauma?

***Absolutely not.** Feeling the pressure to vulnerably share a painful story before you are ready is part of how some of us experienced spiritual trauma. Creating new ways to relate to one another in group settings is key to the healing process. This will be a continued theme throughout the 9-week sessions as we reimagine healthy and courageous group experiences that allow us all to flourish together.*