



## EFFECTIVE PASTORAL CARE FOR ADULT SURVIVORS OF SEXUAL ABUSE OR TRAUMA

### DON'T

Don't talk.  
Don't know.  
Don't defend.  
Don't minimize.  
Don't intellectualize.  
Don't launch a pep talk.  
Don't be impatient.  
Don't be directive.  
Don't be linear.  
Don't wing it.  
Don't be goal-oriented.  
Don't judge or shame.  
Don't talk to a diagnosis.  
Don't own.  
Don't fix.  
Don't assume this is past.  
Don't push.  
Don't expect efficiency.  
Don't expect reliability.  
Don't personalize.  
Don't take responsibility.  
Don't analyze.  
Don't shift into therapy.  
Don't be manipulated.  
Don't go it alone.  
Don't hesitate.

### DO

Listen.  
Learn.  
Acknowledge guilt of abusers and enablers.  
Recognize the burden.  
Permit strong feelings.  
If it were possible, we'd be over it already.  
Remember healing is on God's timing.  
Follow our lead and pace.  
Appreciate healing as circular, repetitive.  
Prepare and be knowledgeable.  
Be God-oriented.  
Offer radical respect for a humiliated person.  
Talk to us about the diagnosis.  
Respect boundaries on a person's burden.  
Accept healing as a process.  
Care for need here, now.  
Pace, go slowly.  
Simplify, repeat, confirm.  
Expect no-shows, late arrivals.  
Depersonalize errors and rough edges.  
Set firm boundaries, softly.  
Affirm mystery and grace in this life.  
Know how to refer for professional help.  
Live the boundaries you set.  
Let the Holy Spirit do the heavy lifting.  
Pastor.

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