

Trauma & Therapy Worksheet

Let's Talk Therapy | Discussion with Dr. Tad Tillemans

1. What was your takeaway from today's session?
2. Have you experienced trauma? What impact has burying trauma had on your personal life, if any?
3. Can faith be a barrier to getting help? Discuss.
4. As a Christian, how can you explore therapy from a Christian perspective?
5. What did you learn about therapy today? How has your perspective changed?
6. Do you feel you could benefit from therapy?

Our culture highlights the role of the doctor as the expert and actively discourages the active participation of the individual.

7. What role do you think you should play in your own journey towards wellness?