

# *Being Effective in Hard Places*



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# Hard Places

- “Hard Places”
  - High ongoing stress, often adversity
  - Risk of trauma; recurrent
- Higher risk of being taken hostage, of violence, crime, evacuation, and religious persecution

# What is needed to be effective?

- Workers being equipped to THRIVE, not just survive – emotionally, physically, spiritually
- Workers need to be RESILIENT, EQUIPPED to deal with adversity, even GROW in it
- What specific supports do workers in high risk areas need?

But we have this treasure  
in jars of clay, to show  
that the surpassing power  
belongs  
to God  
and not to us.

—2 Corinthians 4:7



# What is Resilience?

- Ability to rebound from severe distress
- Getting out-of-shape, returning to being in-shape **over time**

The **CONDITION** of the **CAMEL's back** depends on

- **STRENGTH** (=Resilience)
- **LOAD** (=Stress)

Resilience can be **built or trained!**



# Building Resilience:

## Assess and Strengthen

- **Personal, Relational**
- **Spiritual**
- **Physical**

### Resilience Characteristics



- Personal Assessment → Growth Plan
- Spiritual Readiness → Growth Plan (home, organization)
- Medical Evaluation → Stress Management Skills

# Personal Resilience Characteristics

- Sense of purpose; calling
- Actively coping with stress  
(collaborative, not passive approach)
- Flexibility, adaptability



# Relational Resilience Characteristics

- Ability to **connect well** with others
- **Social support** (home, organization)
- (Home, organizational) **culture**  
that is **graceful** towards distress





# Spiritual Resilience Characteristics

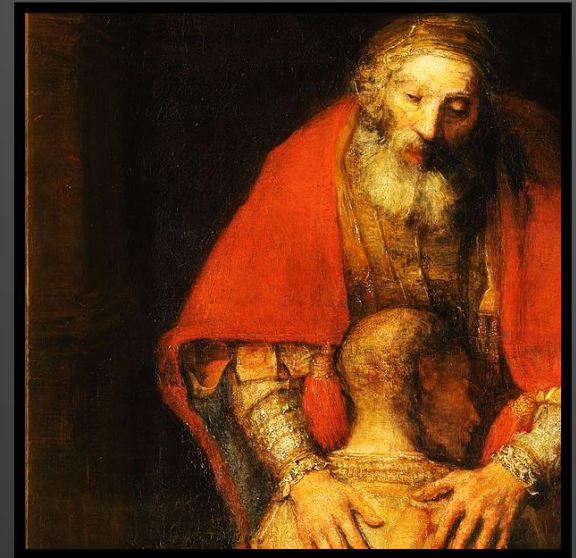
Sound theology of suffering -  
Decreases post trauma struggle



Ability to **forgive** -  
**reduces distress**  
It's **not** excusing or forgetting

# Spiritual Resilience Characteristics

Knowing and **receiving grace** -  
accept human vulnerability



Ability to **accept** and  
deal with **difficult feelings**  
(**share, journal, lament**)

# Spiritual Resilience Practices

Practical and Prayer **support**  
by **community**, organization



**Reconnecting with God**  
**despite distress and questions**

# Spiritually Reconnecting Using the Senses

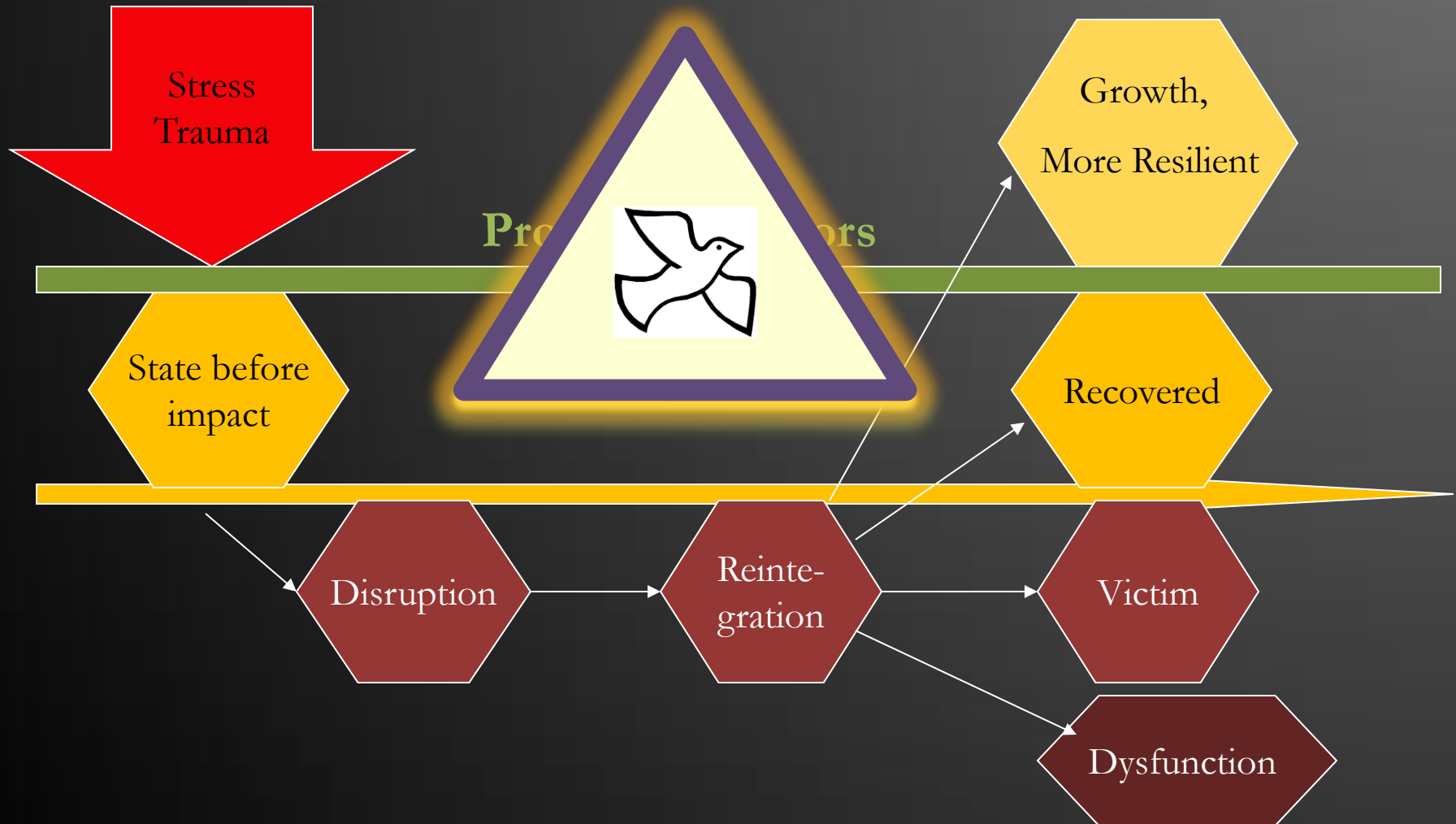
- **Communion**
- **Songs, images, items, stories, memorized texts**



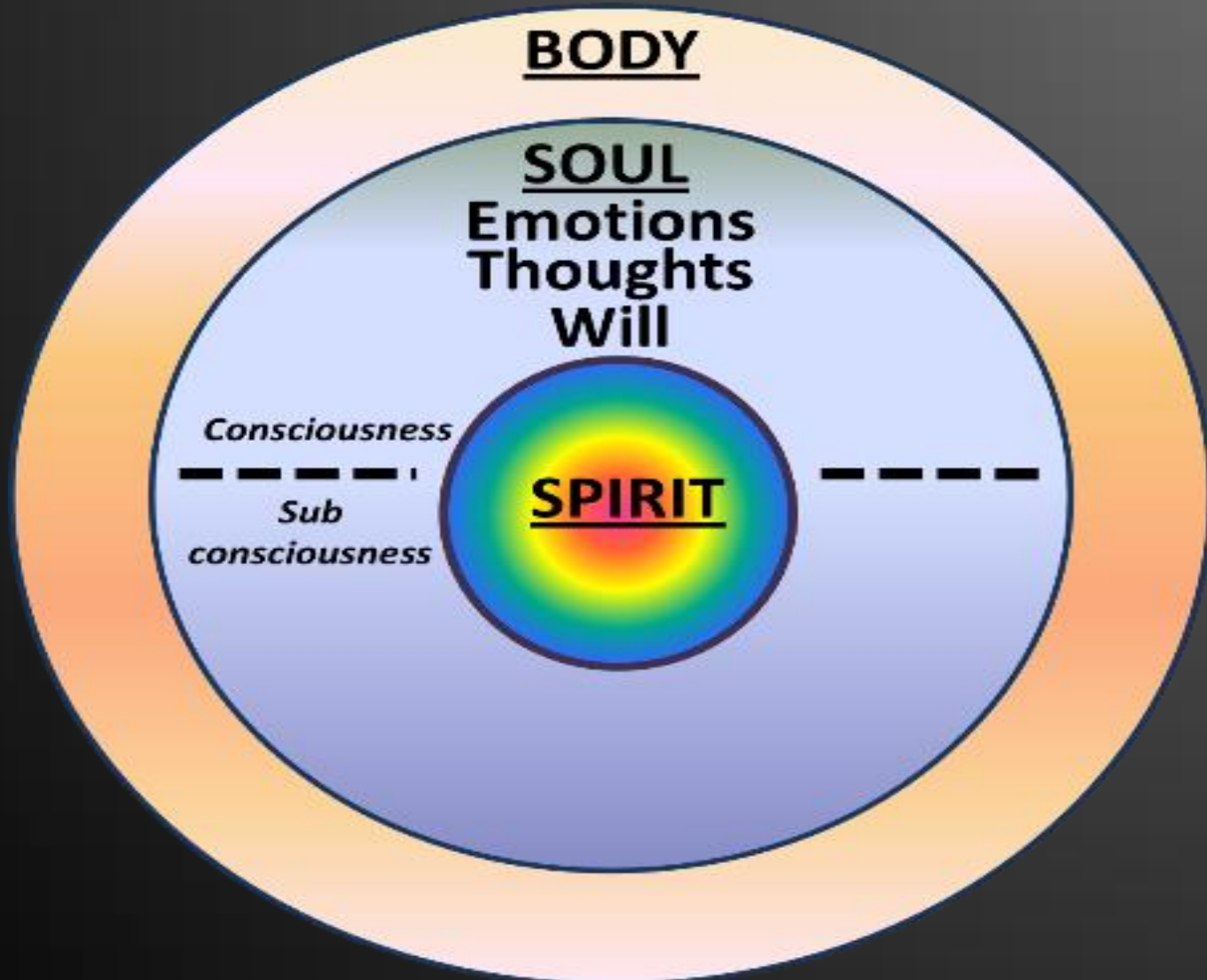
# Physical Resilience Practices

- **Stress Awareness and Management**
  - Exercise, sleep, diet
  - Relaxing, creative, and joyful activities
- **Downtimes**
  - Evening, Sabbath, vacations
  - Regular times away from the hard place
  - Finding a regenerative space inside
  - Restorative extended downtime (e.g. Acts 18: 9.11)

# Resilience Model



# Engaging our whole self: Body, Soul, Spirit







Everyone loves a good story



# Example: The Story of Lament~

Loss and everybody's existential crisis



WHY?



WHEN?



HOW  
LONG?

# What does lament look like to you? To your host culture?



Keeping the story real

Reflection

Recognition

Reversal

Resilience



# Handout and PPT at

[www.traumaresilience.com/training-materials.html](http://www.traumaresilience.com/training-materials.html)

## QUESTIONS:

- How do your organization's practices support resilience by attending to body, soul, and spirit? Is there an area that you would like to strengthen?
- If you would like to add any resilience characteristics or practices that in your experience make people more effective in hard places, please share them with your group!