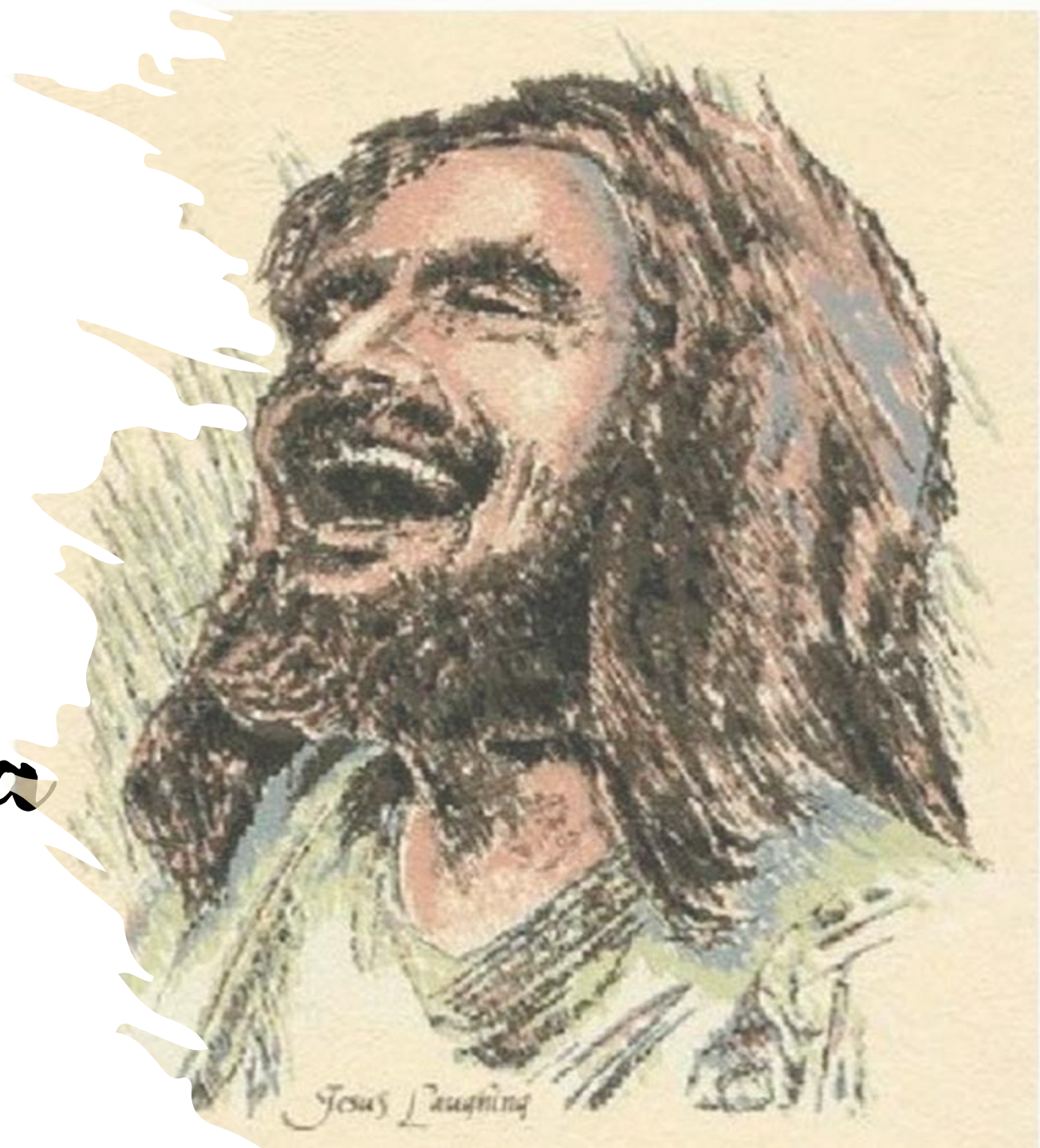


# The Secret of Healing Trauma

Prof. Kyu bo Kim (Ph.D)



# **Kyu Bo Kim**

## **Education**

- Yonsei University (BA in Psychology)
- Chongshin Theological Seminary (M.div)
- Calvin Theological Seminary(Th.M)
- Southen Baptist Theological Seminary(Ph.D)

## **Roles**

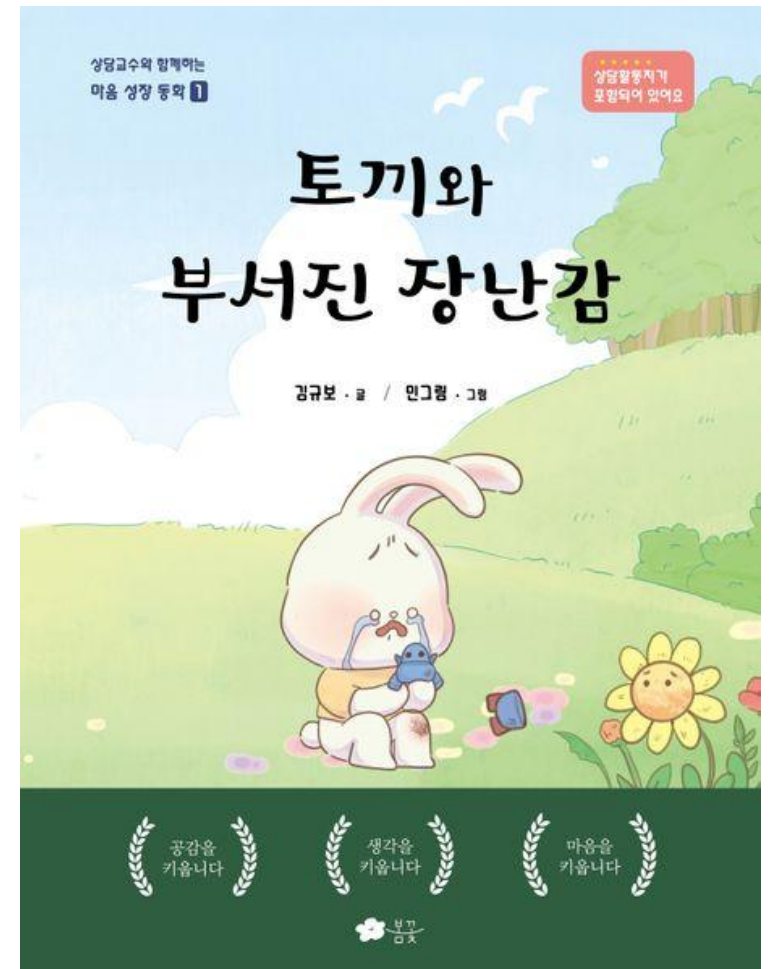
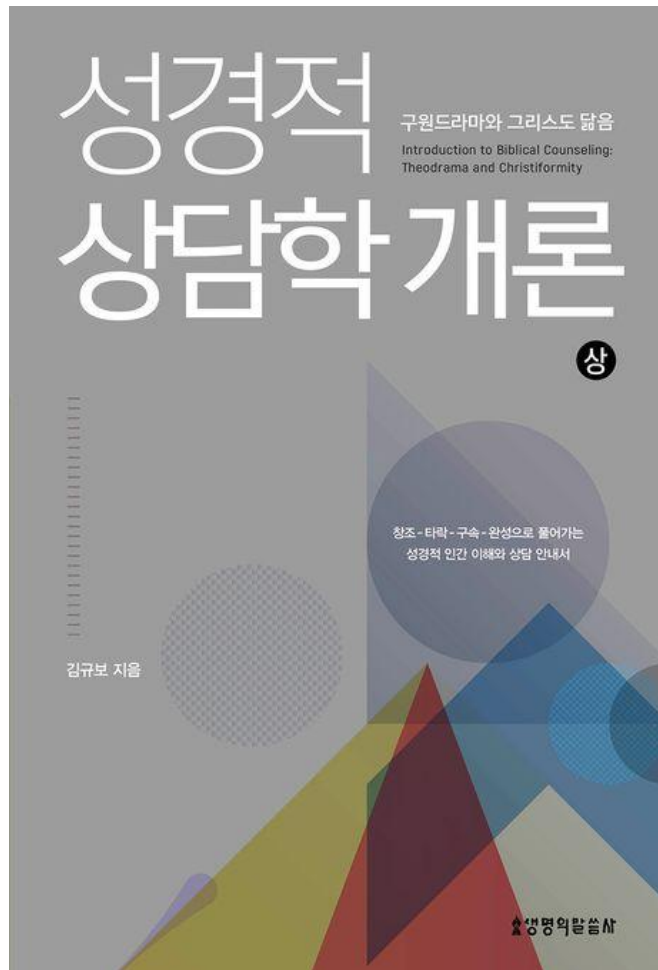
- Professor, Graduate School of Counseling, Chongshin University
- Director of Graduate School of Entrance and Student affair
- Department Chair, Graduate School of Counseling
- Ordained pastor, Myung Moon Church

## **Professional leadership / credentials:**

- 15th President, Korean Evangelical Counseling Association
- Supervisor (Christian Counseling)
- Licensed Clinical Psychologist (Korea)

## **•Public/Government projects:**

- Seoul Metropolitan Government (2025): *"Loneliness-Free Seoul"* Initiative-
- The Ministry of Culture, Sports and Tourism—MCST (2024): *"Culture for Social Solidarity"*
- MCST (2023): *"Connected Society"* Regional Hub Program Development & Operations
- MCST (2022): Case Management Project on Loneliness & Social Isolation
- Ministry of Education—MOE (2024): Lead-Teacher Training Program for Digital Textbooks
- Ministry of Unification—MOU (2022–2024): Seoul Unification Education Center, Educational Programs
- National Research Foundation of Korea (NRF): Group Trauma Research Project, etc.

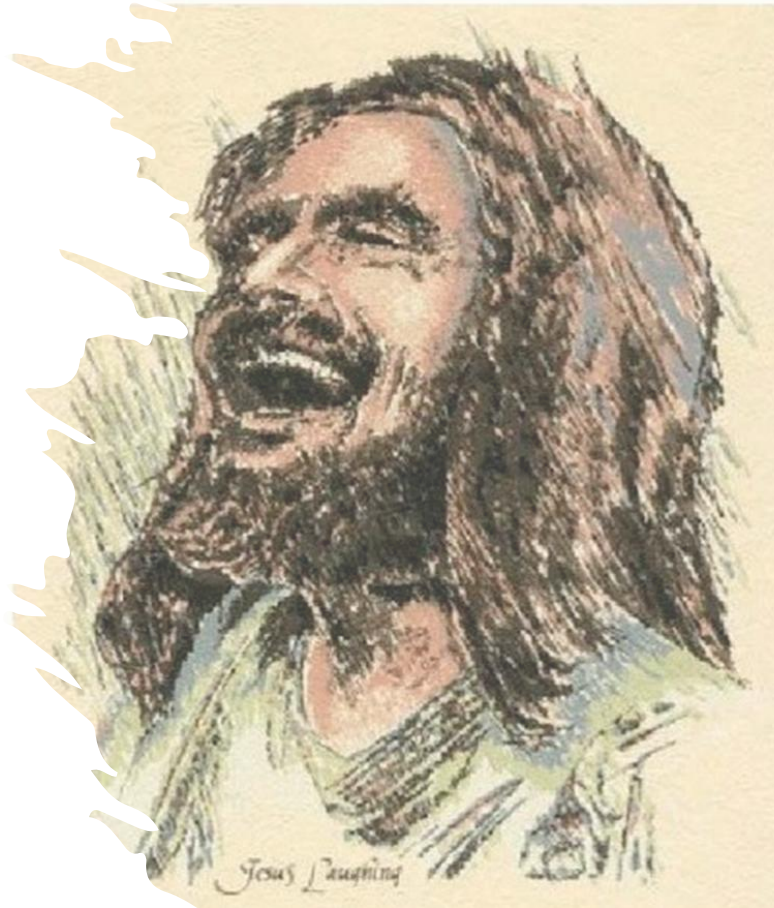


# Psalm 46:1–3 (ESV)

- 1 God is our refuge and strength, a very present help in trouble.
- 2 Therefore we will not fear though the earth give way,  
though the mountains be moved into the heart of the sea
- 3 though its waters roar and foam, though the mountains  
tremble at its swelling. Selah



# Imago Dei



# Definition of Trauma

- “When our ability to respond to threat is overwhelmed.”
  - - Peter Levine
- “Psychological trauma is an affliction of the powerless. . . . Traumatic events overwhelm the ordinary systems of care that give people a sense of control, connection, and meaning.”
  - - Judith Herman

"Trauma is the confrontation with an event that, in its unexpectedness or horror, cannot be placed within the schemes of prior knowledge."

- Cathy Caruth

"Trauma is when your biology gets assaulted in such a way that you might not be able to reset yourself"

"Something unbearable and intolerable"

- Bessel van der Kolk



“Trauma is an overwhelmingly intense stress experience that is subjectively perceived severe enough to annihilate one’s physical, psychological, social and spiritual self. It often results in impaired internal integration, memory, self-and social-functioning, as well as symptoms such as flashbacks, avoidance, negative cognitions and mood, and hyper-arousal.”

- Kyu Bo Kim

# The challenge of Trauma

1) Trauma breaks the ordinary life



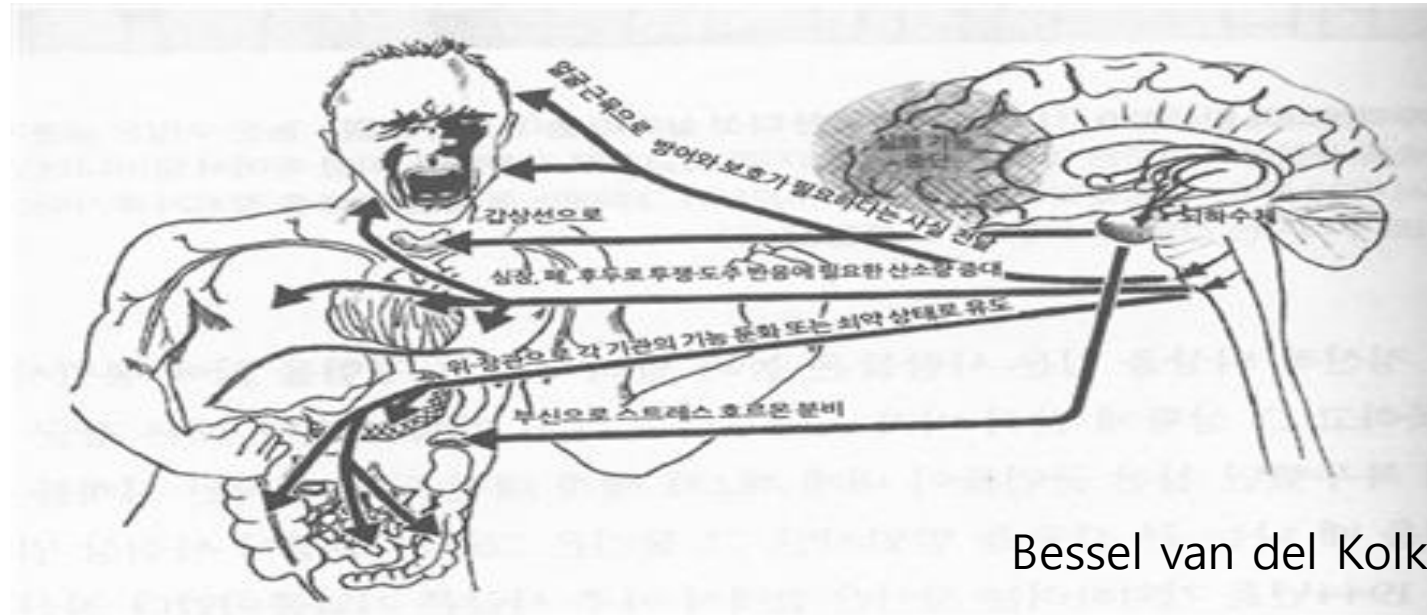
# The challenge of Trauma

2) Trauma is hidden



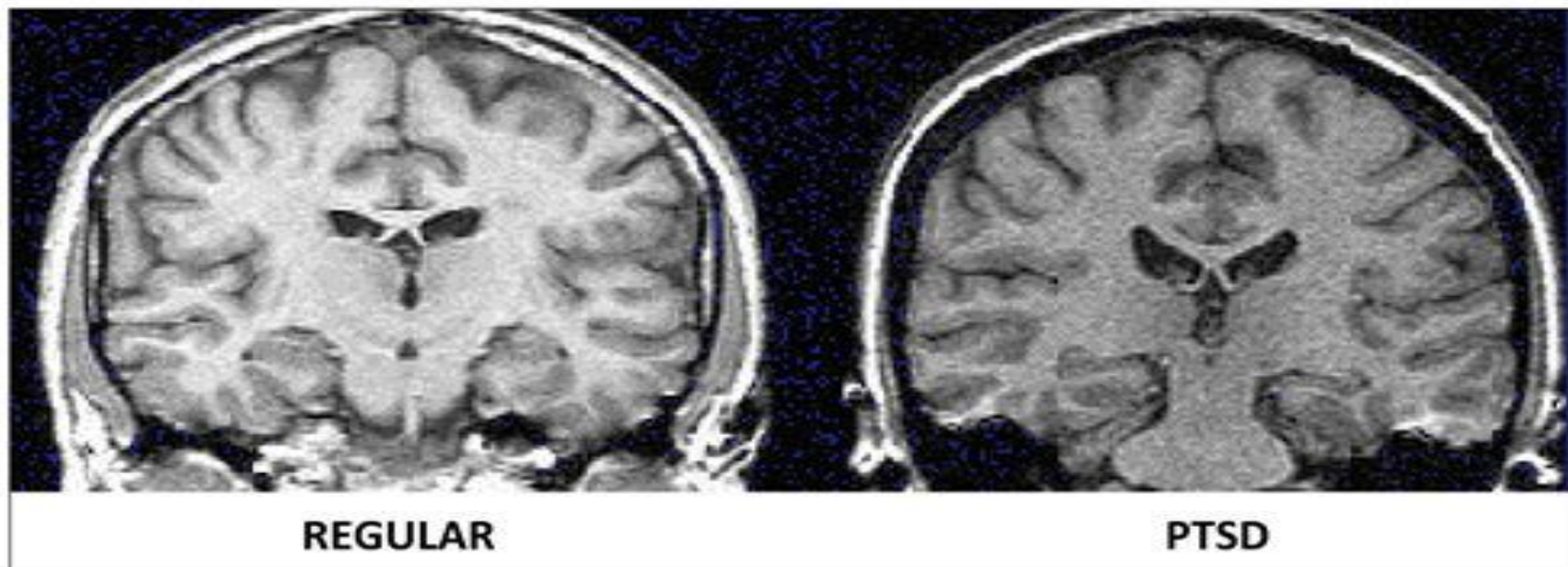
# The challenge of Trauma

## 2) Trauma is destructive



Bessel van del Kolk

**a picture is worth a thousand words.**



**PTSD is a REAL injury.  
Not a political or social opinion.**



- Hyperarousal
- Emotional flooding
- Denial/Amnesia
- Depersonalization
- Social withdrawal
- Loss of trust
- Attachment disorder
- Impaired concentration and attention
- Aggression
- Depression
- Addiction
- Irrational thinking
- etc



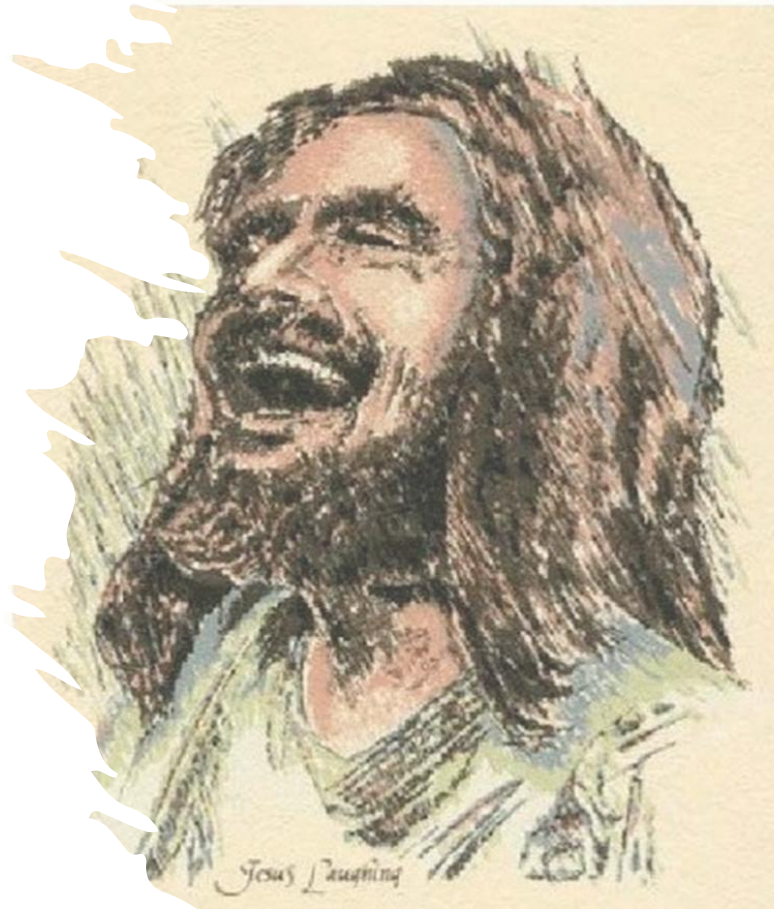
그림 출처 google 이미지



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# Christiformity



- 1) Silence
- 2) Lament
- 3) Embracing Wounds
- 4) Mortification of sin
- 5) Forgiveness
- 6) Compassion
- 7) Being the church