



# Sacred Wounds: A Path to Healing from Spiritual Trauma

*Teresa B. Pasquale*

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## **Sacred Wounds: A Path to Healing from Spiritual Trauma** Teresa B. Pasquale

Trauma therapist Teresa B. Pasquale offers healing exercises, true-life examples, and life-giving discussion for anyone suffering from the very real pain of church hurt. Pasquale, a trauma survivor herself, understands the immeasurable value of our wounds once we've acknowledged them and recovered in community. That's why the wounds are "sacred," and the hope this book offers is a powerful message to anyone suffering from this widespread problem.

This book explores the nature of emotional wounds, trauma, and spiritual hurt that come from negative religious experience. Some of the features are:

- Stories from a wide range of persons hurt by negative religious experience
- Healing and contemplative practices to help readers explore their own spiritual story and practical ways to move towards personal healing
- A journey through the experience of trauma in religious settings and how it is both relatable to other forms of trauma and distinctive—outlining both facets
- An exploration of the author's own personal and professional understanding of hurt, trauma, PTSD, and the power of resiliency and healing

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