

### Have your parents experienced religious trauma ?

Religious trauma is “ the **physical, emotional or psychological response to religious beliefs, practices, and structures** [...] [it] is the way your nervous system responds to the thing that happens to you in a religious context. ” ( Anderson, 2022 )

You might have your own understanding of what constitutes religious trauma  
I am interested to hear what this means for you.

### Did the religious trauma happen within an Abrahamic religion ( Islam, Judaism, Christianity ) ?

### Are you a qualified Counselling Psychologist or Psychotherapist ?

If this resonates, I would love to hear from you !

I'm Sophia-Marie, a 3<sup>rd</sup> year  
doctoral student at the  
Metanoia Institute.

I am interested in exploring  
the potential influence of  
parental religious trauma on  
second – generation  
therapists.



### What would participation involve ?

Attending two recorded interviews to explore the potential influence ( if any ) of your parent's religious trauma on your own mental health, clinical work, religious evolution and personal values and beliefs.

All responses are anonymised.



### What are the next steps ?

If you would like further information or would like to participate, please contact me :

**[06178@metanoia.ac.uk](mailto:06178@metanoia.ac.uk)**

Sophia-Marie Korpiun  
Trainee Counselling Psychologist and Psychotherapist



**Thank you in advance for your time !**

This project is supervised by Dr Gill Harvey

This research has been approved by the Metanoia Research Ethics Committee

Images sourced from Google Images