

Ministry in a Global Pandemic

Joshua Rodriguez-Hobbs, M.Div.

Episcopal Chaplain, The Johns Hopkins Hospital

ACPE Certified Educator Candidate

“Traumatic events are extraordinary, not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life.”

Judith Herman



https://www.guilford.com/authors/photos/Herman_Judith_Lewis_530153.jpg

Immediate and Delayed Trauma Reactions¹

Immediate Emotional Reactions

Numbness and detachment
Anxiety or severe fear
Guilt (including survivor guilt)
Exhilaration as a result of surviving
Anger
Sadness
Helplessness
Feeling unreal; depersonalization
(e.g., feeling as if you are watching yourself)
Disorientation
Feeling out of control
Denial
Constriction of feelings
Feeling overwhelmed

Delayed Emotional Reactions

Irritability and/or hostility
Depression
Mood swings, instability
Anxiety (e.g., phobia, generalized anxiety)
Fear of trauma recurrence
Grief reactions
Shame
Feelings of fragility and/or vulnerability
Emotional detachment from anything that
requires emotional reactions

¹ Trauma-Informed Care in Behavioral Health Services. Treatment Improvement Protocol (TIP) Series, No. 57. Center for Substance Abuse Treatment (US). Rockville (MD): [Substance Abuse and Mental Health Services Administration \(US\)](#); 2014.

Immediate and Delayed Trauma Reactions

Immediate Cognitive Reactions

Difficulty concentrating
Rumination or racing thoughts
Distortion of time and space
Memory problems
Strong identification with victims

Delayed Cognitive Reactions

Intrusive memories or flashbacks
Reactivation of previous traumatic events
Self-blame
Preoccupation with event
Difficulty making decisions
Magical thinking
Belief that feelings or memories are dangerous
Generalization of triggers
Suicidal thinking

Immediate and Delayed Trauma Reactions

Immediate Behavioral Reactions

Startled reaction
Restlessness
Sleep and appetite disturbances
Difficulty expressing oneself
Argumentative behavior
Increased use of alcohol, drugs,
and tobacco
Withdrawal and apathy
Avoidant behaviors

Delayed Behavioral Reactions

Avoidance of event reminders
Social relationship disturbances
Decreased activity level
Engagement in high-risk behaviors
Increased use of alcohol and drugs
Withdrawal

Immediate and Delayed Trauma Reactions

Immediate Existential Reactions

Intense use of prayer
Restoration of faith in the goodness of others
Loss of self-efficacy
Despair about humanity, particularly if the event was intentional
Immediate disruption of life assumptions

Delayed Existential Reactions

Questioning (e.g., “Why me?”)
Increased cynicism, disillusionment
Increased self-confidence
Loss of purpose
Renewed faith
Hopelessness
Reestablishing priorities
Redefining meaning and importance of life
Reworking life’s assumptions to accommodate the trauma

Racial Disparities in COVID-19 Cases

- The African American and Latinx communities are disproportionately infected by COVID-19.
- In the majority of states providing information on /deaths by race/ethnicity, African Americans have died from COVID-19 at a rate higher than their proportion of the population.
- In Maryland, African Americans make up 29.3% of the population and 41.5% of COVID-19 deaths.

COVID-19: Confirmed Cases & Deaths by Race/Ethnicity as of May 26, 2020 **KFF**

Overview Cumulative Trends Daily Trends Data Table Demographics Download Data

Select Cases/Deaths
☒ Cases
☐ Deaths

State	Race Categories Include Hispanic Individuals	White		Black		Hispanic		Asian		AIAN		NHOPI		Other		Unknown/Non-Response
		% of Cases	% of Total..	% of Cases	% of Total..	% of Cases	% of Total..	% of Cases	% of Total..	% of Cases	% of Total..	% of Cases	% of Total..	% of Cases	% of Total..	% of Cases
Alabama	Yes	39.4%	68.0%	41.4%	26.8%	8.4%	4.3%	0.5%	1.3%	0.4%	0.4%	4.1%	3.8%	14.8%	3.8%	14.8%
Alaska	Yes	64.5%	63.9%	2.4%	3.0%	9.5%	7.1%	11.2%	6.1%	8.1%	15.9%	3.4%	1.1%	6.6%	10.0%	3.7%
Arizona	No	21.0%	54.5%	3.2%	4.2%	20.4%	31.6%	1.1%	3.2%	11.8%	3.9%	0.2%	2.3%	2.4%	40.2%	40.2%
Arkansas	Yes	48.4%	76.7%	35.3%	15.0%	9.9%	7.7%	1.0%	1.6%	0.4%	0.7%	3.0%	0.3%	5.1%	5.7%	6.7%
California	No	15.2%	36.7%	3.9%	5.4%	38.5%	39.4%	6.9%	14.8%	0.1%	0.3%	0.8%	0.3%	4.9%	3.3%	29.8%
Colorado	No	34.9%	68.0%	6.0%	3.8%	36.3%	21.8%	2.7%	3.2%	0.5%	0.5%	0.4%	0.1%	1.6%	2.8%	17.7%
Connecticut	No	33.8%	66.3%	12.7%	9.9%	17.7%	16.6%	1.4%	4.7%	0.1%	0.1%			0.7%	2.4%	33.5%
Delaware	No	28.8%	62.1%	26.6%	21.3%	27.5%	9.5%	1.5%	4.2%					5.1%	2.5%	10.6%
District of Columbia	Yes	15.4%	42.0%	45.9%	46.2%	25.4%	11.3%	1.3%	3.7%	0.3%	0.3%	0.2%		24.3%	7.9%	12.7%
Florida	No	43.6%	53.3%	30.1%	15.1%	34.9%	26.3%		2.7%			0.2%	0.0%	6.0%	2.4%	20.3%
Georgia	No	27.9%	52.5%	36.9%	30.9%	11.4%	9.7%	1.6%	4.1%	0.1%	0.2%	0.1%	0.1%	2.5%	2.5%	31.0%
Hawaii	No		20.6%		1.5%		10.5%		37.9%			9.6%		19.9%		
Idaho	Yes	53.5%	90.0%	1.6%	0.7%	19.2%	12.6%	1.7%	1.7%	1.0%	1.3%	0.2%		13.9%	6.2%	28.3%
Illinois	No	19.5%	61.0%	16.8%	13.5%	30.9%	17.5%	2.9%	5.6%	0.2%	0.1%	0.3%	0.0%	3.7%	2.2%	25.9%
Indiana	Yes	44.2%	83.0%	13.7%	9.4%	11.1%	7.1%	1.4%	2.3%			0.2%		17.4%	5.1%	23.3%
Iowa	Yes	57.0%	90.5%	12.0%	3.4%	26.0%	6.1%	9.0%	2.6%			0.4%		22.0%	3.0%	
Kansas	Yes	60.7%	84.2%	10.1%	5.6%	42.1%	12.0%	6.2%	2.8%	0.6%	0.8%			2.4%	6.5%	20.0%
Kentucky	Yes	53.7%	87.1%	10.5%	7.7%	9.9%	3.6%	4.1%	1.5%	0.1%	0.2%	0.1%		3.9%	3.5%	27.7%
Louisiana	Yes		62.1%		31.9%		5.1%		1.6%		0.6%				3.8%	
Maine	Yes	62.9%	94.5%	12.9%	1.3%	3.0%	1.5%	1.5%	1.3%	0.2%				2.5%	2.4%	19.9%
Maryland	No	19.9%	50.3%	29.6%	29.3%	24.8%	10.5%	1.9%	6.4%		0.2%			4.9%	3.4%	19.0%
Massachusetts	No	25.8%	70.8%	8.8%	7.0%	17.9%	12.4%	1.9%	6.7%		0.2%			4.5%	2.9%	41.1%
Michigan	Yes	37.0%	78.4%	31.0%	13.7%	6.0%	5.1%	2.0%	3.2%	0.5%	0.6%		0.0%	13.0%	4.0%	17.0%
Minnesota	Yes	34.1%	82.6%	22.7%	6.6%	18.4%	5.4%	5.1%	4.8%	0.8%	1.0%	0.2%		13.1%	4.9%	24.1%
Mississippi	No		66.3%		27.3%		8.5%		6.4%		0.6%			3.8%	4.4%	4.8%

<https://www.kff.org/health-costs/issue-brief/state-data-and-policy-actions-to-address-coronavirus/>



Esther Choo, MD MPH ✓
@choo_ek

A True Story.

Two patients came into the ER one night, both brought in by ambulances, both short of breath, both with severe asthma

The white man got a nebulizer breathing treatment in the ambulance

The Black man did not, citing COVID rules against using nebulizer treatments

7:28 PM · Jun 1, 2020 · [Twitter Web App](#)



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@choo_ek

During COVID, we are avoiding nebulizer treatments, as they are aerosolizing. The Black man got treatment consistent with existing policy. It would be easy to justify.

But why did the white man receive a policy side-step? Do you see the privilege, at every decision point?

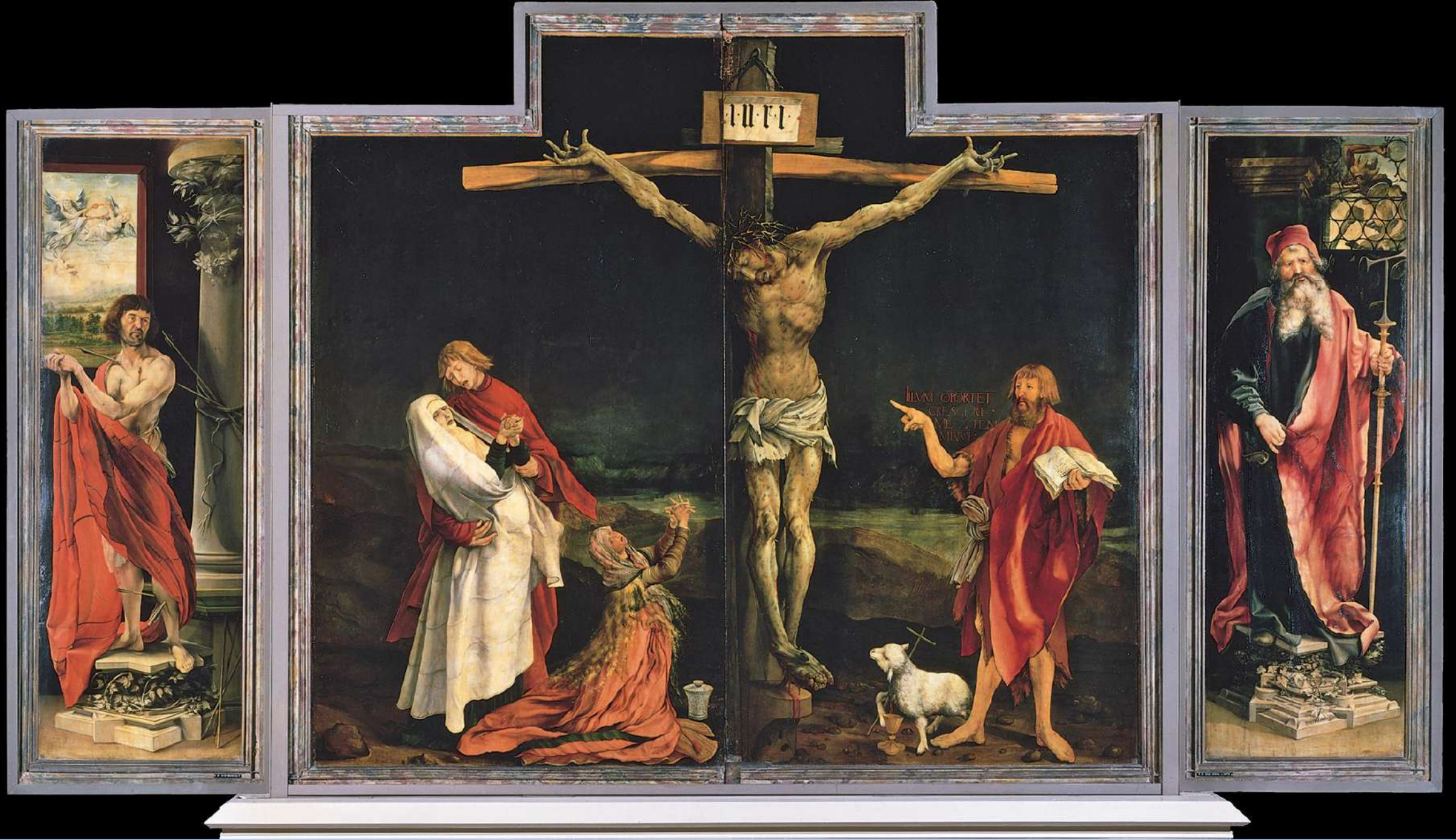
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“The courage to be is rooted in the God who appears when God has disappeared in the anxiety of doubt.”

Paul Tillich

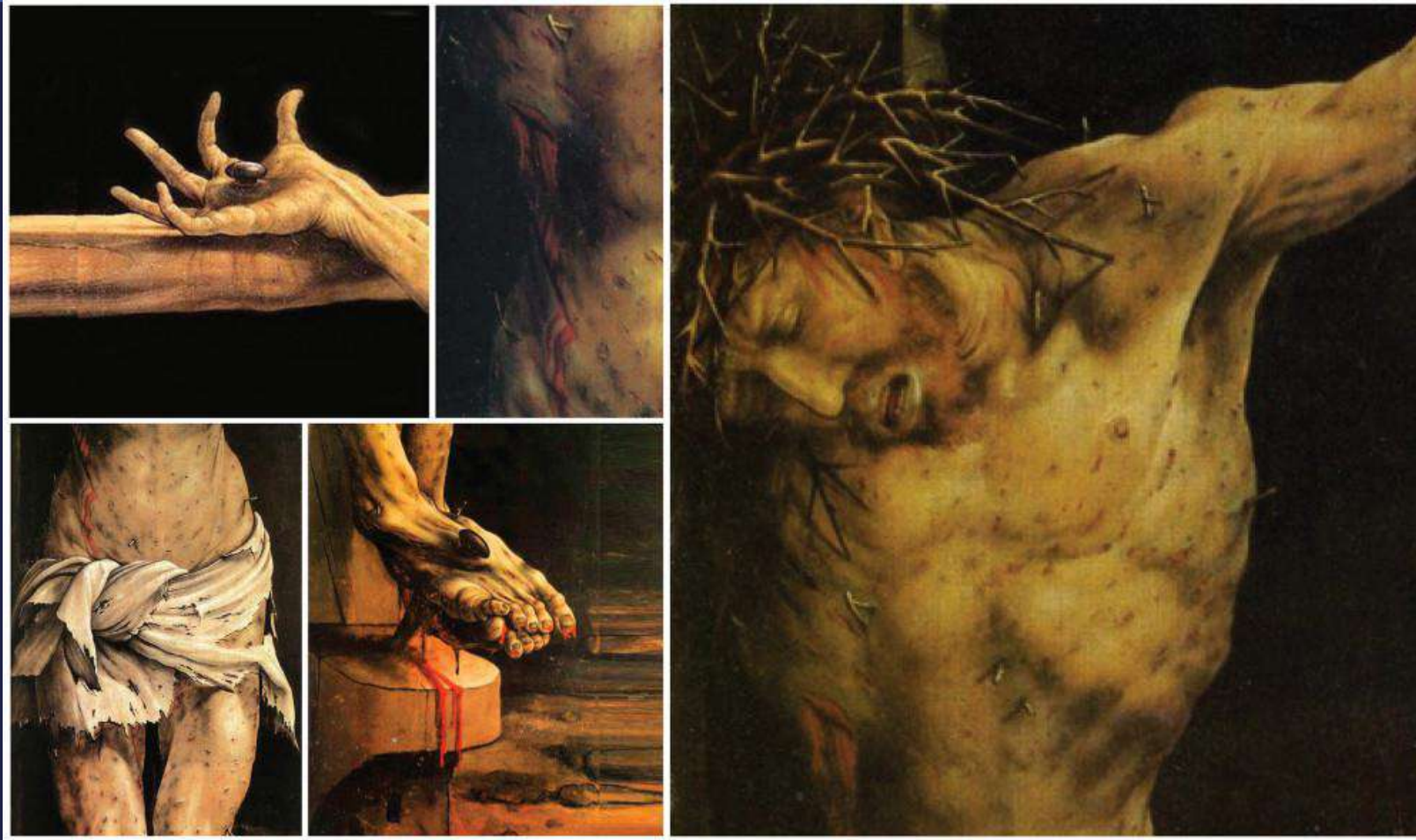


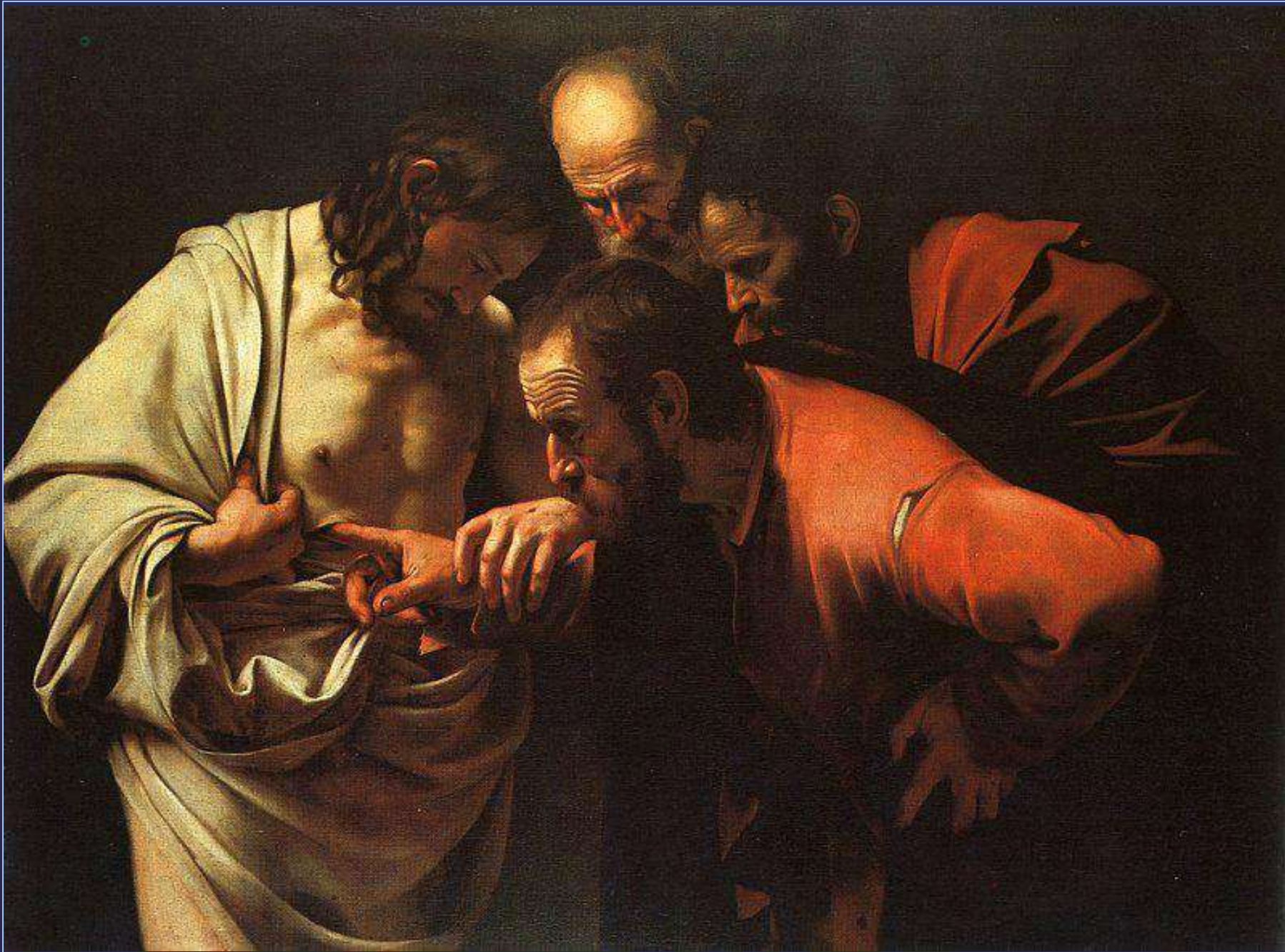
https://en.wikipedia.org/wiki/Paul_Tillich#/media/File:Paul_Tillich.jpg



Matthias Grünewald, "Isenheim Altarpiece." https://en.wikipedia.org/wiki/Isenheim_Altarpiece#/media/File:Grunewald_Isenheim1.jpg

The Post-Traumatic God





"The Incredulity of St. Thomas," Caravaggio. [https://en.wikipedia.org/wiki/The_Incredulity_of_Saint_Thomas_\(Caravaggio\)#/media/File:Caravaggio_-_The_Incredulity_of_Saint_Thomas.jpg](https://en.wikipedia.org/wiki/The_Incredulity_of_Saint_Thomas_(Caravaggio)#/media/File:Caravaggio_-_The_Incredulity_of_Saint_Thomas.jpg)

“Doubt is overcome not by repression but by courage. Courage does not deny that there is doubt, but it takes the doubt into itself as an expression of its own finitude and affirms the content of an ultimate concern. Courage does not need the safety of an unquestionable conviction. It includes the risk without which no creative life is possible.”

Paul Tillich



https://en.wikipedia.org/wiki/Paul_Tillich#/media/File:Paul_Tillich.jpg

Post-Traumatic Ministry (John 20:19-29, NRSV)

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.' After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.' When he had said this, he breathed on them and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.'

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, 'We have seen the Lord.' But he said to them, 'Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.'

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, 'Peace be with you.' Then he said to Thomas, 'Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.' Thomas answered him, 'My Lord and my God!' Jesus said to him, 'Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.'

Post-Traumatic Ministry

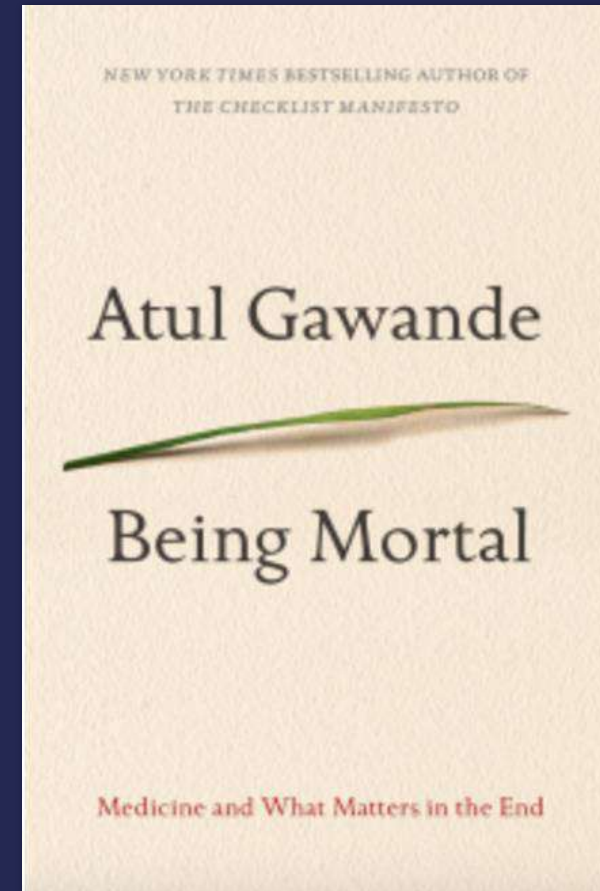
- Speak words of peace.
- Own your woundedness.
- Love people into relationship.
- Listen to understand, not respond.



<https://www.lifegate.com/app/uploads/kintsugi-piatto-blu1.jpg>

Recovering the *Ars Moriendi*

- The Church used to prepare the faithful for “holy dying.”
- Now, we turn to physicians to guide us in the *ars moriendi*.
- The Church must speak to the reality of death, rather than contributing to our death-denying culture, while still preaching resurrection.



"My Lord, it is a great art to die well, and to be learned by men in health, by them that can discourse and consider; by those whose understanding, and acts of reason are not abated with fear or pains, and as the greatest part of death is passed by the preceding years of our life, so also in those years are the greatest preparation to it: and he that prepares not for death, before his last sickness, is like him that begins to study Philosophy when he is going to dispute publicly in the faculty. All that a sick and dying man can do is but to exercise those virtues, which he before acquired, and to perfect that repentance which was begun more early."

Jeremy Taylor



https://en.wikipedia.org/wiki/Jeremy_Taylor#/media/File:Jeremytaylor.jpg

Resources

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