

- His method for spiritual recovery

You can find this interview on the Rob Skinner Podcast at <https://robskinner.com/staff/> for audio only or you can watch and listen to the interview on YouTube.

**More about Dr. Sean St. Jean:**

Dr. Sean St. Jean is a full-time professor at King University in Tennessee, teaching therapy at a graduate level. He is also a therapist in private practice, and has worked with hundreds of disciples and ministry staff around the world who are struggling spiritual trauma, workplace stress, and ministry burnout. His new book, *Spiritual Trauma: A Guide to Healing Your Heart From Church Hurts* was just released this fall and can be found at [seanstjean.com](http://seanstjean.com). Sean, his wife Erin, and their three children currently live in British Columbia, Canada, and are active members of the Vancouver Church of Christ.

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- > **“Stand in Awe” – A Tribute to Chris Guerra, 1956-2024** > **Registration for InsideOut Conference Now Open**  
 June 18, 2024 • *Disciples Today*  
 On Saturday, June 8th, over 350 people gathered in Bethesda, Maryland to celebrate the life of Chris Guerra, a husband, father, musician, and treasured brother in our fellowship who wrote and composed “Stand in Awe,” the theme song for the 1992...
- > **San Antonio Church Seeks Campus Ministers**  
 June 19, 2024 • *Juan Aguilar - San Antonio, TX, USA*  
 The San Antonio church is seeking a couple or a single brother and sister who have a heart for university students, a growing walk with God, and a desire to be trained in the ministry. If you have a heart to serve, learn, grow, and work on campus this might be the...
- > **North American Church-Building Teachers’ Conference Sept 5-7**  
 June 17, 2024 • *Kathy Rosario – St. Louis, MO, USA*  
 The sixth annual Christian Counseling Conference will take place on October 18-19th, 2024 in Atlanta, Georgia. Once again, we will have both in-person and online attendance options! All are welcome to join us. Click here to register for InsightOut 2024. This year’s...
- > **North American Church-Building Teachers’ Conference Sept 5-7**  
 June 16, 2024 • *Steve Hiddleson – Lancaster, CA, USA*  
 The AV Reach Church in Lancaster, CA (Los Angeles area) is hosting this year’s ICOC North American Church-Builders Teachers’ Conference from Sept. 5-7. We will carefully mine the methods of Jesus...

# The Rob Skinner Podcast with Dr. Sean St. Jean

**UPCOMING EVENTS**

- Philippine Discipleship Conference**  
 Manila, Philippines  
 July 19-21, 2024
- US - ICMC 2024**  
 Asheville, NC, USA  
 August 1-4, 2024
- Teaching Ministry Conference**  
 August 15-18, 2024  
 Tallinn, Estonia
- North American Singles Conference**  
 Anaheim, CA, USA  
 August 29-September 1, 2024
- North American Church-Building Teacher’s Conference**  
 Lancaster, CA, USA  
 September 6-7, 2024
- DT Hawaii Cruise**  
 September 21-28, 2024
- Americas Workshops for Spanish Speakers**  
 Online • October 5, 2024
- Pure & Simple XV**  
 Saddle Brook, NJ, USA  
 November 8-10, 2024

**CONNECTING DISCIPLES IN CHURCHES AROUND THE WORLD**

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**June 19, 2024 • Rob Skinner – Tucson, AZ, USA**

Join me as I talk to Dr. Sean St. Jean, author of the new book, *Spiritual Trauma: A Guide for Healing Your Heart from Church Hurts*. I recently met Sean and read his book and we talk about his background, his book and why he wrote it. Listen to Sean as he talks about:

- The massive bicycle accident that changed the direction of his life.
- Why he got into counseling
- What prompted him to write his new book
- The “ABC’s of Trauma” or three different levels of trauma church members face and how to identify them.
- Conformity culture
- How we create a world of good or bad in our own heads
- The dangers of leaving your current church for the hope of a better environment and how each of us needs to “choose our dysfunction.”
- His tools for helping Christians work through trauma.
- The difference between “worth” and “worthy” and why it makes a world of difference.

