Samuel B. Thielman, M.D., Ph.D.

SAMUEL B. THIELMAN, M.D., PH.D.
PO Box 1345, Montreat, NC 28757
Telephone (828) 747-3158 (mobile), (828) 258-1188 (office)
E-mail samuel.thielman@stillwatersglobal.org

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Samuel Thielman, MD, PhD, is Adjunct Associate Professor in the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine. He previously served as the Director of Mental Health Services for the U.S. Department of State. Dr. Thielman was the State Department psychiatrist in Nairobi, Kenya during the years after the East Africa bombings. He was based in Nairobi from 2000 to 2003 and from 2006 to 2008. During that time, Dr. Thielman coordinated much of the mental health response to the bombings for the American and Kenyan employees of the U.S. government. He was also involved in various aspects of the State Department's mental health support for Foreign Service personnel following the invasion of Iraq and the expansion of the war on terrorism. In 2014-2015, he served as Senior Advisor for Resilience at the Foreign Service Institute. Currently, Dr. Thielman serves as a behavioral health consultant for NGOs with personnel in high-threat assignments. His clients have included Samaritan's Purse, Open Doors International, Irex, and Konterra. He is a Distinguished Life Fellow of the American Psychiatric Association.

PROFESSIONAL EXPERIENCE

Director, Still Waters Global, LLC and Still Waters Clinical Services PLLC, Montreat, NC
11/ 2015-present

Variable hours per week. Behavioral health consultant to organizations with overseas workforce) Provide training in resilience and other relevant behavioral health topics, provide behavioral health guidance regarding employees serving domestically and overseas. Current and Past Clients: Samaritan's Purse, Konterra Group/USAID, IREX, Open Doors International, Samaritan's Purse, Foreign Service Institute.

Collaborative Care Psychiatrist, Biltmore Medical Associates, Asheville, NC
4/2018-present

Direct psychiatric care provided in a primary care setting. Adults and adolescents. I am an employee of the practice, and receive a percentage of my collections. I spend 30% of the work week at this location.

Psychiatrist, InnerQuest Psychiatry and Counseling LLC, Asheville, NC
12/2015 – 3/2018

12-14 hours/week clinical care provided in a private psychiatric practice.

Regional Medical Officer/Psychiatrist (RMO/P), Department of State 11/1999- 11/2015

Full time. Rank at retirement: Minister-Counselor.

DEPARTMENT OF STATE ASSIGNMENTS:

11/2014-11/2015 Senior Advisor for Resilience, Transition Center, Foreign Service Institute, Arlington, Virginia 11/2014-11/2015

At the invitation of the director of the transition center at the Foreign Service Institute (FSI), joined a group of three other people in developing wide range curriculum for resilience training for the Department of State. As a result of our efforts, training in resilience was incorporated into a wide range of the programs at the Foreign Service Institute, significantly contributing to the overall well-being of the foreign service. Our efforts during this time led to a federal government award for curriculum development . (see below) I was involved in the writing, research, and planning of resilience related curriculum at the Foreign Service Institute. Participated in the direct training of diplomatic personnel, including outgoing ambassadors at the ambassadorial seminar, USAID mission directors at their training seminar, and other diplomats coming and going from high threat and high stress assignments. Was a regular contributor to the State Department blog " Fostering Resilience." In this position, networked with academic and military experts on resilience issues to ensure that our team was current and accurate in its approach to resilience training.

2011-2014 RMO/P at United States Consulate, Frankfurt, Germany (Region: Germany, Italy, The Holy See, Switzerland, Denmark as well as for the American Embassy in N'Djamena, Chad).

Regional psychiatrist at the medical unit at the Frankfurt regional support center, located at the United states consulate in Frankfurt Germany. Saw a wide range of adults and children in a variety of situations, to include not only diplomats and their dependents, but military personnel, staff from the intelligence community, and from a variety of U.S. agencies located in Germany. Dealt with a wide range of psychiatric problems including major psychiatric illnesses, adjustment disorders, substance abuse, family efficacy issues, and identity issues. In addition, collaborated closely with individual mental health providers and local medical and psychological resources in the community in Frankfurt as well as within the larger central Europe region. Provided organizational consultation to the post leadership in Frankfurt, Berlin, and worked on difficult management related issues that arose from problems at US consulates in the area. Organized the initial psychological response for evacuees from the high profile crises in Benghazi, and Tripoli, Libya. Provided briefings to all interested parties following their medical evacuations to Rammstein Air Force Base. Assisted in coordinating the medical and psychiatric care for these individuals following their transfer to the United States.

2008-2011 RMO/P at United States Embassy, London, United Kingdom. (Region: United Kingdom, Ireland, France, Spain, Portugal, Belgium, Netherlands, Luxembourg, Sweden, Norway, Iceland).

Served as the regional psychiatrist in a region where many department personnel had complex mental health issues. At the time, many people who had come to a European assignment were posted there from prior high threat assignments in Iraq, Afghanistan, Pakistan, and other such assignments. There were many family issues and individual psychological issues related to these previous hardship assignments. I dealt with a wide range of individual and family mental health issues as well as complex issues arising from management concerns at posts with difficult leadership situations. I worked closely with the regional Bureau as well as the Department of State Office of Medical Services during this time to resolve problems related to the complex behavioral health issues of this region. It was during this assignment that I received the Presidential Meritorious Service Award. Managed individual and organizational mental health issues at eleven embassies in western Europe covering sensitive political and security domains.

2008-2011 RMO/P at United States Embassy, Nairobi, Kenya. (Region: Sudan, Southern Sudan, Djibouti, Eritrea, Ethiopia, Kenya, Tanzania, Uganda, Rwanda, Burundi, Democratic Republic of Congo, Republic of Congo).

Served a second tour as regional psychiatrist for this very difficult region of Africa. The region included all posts with a hardship differential. Many personnel were experiencing conflict at the time I was providing their mental health care. I dealt with morale and personnel issues in remote posts such as Eritrea, South Sudan, and the recently reopened embassy in Khartoum. During this tour my family and I were on location in Nairobi during the December 2007 post-election violence. I traveled to western Kenya to reassure and provide psychological support to diplomatic families who were caught up in this violence. I organized a variety of training approaches to address anxieties for State Department diplomatic employees. In addition, at each post, I was involved in individual mental health evaluation and treatment of diplomats and their families, organized psychiatric medical evacuations from the region when necessary, and worked with local health units to provide care in areas with very few mental health resources for Americans. Worked with a variety of US agencies including the Walter Reed Medical Research Unit, Peace Corps, USAID, Centers for Disease Control, as well as provided assistance to international schools in the area that were providing support to children based at the United States embassies of East and Central Africa region.

2004-2004 Director, U.S. Department of State, Mental Health Services, Office of Medical Services, Washington, DC.

Lead the Mental Health Program of the Department of State during the early years of the wars in Iraq and Afghanistan. Oversaw the entire Regional Medical Officer - Psychiatry (RMO/P) program, strategically expanding the reach of Mental Health Services. Under my leadership we expanded MHS from 14 to 20 psychiatrists and strategically divided RMO/P regions to provide broader coverage for the diplomats and their families living abroad. Oversaw, rated, and reviewed the entire mental health team in Washington. Provided leadership and oversight for: Employee Consultation Services, the Alcohol and Drug Awareness Program, and the new mental health medevac coordinator. Chaired the Family Advocacy Team, worked with the Diplomatic Security Service (DS) on mental health aspects of security clearances. Hired a forensic psychologist to specifically oversee mental health security clearances, to develop a Diplomatic Security Service Special Agent Fitness for Duty Program and who provided previously lacking expertise for those programs. Worked closely with all elements of the Office of Medical Services to build mutual trust between the Mental Health Services program and the rest of the Office of Medical Services. Dealt with issues related to staffing of the Green Zone of Baghdad during the Global War on Terrorism (Iraq) and afterward with Department of State mental health providers. Hired the first mental health social worker to serve in an overseas setting for the Office of Medical Services (MED) and established an ongoing program of social work support for diplomats serving in Iraq. For these Iraq related accomplishments I received the State Department's Superior Honor Award in which the citation of the Medical Director read, " you brought a climate of order and decisiveness to your office that has improved its effectiveness."

2003-2004 Chief, Crisis Response, Mental Health Services, Office of Medical Services, Department of State, Washington, D.C. 2003-2004.

After my prior 3 1/2 year tour in Nairobi, I recommended to MED leadership that the Department establish an international crisis response position within Mental Health Services to take advantage of the lessons learned from the response to the Nairobi bombing and to provide initial support to crises around the world if the RMO/Ps from a region were unable to quickly respond. Based upon my recommendations to senior leadership of the Office of Medical Services this crisis response position was created and I was chosen to be the first lead RMO/P to occupy it. I responded to crises in Haiti, Liberia, and and, most importantly, the ongoing difficulties of those returning from service in Afghanistan, Iraq, Pakistan, and other high threat environments. In collaboration with Ray Leki of the Department of State's Foreign Service Institute (FSI), we established the High Threat Outbriefing program that, by the time I had left the department, had supported more than 3500 diplomats and other federal employees who had served in these war and other high threat environments.

2000-2003 RMO/P at, United States Embassy, Nairobi, Kenya. (Region: Kenya, Tanzania, Uganda, Rwanda, Burundi, Democratic Republic of Congo, Republic of Congo, Djibouti, Ethiopia, Eritrea).

First permanently assigned DOS psychiatrist to the East Africa region. Primary responsibility was coordinating the behavioral healthcare support for the survivors of the August 7 1998 East Africa bombings, worked with both Americans and local staff who had been affected by the bombing providing psychiatric and psychological support and therapy. I also worked closely with the United States Agency for International Development (USAID) and that agency's bombing response unit to establish care for their survivors of the bombing and worked with post leadership to quell the difficult, painful and other antagonistic feelings that had developed in the survivors in the wake of the bombings. In addition, I covered The US embassy in Dar Es Salaam, Tanzania which had been similarly affected. I also worked with the US embassy in Kigali, Rwanda in order to provide psychological support to staff in order to deal with the consequences of the 1994 genocide and its impact on local staff, some of whom were Tutsi diaspora, and other survivors who were disenfranchised Hutu employees of the embassy. Worked closely with the leadership of the U.S. embassies in Addis Ababa, Ethiopia and Asmara Eritrea as they dealt with the ongoing difficulties of employees serving in those austere regions. Worked with the leadership of the U.S. embassies in Kinshasa and Brazzaville, in order to assist in determining when families could return to these difficult environments.

Private practice of psychiatry, Regional Psychiatric Associates, P.A., Asheville, NC. 7/1988 – 10/1999

During this time I was active in a clinical private outpatient practice in Asheville NC, and also had an active inpatient practice. I provided individual psychotherapy, pharmacotherapy, and regularly provided electric convulsive therapy to patients with treatment resistant depression. I directed an affective (mood) disorders program at Appalachian Hall. I served the medical director of the St Joseph's Hospital inpatient psychiatric unit (now part of the HCA Mission Health Systemin Asheville, NC. I do not have income information from this period or before.

Assistant Professor of Psychiatry, Department of Psychiatry, Medical College of Georgia, Augusta, GA. Included work at the Augusta VA Medical Center. 1/1987-6/1988

At the Medical College Georgia, I served as Director of the geriatric psychiatry program and was involved in teaching and training psychiatric residents and medical students as well as developing the clinical program in geriatric Psychiatry at the Medical College of Georgia.

SPECIALTY CERTIFICATION
Psychiatry, American Board of Psychiatry and Neurology

STATES OF ACTIVE MEDICAL LICENSURE
North Carolina
Virginia

EDUCATION AND PROFESSIONAL TRAINING	YEAR CREDENTIAL WAS COMPLETED
Duke University School of Medicine, M.D. Durham, NC	1980
Duke University, Ph.D. (History of Medicine) Durham, NC	1986
Fellow in Geriatric Psychiatry Center for the Study of Aging and Human Development Duke University Medical Center	1985
Resident in Psychiatry Duke University Medical Center Durham, NC (Included work at the Durham VA Medical Center)	1984

Duke University Graduate School, M.A. (History of Medicine) 1983
Durham, NC

CURRENT ACADEMIC APPOINTMENTS

Adjunct Associate Professor, Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine, Durham, NC 1998-present
Faculty Scholar (non-resident), Center for Spirituality, Theology, and Health, Duke University, Durham, NC

ADDITIONAL PRIOR PROFESSIONAL EXPERIENCE

Medical Director, Psychiatric Services, St. Joseph's Hospital (now Mission Health System), Asheville, NC, 1993-1997

Chair, Department of Psychiatry, St. Joseph's Hospital, Asheville, NC, 1996-1997

Chair, Department of Psychiatry, Memorial Mission Hospital, Asheville, NC, 1992-1993.

PH.D. DISSERTATION

"Madness and Medicine: Trends in American Medical Therapeutics for Insanity, 1820-1860," Department of History, Duke University, 1986.

SELECTED PUBLICATIONS

1. Harris, J.H., Chennankara, S.S., Peteet, J., Thielman, S.B., 2024. "Treating Evangelical Christians: Challenges and Opportunities," *Psychiatric Services* [accepted for publication].

2. Thielman, S. 2021. "The Fraught History of Psychiatry and Christianity." In Christianity and Psychiatry, edited by John R. Peteet, H. Steven Moffic, Ahmed Hankir and Harold G. Koenig, 1-19. Cham: Springer International Publishing.

3. Raitt, J. M., S. B. Thielman, B. Pfefferbaum, P. Narayanan and C. S. North. 2021. "Psychosocial Effects on US Government Personnel of Exposure to the 1998 Terrorist Attack on the US Embassy in Nairobi." *Psychiatry*, 1-17.

4. Thielman, S. 2019 "Praying the Psalms: From Trauma to Resilience." *Tackling Trauma: Global, Biblical, and Pastoral Perspectives*, edited by Paul A. Barker, Langham Global Library, pp. 13-34.

5. North, Carol S., Tatiana Dvorkina, Samuel Thielman, Betty Pfefferbaum, Pushpa Narayanan, and David E. Pollio. 2017. "A Study of Selected Ethnic Affiliations in the Development of Post-traumatic Stress Disorder and Other Psychopathology After a Terrorist Bombing in Nairobi, Kenya." *Disaster Medicine and Public Health Preparedness*: 1-6. doi: 10.1017/dmp.2017.85.

6. Thielman, S. 2018. "Chapter 19: Ethics of Emergency and Disaster Psychiatry." In *Ethical Considerations in Psychiatry and Religion*, edited by J Peteet, Mary Lynn Dell and Alan Fung. New York: Oxford University Press, 221-233.

7. Thielman, S. B. 2017. "Travel and Mental Health." In *The Travel and Tropical Medicine Manual*, edited by Elaine C. Jong and Christopher Sanford, 243-249. Philadelphia, Pa.: Saunders/Elsevier.

8. Zhang, G., B. Pfefferbaum, P. Narayanan, S. Lee, S. Thielman, and C. S. North. 2016. "Psychiatric Disorders after Terrorist Bombings among Rescue Workers and Bombing Survivors in Nairobi and Rescue Workers in Oklahoma City." *Ann Clin Psychiatry* 28 (1):22-30.

9. Thielman, S. B. 2016. "The Evolution of State's Mental Health Services." *Foreign Service Journal* 93 (1):20-25.

10. Thielman, S. B., and G. Goss. 2016. "Ethical Considerations for Mental Health Providers Responding to Religious and Spiritual Issues in Disasters and Emergencies." *Spirituality in Clinical Practice* 3 (3):171-174.

11. Zhang, G., C. S. North, P. Narayanan, Y.-S. Kim, S. Thielman, and B. Pfefferbaum. 2013. "The Course of Postdisaster Psychiatric Disorders in Directly Exposed Civilians after the Us Embassy Bombing in Nairobi, Kenya: A Follow-up Study." *Social Psychiatry and Psychiatric Epidemiology* 48 (2):195-203.

12. Lukoff, D., C. R. Cloninger, M. Galanter, D. M. Gellerman, L. Glickman, H. G. Koenig, F. G. Lu, W. E. Narrow, J. R. Peteet, S. B. Thielman, and C. P. Yang. 2010. "Religious and Spiritual Considerations in Psychiatric Diagnosis: Considerations for the DSM-V." In *Religion and Psychiatry: Beyond Boundaries*, edited by P.J. Verhagen, H.M. Van Praag, J.J. Lopez-Ibor, J.L. Cox and D. Mousaoui, 423-444. West Sussex: John Wiley and Sons Ltd.

13. Thielman, S. 2010. "Religion and Spirituality in the Description of Posttraumatic Stress Disorder." In *Religious and Spiritual Issues in Psychiatric Diagnosis: A Research Agenda*

for DSM-V, edited by J.R. Peteet, F.G. Lu and W.E. Narrow, 105-113. Washington DC: American psychiatric publishing.

14. Bishop, L., A. Josephson, S. Thielman, and J. Peteet. 2007. "Neutrality, Autonomy and Mental Health: A Closer Look." *Bulletin of the Menninger Clinic* 71 (2):164-178. doi: 10.1521/bumc.2007.71.2.164.

15. Thielman, S. 2006. "Help after High Stress Assignments." *Foreign service Journal* 83 (12):54-55.

16. North, C. S., B. Pfefferbaum, P. Narayanan, S. Thielman, G. McCoy, C. Dumont, A. Kawasaki, N. Ryosho, Y. S. Kim, and E. L. Spitznagel. 2005. "Comparison of Post-Disaster Psychiatric Disorders after Terrorist Bombings in Nairobi and Oklahoma City." *Br J Psychiatry* 186:487-93.

17. Thielman, S. B. 2005. "Observations on the Impact on Kenyans of the August 7, 1998 Bombing of the United States Embassy in Nairobi." *Journal of Aggression, Maltreatment & Trauma* 9 (1):233-240. doi: 10.1300/J146v09n01_28.

18. Thielman, S. B. 2004. "Worldview in Global Perspective." In *Handbook of Spirituality and Worldview in Clinical Practice*, edited by A.M. Josephson and J.R. Peteet, 157-67. Washington: American Psychiatric Publishing.

19. Thielman, S. B. 2004. "Psychiatric Consequences of the 1998 Us Embassy Bombing in Nairobi, Kenya." *Psychiatric Annals* 34 (8):644-649.

20. Thielman, S. B. 2004. "Observations on the Impact on Kenyans of the August 7, 1998 Bombing of the United States Embassy in Nairobi." In *The Trauma of Terrorism: Sharing Knowledge and Shared Care*, edited by Y. Danieli, D. Brom and J.B. Sills. Binghamton, NY: The Haworth Press Inc.

SELECTED BOOK REVIEWS IN ACADEMIC JOURNALS:

1. Thielman, S.B. 2008. Review of The Death of Sigmund Freud by Mark Edmundson, *New England Journal of Medicine* 358(4): 436.

2. Thielman, S.B. 1999. Review of The Antidepressant Era by David Healy in *Journal of the History of Medicine Journal of the History of Medicine and Allied Sciences* 54: 606-607.

3. Thielman, S.B. 1995. Review of Constructing the Self, Constructing America: A Cultural History of Psychotherapy, by Phillip Cushman in *New England Journal of Medicine* 333: 1574-1576.

4. Thielman, S.B. 1994. Review of The Codification of Medical Morality: Historical and Philosophical Studies of the Formalization of Western Medical Morality in the

Eighteenth and Nineteenth Centuries, ed. Robert Baker, Dorothy Porter, and Roy Porter in *New England Journal of Medicine* 331: 686.

5. Thielman, S.B. 1994. Review of The Complete Correspondence of Sigmund Freud, ed. R. Andrew Paskauskas in *New England Journal of Medicine*, 330:579.

6. Thielman, S.B. 1990. Review of Comprehensive Textbook of Psychiatry 5th Edition in *New England Journal of Medicine*, 322: 784.

SELECTED RECENT PROFESSIONAL PRESENTATIONS AND FIELD SUPPORT WORK

1. " Resilience and the Classical Christian Virtues," presentation for breakout session at "Resilience Symposium: New Perspectives on Research and Its Applications," hosted by Center of Excellence in Foreign Affairs Resilience at the Foreign Service Institute, Arlington, Virginia September 14, 2023.

2. General Session 1005 – "People, Place and Purpose: Contributions of Faith Traditions to Recovery and Resilience," -- "Resilience and Classical Christian Virtues," one of three papers in a symposium to be presented at the American Psychiatric Association Meeting, San Francisco, May 20, 2023.

3. General Session 1003 – "Treating Evangelical Christians: Challenges and Opportunities" -- "The History of Evangelicals and Psychiatry in America." One of three papers in a symposium at the American Psychiatric Association Meeting, San Francisco, May 21,2023.

4. "Resilience and the Classical Christian Virtues," presentation at "Spirituality Old & New: Testing the Spirits Yesterday, Today, and Tomorrow" conference, sponsored by *Theology Matters [journal],* Hilton Head, SC, March 8, 2023.

5. "Resilience: An Idea for Your Future" 1.5 day training on developing and maintaining resilience in a high threat disaster relief environment for Samaritan's Purse Apprentice Program Orientation [adapted from Department of State Training curriculum], Samaritan's Purse Training Center, Blowing Rock, NC, December 16 & 17, 2019.

6. Resilience: Resilient Living in High Conflict Environments
المرونة خلال العيش في مناطق النزاعات;
Ancient Prayers Modern Healing
صلوات قديمة تداوي حديث ;
Praying the Psalms Enhancing Resilience
تلاوة المزامير لتحسين المرونة

English/Arabic Presentation/training give over 3 day period to Iraqi trauma support personnel with providing trauma support under the auspices of the Assyrian Catholic church in Erbil and Kirkuk, Iraq. Sponsored by SALT Foundation. Erbil, Iraq September 11-13, 2019.

7. "Vicarious Traumatization," Training for Member Care Team, International Headquarters, Samaritan's Purse, Boone, NC, March 22, 2017.

8. Support and training for Locally Engaged Staff, USAID Mission for South Sudan in Kampala, Uganda and Nairobi, Kenya, December, 5-13, 2016.

9. Resilience, Endurance, and a New Life Situation, training for outgoing medical personnel of Med Send, CMDA, Abingdon, Va, March 9, 2017.

10. "Ethics of Emergency and Disaster Psychiatry" presentation for Symposium (Event 3858), "Ethical Challenges at the Interface Between Psychiatry and Religion/Spirituality," American Psychiatric Association Meeting, Atlanta, Ga, May 18, 2016.

11. Support and training for locally engaged staff, USAID Mission for South Sudan in Juba, South Sudan, February 19-February 26, 2016.

12. "Maintaining Resilience in a High Stress Environment," orientation for incoming residents/fellows for the Global Health Pathway, Hubert Yeargan Center for Global Health, Duke University Medical Center, Durham, NC. July 3, 2015.

13. Keynote speaker, "International Staff Conference for Trauma Support Staff," Open Doors International, Istanbul, Turkey. August 1-4, 2013.

14. "Extreme Psychiatry: Mental Health Support for American Diplomacy", Grand Rounds, Department of Psychiatry and Behavioral Science, Duke University Medical Center, Durham, NC, July 21, 2012.

15. "Responding to Disasters in the Foreign Service Setting," presented at the Department of State Continuing Medical Education Program, March 7-10, 2012, Bangkok, Thailand (Sponsored by Cleveland Clinic Center for Continuing Education).

SELECTED AWARDS AND HONORS

2019 Training Design and Development Award of the Federal Training Officers Consortium (for our team of 6 people at Center for Excellence in Foreign Affairs Resilience [CEFAR]] for resilience training curriculum design at the Foreign Service Institute.

2019 Elected Distinguished Life Fellow, American Psychiatric Association

2015 Elected to two year term as Department of State Representative to the Governing Board, American Foreign Service Association (AFSA)

2011 Presidential Meritorious Service Award, The White House
"…for sustained superior accomplishment in the conduct of the foreign policy of the United States Government…"

2008 Superior Honor Award, U.S. Department of State:
"…for post-trauma stress disorder counseling and reconciliation following the civil unrest and violence that rocked Kenyan society in early 2008..."

2006 Superior Honor Award, U.S. Department of State:
"… [for] superior support, creative management, and unfailing dedication as Director of Mental Health Services."

2005-2011 Member, DSM-V Research Planning workgroup on Religion and Spirituality issues in mental disorder diagnosis and classification (sponsored by the American Psychiatric Association and its Committee on Psychiatric Diagnosis and Assessment)

MEMBERSHIPS

Distinguished Life Fellow, American Psychiatric Association
Member, APA Caucus on Spirituality, Religion and Psychiatry, American Psychiatric Association
Member, American Foreign Service Association

UNCOMPENSATED VOLUNTEER WORK

Elder, Christ Community Church (Presbyterian), Montreat, NC 2020-2023
Consultant and contributor to Langham Partnership Trauma Project.
Participated in international conference in Ethiopia to assist pastors dealing with traumatized partitioners. Resulted in the book *Tackling Trauma* edited by Paul A Barker. (Carlisle, Cumbria: Langham Global Library, 2019. I wrote the first chapter, "Praying the Psalms: From Trauma to Resilience."