

Unresolved Ruptures: Find Healing When Repair is Not Possible

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Our Flourishing, Our Faith
NAVIGATING RUPTURE AND REPAIR IN
ASIAN AMERICAN CHRISTIAN COMMUNITIES

OURFLOURISHING.ORG

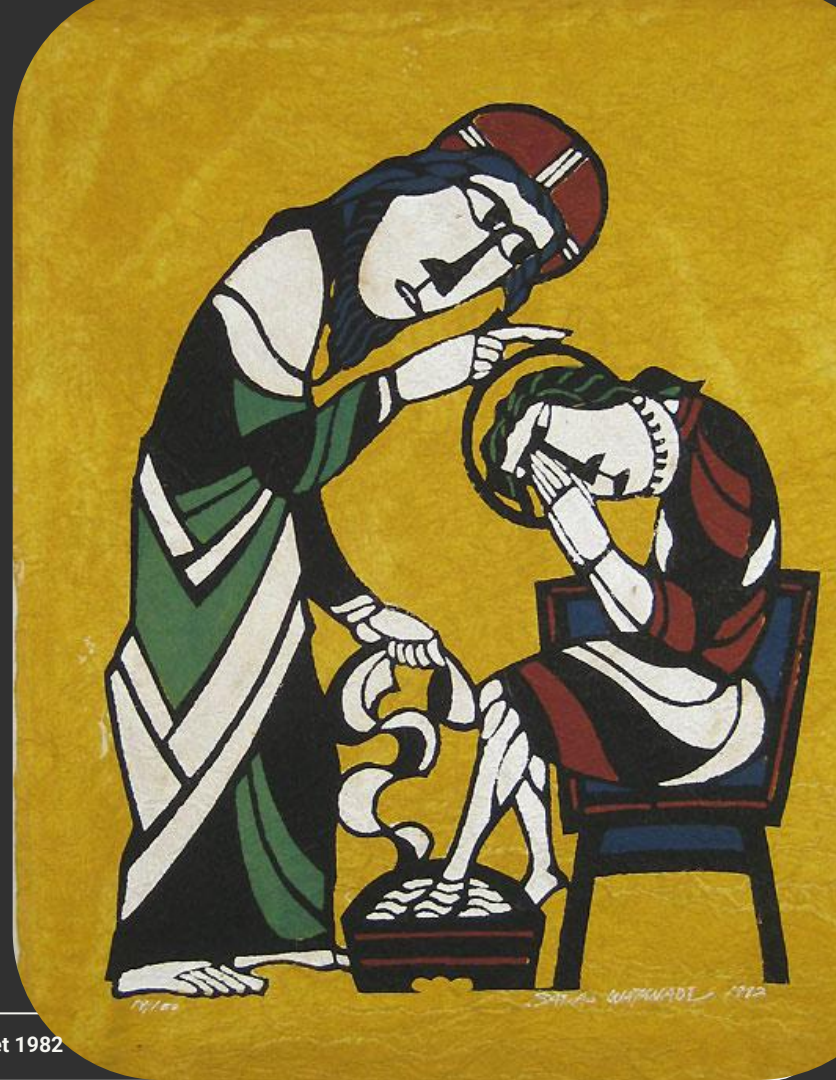
April 10-11,
2026
HYBRID · BIOLA UNIVERSITY
California

Annual
Mental Health
Conference

an American Christianity, Princeton Theological Seminary
an American Mental Health Initiative, Rosemead School of Psychology,
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Unresolved Ruptures:

Is healing possible when repair is not?

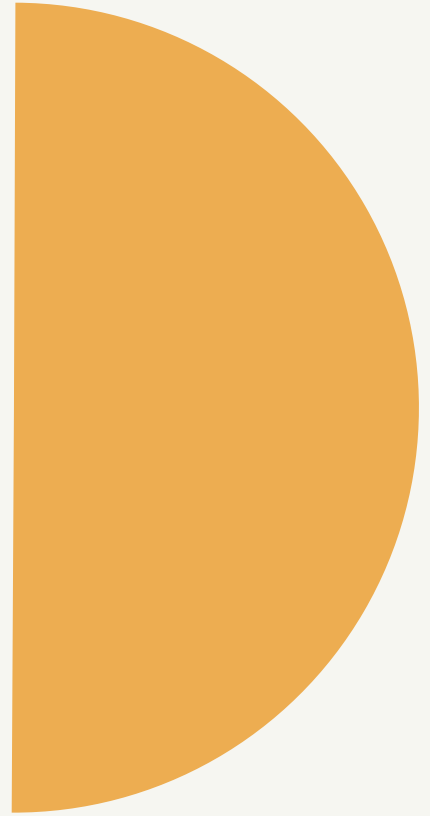
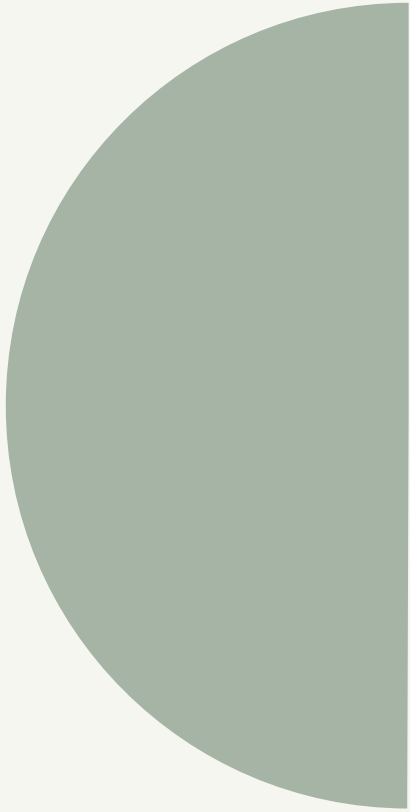




What is YOUR
experience with
cutoff?

INITIATOR
RECEIVER
BOTH

Results



Presence of:

War

Racialization

Displacement/Migration

Trauma in AAPI context

Absence of:

Culturally/systemically
attuned/relevant
resources:

Therapists, pastors,
community leaders

Research, writing and
teaching in all fields

The Ladder

Safe and Social

Calm/
Engaged

Agitated

Fight/Flight

Shut down

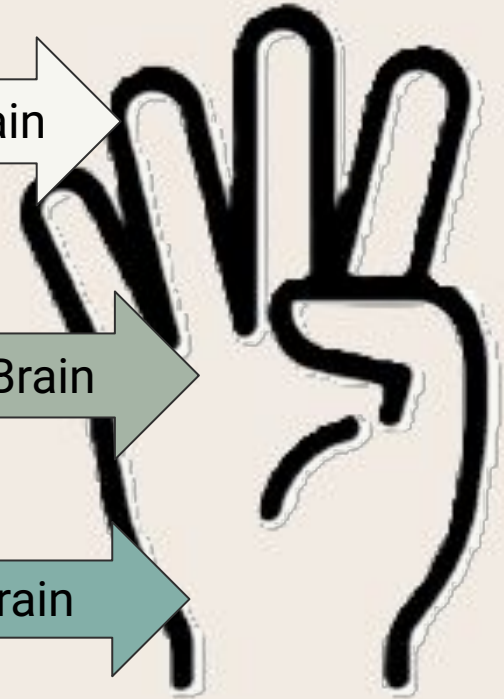
Collapse/
Go blank

The Hand

Thinking Brain

Emotions Brain

Survival Brain



Two Stories

As Recipient

- Shock
- Couldn't speak
- Wanted to lie down

Then

- Tense muscles
- Intense anxiety
- Urgent need to fix
- Anger

As Initiator

- Rage
- Urge to yell
- Breathing restricted
- Emotional overwhelm
- Fear that things would never change

Attention

Attend

Attune

- Pause and notice
- Helps us see what is happening internally

- Be a neighbor, a friend, come alongside without judgement
- Helps create safety

- Make room for the reality of God's care
- Helps teach us how God is already attuned to us

SIIFT

SENSATION

IMPULSE

IMAGE

FEELING

THOUGHT

Adapted from Dan Siegel, via Sungshim Loppnow

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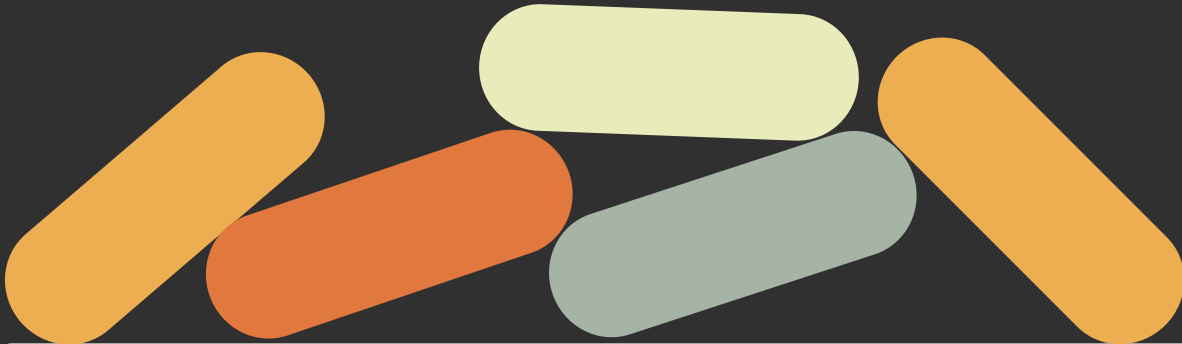
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The Big Picture

I came not to
abolish the law
but to fulfill it

Mt 5:17



Be perfect
therefore as your
Father in heaven is
perfect
Mt 5:48

Hope

- *Perfect = telos:
complete/whole*
- *A signpost to God's
radically different
reality*

Two prongs

Hyperlocal

Meet your body and soul where it is:

- Deal with the Immediate reality of nervous system response to trauma
- Regulate using the nervous system's language

Big Picture

Find your rationale:

- Wrestle with the “what for”
- Who do you want to become?
- What does the gospel have to do with this rupture?

Resources

- Presence and Practice online community:
[presenceandpractice.com](https://www.presenceandpractice.com)
- Mindsight Institute:
[mindsightinstitute.com](https://www.mindsightinstitute.com)
- Polyvagal Institute:
<https://www.polyvagalinstitute.org/>



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Thank You