

FOR IMMEDIATE RELEASE

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Leading Faith Clinical Professionals Address Election Trauma with Healthy Faith Practices

November 2024 – In the wake of the recent presidential election, many individuals across the nation are grappling with profound emotional and spiritual distress. Recognizing this, Dr. Donna Saunders, a clinical psychologist and ordained minister, and Rev. Jean Leak, a Registered Nurse, clinical pastoral therapist, and ordained minister, have launched **Project Culminate 2024**, a faith-based initiative to guide individuals in processing election trauma and reclaiming hope.

Combining their expertise in clinical practice and ministry, these leaders offer practical tools rooted in the Holy Bible to promote healing and resilience. Drawing inspiration from the Prophet Habakkuk, who candidly wrestled with injustice and found peace through faith, the initiative provides a structured framework for coping with disillusionment, disappointment, and trauma.

“This election has left many feeling shaken and hopeless,” explains Dr. Saunders. **“Our goal is to help people navigate their pain honestly, without denying their faith. Healthy faith practices are essential for addressing both emotional and spiritual wounds.”**

Habakkuk’s Framework: A Model for Renewal

Project Culminate 2024 emphasizes five steps inspired by Habakkuk’s journey of faith and resilience:

1. **Cry to the Lord in Question** – Creating space for honest conversations with God.
2. **Climb on the Watchtower** – Listening for divine guidance and gaining perspective.
3. **Write the Vision** – Turning spiritual insights into actionable plans.
4. **Just Live by Faith** – Walking in integrity and trusting God’s promises despite uncertainty.

5. **Rejoice While Waiting** – Choosing joy through worship, even amidst unresolved challenges.

“Healthy faith is not about suppressing emotions but about using faith to confront and heal from trauma,” says Rev. Leak. **“This approach offers people a way forward, grounded in spiritual resilience and clarity.”**

A Roadmap for Renewal and Visioning

The initiative includes a timeline for self-care, spiritual reflection, and planning. Participants are guided to rest, engage in supportive community practices, and prepare for the year ahead by focusing on God’s guidance. These insights also serve as tools for honestly addressing challenging feelings about what’s next while embracing the joy and blessings of the Holiday season.

“This is a time to turn pain into purpose,” Dr. Saunders adds. **“Faith can help us transform despair into vision and progress, equipping us to face the future with renewed strength and hope.”**

About Guide Global Health Initiatives:

Guide Global Health Initiatives, led by Dr. Donna Saunders and Rev. Jean Leak, combines clinical expertise and ministry to promote holistic health—body, mind, and spirit. Their mission is to empower individuals and communities to thrive through faith-based practices.

For more information or to schedule interviews with Dr. Donna Saunders or Rev. Jean Leak, please contact:

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