



University
of Victoria

Centre for Studies in
Religion and Society

SCHOLARS IN THE SQUARE



Jessica Fichtner-Nolin

Un-silencing Voices of Religious Trauma

Religious trauma is a pervasive issue, negatively affecting the mental, physical, relational and spiritual health of survivors across religions. Unfortunately, the literature around religious trauma is nascent and sparse, with little to say about the recovery process. So what is it that makes some religious experiences traumatic? And how might clinicians best support recovery? I look for answers in the stories told by women of religious trauma and recovery in the context of Canadian Christianity.

Jessica Fichtner-Nolin is a graduate student in counselling psychology at UVic. Passionate about positively influencing the wellbeing of trauma survivors and increasing general trauma awareness, Jessica's research is motivated by a counsellor's ethic toward advocacy and knowledge production for best practice.

March 5, 2026
5:00–6:00pm
CLE B017

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