

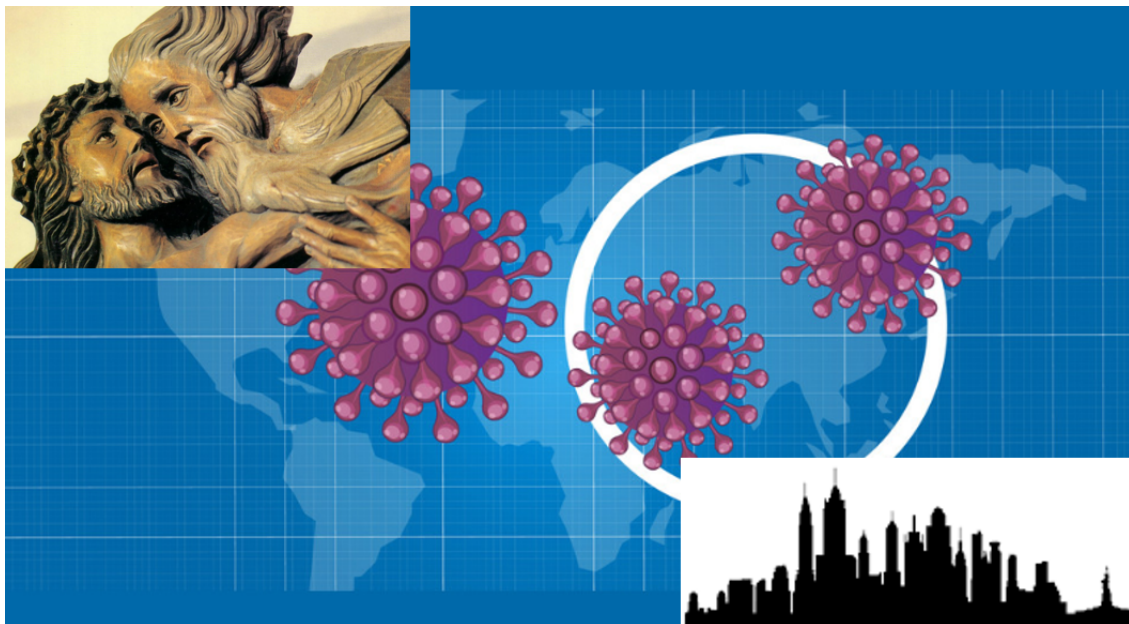


Trauma, Attachment, and Human Flourishing

***“The global pandemic focuses the mind:
We survive and serve by being attached.”***

Pat Fagan, [MARRI](#) and [Marripedia](#)

The High Calling of Fatherhood



The global pandemic focuses the mind on fundamentals: survival and prioritizing those to whom we most belong. To survive we need those attached to us, and ultimately, we survive to serve by being attached.

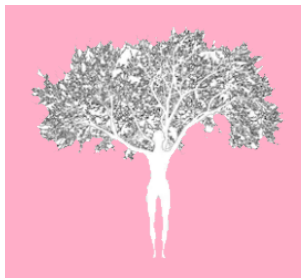
This pandemic time is a good occasion to introduce an essay a few months in making, by Dr Jesse Gill, a clinical psychologist who practices in Hershey PA (www.facetofacemarriage.com). Dr. Gill's Christian faith informs his clinical insights and no wonder for no other religion, among all the religions of the world, has attachment as its beginning and end and weaves it through every fiber in between. The wonderful thing about attachment to God: we can attach or re-attach at any moment. [Continue Reading Here...](#)

Religion and Family are Pathways to Human Flourishing



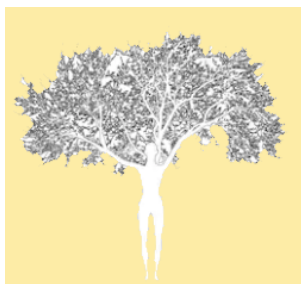
A [2017 Harvard research overview article](#), in laying out a framework for a long term project, identified four prominent pathways to human flourishing: family, religious communities, work, and education. Flourishing is a state in which all major aspects of a person's life yield a sense of complete well-being, and that flourishing is personally experienced (and is detectable by others, including social scientists) in five ways: 1. Happiness and life satisfaction; 2. Mental and physical health; 3. Meaning and purpose; 4. Character and virtue; and 5. Close social relationships. [The same elements provide a good framework for anyone assessing where he stands in life. Editor]

Religious Participation Exerts Powerful Effects on Human Flourishing



Numerous studies have seen a strong association between participation in religious services and human flourishing, including happiness and life satisfaction, mental and physical health, meaning and purpose, character and virtue, and close social relationships. [A 2017 Harvard study](#) posits that it is the confluence of religious values and practices, reinforced by social ties and norms that are the mechanisms responsible for the association with human flourishing.

Parental Warmth Leads to Their Children Flourishing



[A third Harvard study in 2019](#) examined the longitudinal association of parental warmth and their children flourishing in midlife. It found that parental warmth increases the likelihood of adult children flourishing emotionally and psychologically with greater educational attainment, greater household income, and higher occupational class. It also found that parental warmth in childhood decreases the risk of drug use, smoking, and depression. Interestingly, the level of a father's warmth had more of an influence than a mother's warmth on a child's likelihood of engaging in substance abuse, while a mother's level of warmth had more of an influence on a child's likelihood of being depressed or smoking.



**For More Information about [Healthy Marriages](#), please visit
Marripedia.org**



[View E-mail in Browser](#)