

**A Survey of Christian Pastors and Ministry Leaders -  
How Creative, Embodied and Trauma-Informed Spiritual Practices  
are Used in Church and Ministry Settings  
to Support Holistic Spiritual Formation**

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**SURVEY INFORMATION SHEET**

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**Who is conducting the study?**

**Principal Researcher**

Krista Heide  
Doctor of Ministry Candidate, Kairos University  
[kristaheide@gmail.com](mailto:kristaheide@gmail.com)

**Kairos University Mentor Advisory Team**

Dr. Melt van der Spuy, Faculty Mentor through Kairos University  
[melt.vanderspuy@newjoychurch.com](mailto:melt.vanderspuy@newjoychurch.com)

Joyce Rees, Contextual Mentor through Kairos University  
Rick Hill, Contextual Mentor through Kairos University  
Joanne Loewen, Peer Mentor through Kairos University

**What is the purpose of this study?**

The purpose of this study is to understand and describe if, how, and to what extent creative, embodied and trauma-informed practices are being used in Christian church and ministry settings to support holistic spiritual formation.

**Who is this study for?**

This study is for Christian pastors and ministry leaders who are over 19 years of age, are working or serving within church, parachurch and other ministry contexts, and who can read and communicate in English.

**Why is this study being conducted?**

Krista Heide has served in church leadership for over 25 years in roles of worship, creative arts, eldering, preaching, and pastoring. Over the last decade she has also worked co-vocationally as an artist (painter / graphic / web design) and as a research coordinator at Trinity Western

University, studying the role of Art and Spirituality within healthcare and social services settings. Krista has completed her Spiritual Direction Certificate through Sustainable Faith, and is currently a Doctor of Ministry candidate at Kairos University. She is particularly passionate around the fields of theology, creativity, spiritual formation and trauma-informed care.

As part of Krista's academic pathway, she is conducting contextual research with Christian pastors and ministry leaders. Part of this research consists of an online survey (*open to Christian pastors and ministry leaders*) around their theological understanding and use of creative, embodied and trauma-informed spiritual practices within their ministry context.

The information gathered in this survey will help in the development of Krista's final doctoral project - a book that lays a theological foundation for creative, embodied and trauma-informed spiritual practices, and considers the implications on ministry practice.

You are being invited to participate as we believe your perspective will bring valuable insight and aid in the development of these resources.

### **What is involved in this survey?**

If you voluntarily consent to participate in this research, your participation will include a short questionnaire via LimeSurvey that will take approximately 20-30 minutes of your time.

You will be asked about your socio-demographic characteristics (such as your age, sex, race, level of education) and your ministry context (country, region, denomination, type of ministry). You will also be asked general questions about how you understand and use creative, embodied and trauma-informed spiritual practices within your church and ministry context for holistic spiritual formation, impacts you have noticed, and suggestions or requests for further resources.

The survey will be open from June 15 - July 15, 2026.

### **What are the potential risks and discomforts of participating?**

The risks associated with participating in this research are minimal, no more than would be encountered during the course of everyday life.

To minimize any potential triggers within the trauma-informed section, questions have been carefully framed in a respectful manner and all short answer questions are optional. Details about an individual's trauma will not be asked, rather questions will be posed more generally around types of trauma-informed practices used in your community.

### **What are the benefits of participating?**

There may be several direct benefits to you because of participating in this research. Some

studies show that participants find sharing their stories and experiences helpful, as it helps them to make sense of what they have experienced and to feel supported by others. Also, some individuals may feel grateful for the opportunity to contribute to knowledge development through participating in a research study.

### **Remuneration/Compensation**

As a way to thank you for your participation and compensate you for any inconvenience related to that participation, everyone who completes the survey will be entered into a draw for a \$50 Amazon gift card.

### **How will the study results be used and shared?**

The findings of this study will be shared in Krista's doctoral research (academic papers, presentations, and her final doctoral project - the creation of a book). In any publications, presentations, online, or multimedia platforms used to share the study findings, Krista will be careful to ensure your confidentiality. Care will be taken to ensure that any quotes used contain no identifying information to protect your privacy.

### **How will your identity be protected? How will your privacy be maintained?**

Any information that is obtained in connection with this study and that can be identified with you will be disclosed only with your permission, or as required by law.

Principal researcher, Krista Heide, and her advisory team have implemented strategies to protect your confidentiality. Research materials will be de-identified and coded by an anonymous participant number and kept in a secure digital file stored on a password-protected computer owned by the principal researcher.

Survey data collected using LimeSurvey will be stored on Canadian servers managed by Web Hosting Canada. All identifiable data will be encrypted. The data will only be accessed by Krista, who has a Lime Survey account that is unique for this project.

Research participants will not be identified by names in any reports or the completed project.

### **Data maintenance**

Data from this study will be stored for ten years after the research is completed, and the electronic data will be deleted within ten years of the completion of the research. The data will be kept for this time to enable presentations, and other knowledge sharing strategies. Measures taken to ensure participant confidentiality include storing all electronic data on a password-protected computer owned by the principal researcher.

### **Who can you contact if you have questions about the study?**

If you have any questions or desire further information with respect to this study, you may contact Krista Heide ([kristaheide@gmail.com](mailto:kristaheide@gmail.com)) .

You may also contact Dr. Melt van der Spuy ([melt.vanderspuy@newjoychurch.com](mailto:melt.vanderspuy@newjoychurch.com)) as Krista's faculty mentor and representative of Kairos University.

### **Participant consent and signature**

Your participation in this study is entirely voluntary and you may refuse to participate or withdraw from the study without any consequences.

If you choose to withdraw from the study, please let Krista know of your decision not to continue and your questionnaire information will be removed from the study and destroyed.

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#### Online informed consent form:

By typing your name and clicking "continue" you are indicating that you have had your questions about the study answered to your satisfaction. It also indicates that you consent to participate in this study and that your responses may be put in a deidentified and anonymized form and kept for further use after the completion of this study. Please save or print a copy of this consent form for your own records.

*Type your Name:* \_\_\_\_\_ *Date* \_\_\_\_\_