



# FAITH IN THE FOG

A Workbook For Healing When the Path Isn't Clear

Charlotte B. Thomason

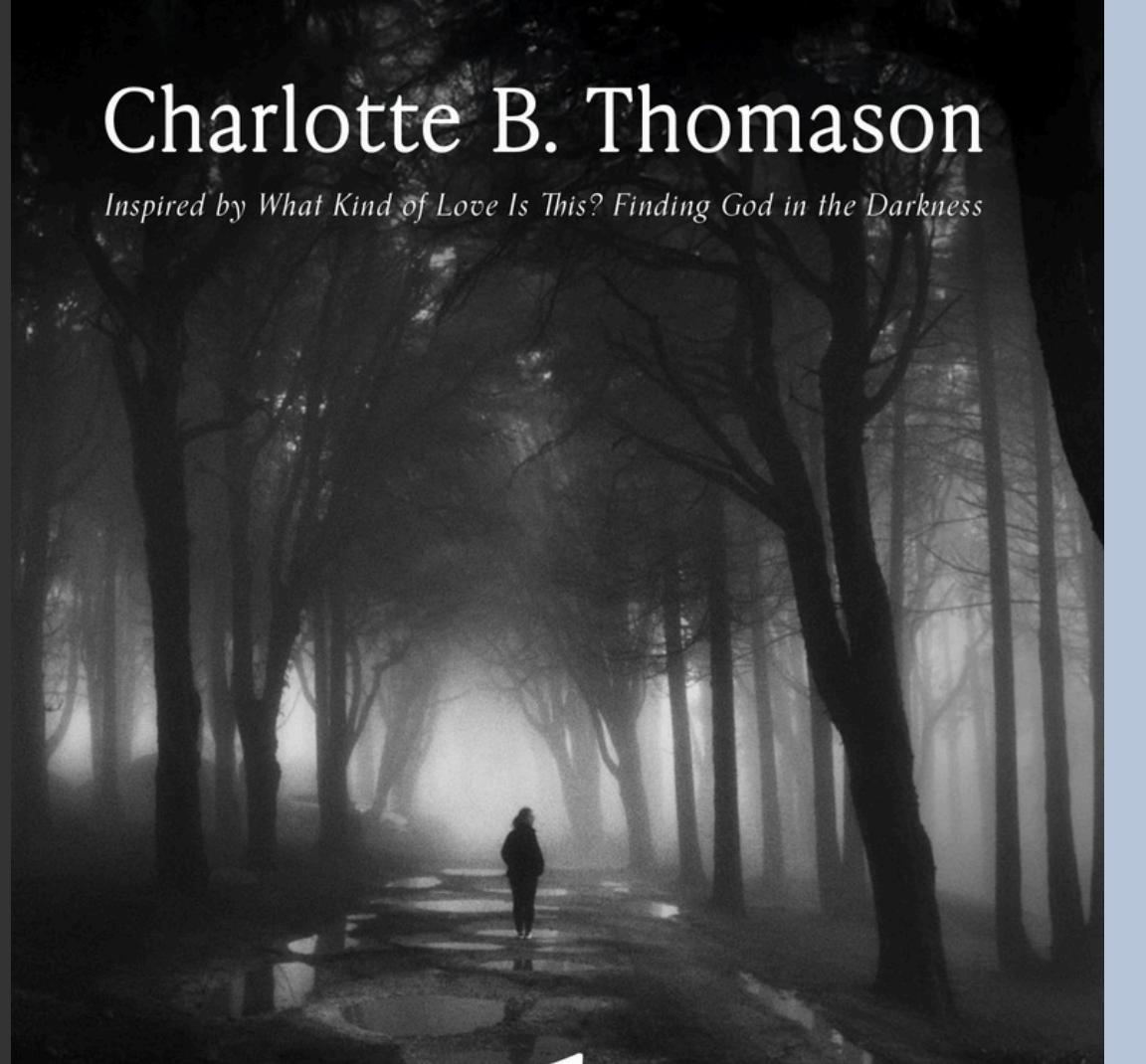
“Trauma doesn’t define us.

Healing is possible.”

-Charlotte B. Thomason

Charlotte B. Thomason

*Inspired by What Kind of Love Is This? Finding God in the Darkness*

A black and white photograph of a person walking away from the viewer on a path through a dense, foggy forest. The trees are tall and thin, their branches reaching out into the mist. The path is illuminated by a few distant lights, creating a somber and contemplative atmosphere.

# Faith In the Fog

A WORKBOOK FOR HEALING  
WHEN THE PATH ISN'T CLEAR

# THE JOURNEY THAT SHAPED CHARLOTTE'S VOICE

## Credentials

MSW and MA in Apologetics



## Experience

35 + years in social work.



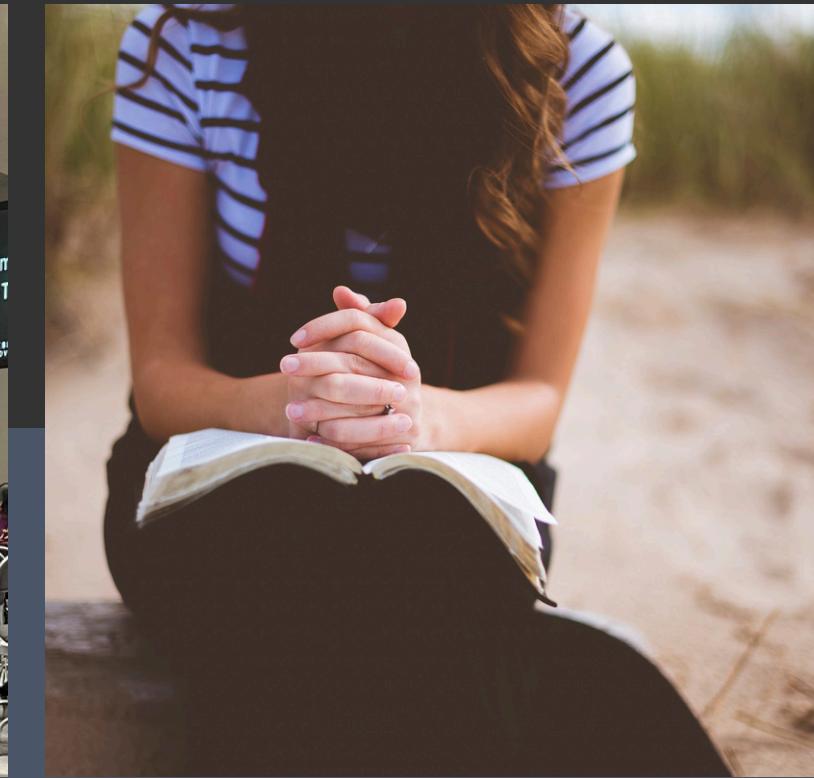
## What Drives Her

Shares her story so trauma survivors feel seen.



## Redemption

Learning to receive God's love changed her life.



# FROM PAIN TO PURPOSE

## Story-Workbook



01

Memoir-The story that began  
it all. (2021)



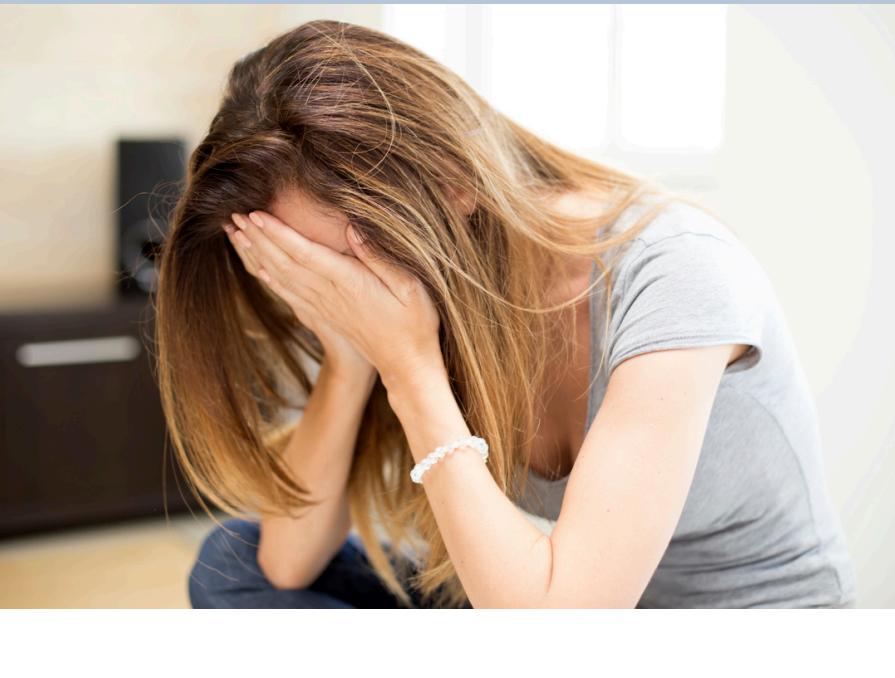
02

Workbook-Tools for the  
ongoing journey. (2025)

03

# WHY IT MATTERS

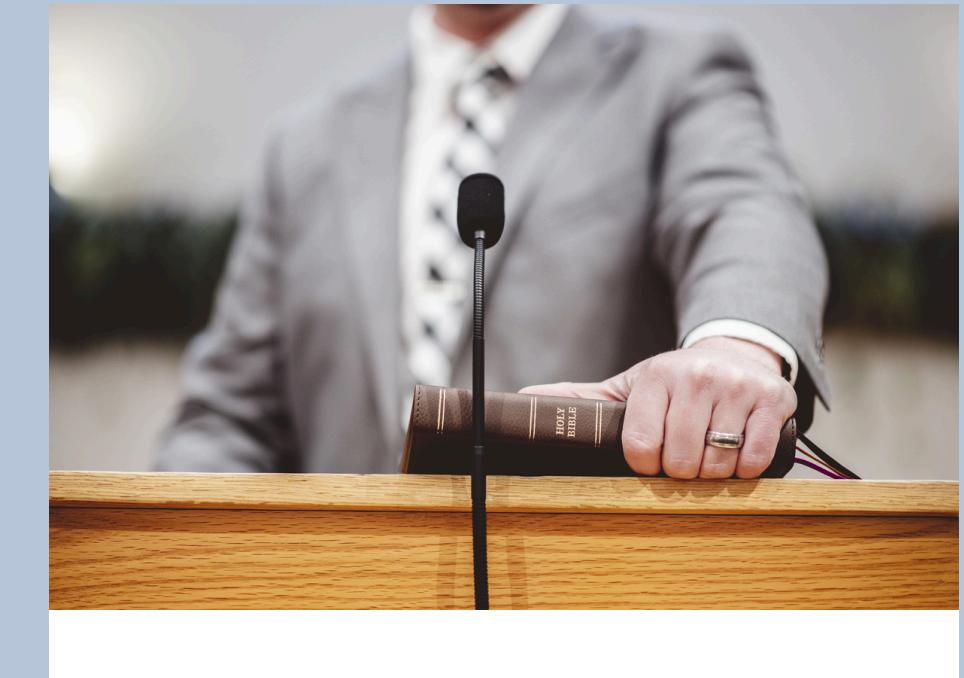
*Faith in the Fog* bridges the gap by bringing faith and trauma-informed care together.



1 in 3 women • 1 in 5 men  
experience sexual abuse  
before age 18.



42 million adults live with  
long-term impacts.



70% of pastors feel under-  
equipped to help.

# WHO'S IT FOR?

Created for:



01

Survivors



02

Recovery & Small Groups



03

Counselors & Pastors

For anyone walking through healing with faith as their anchor.

05

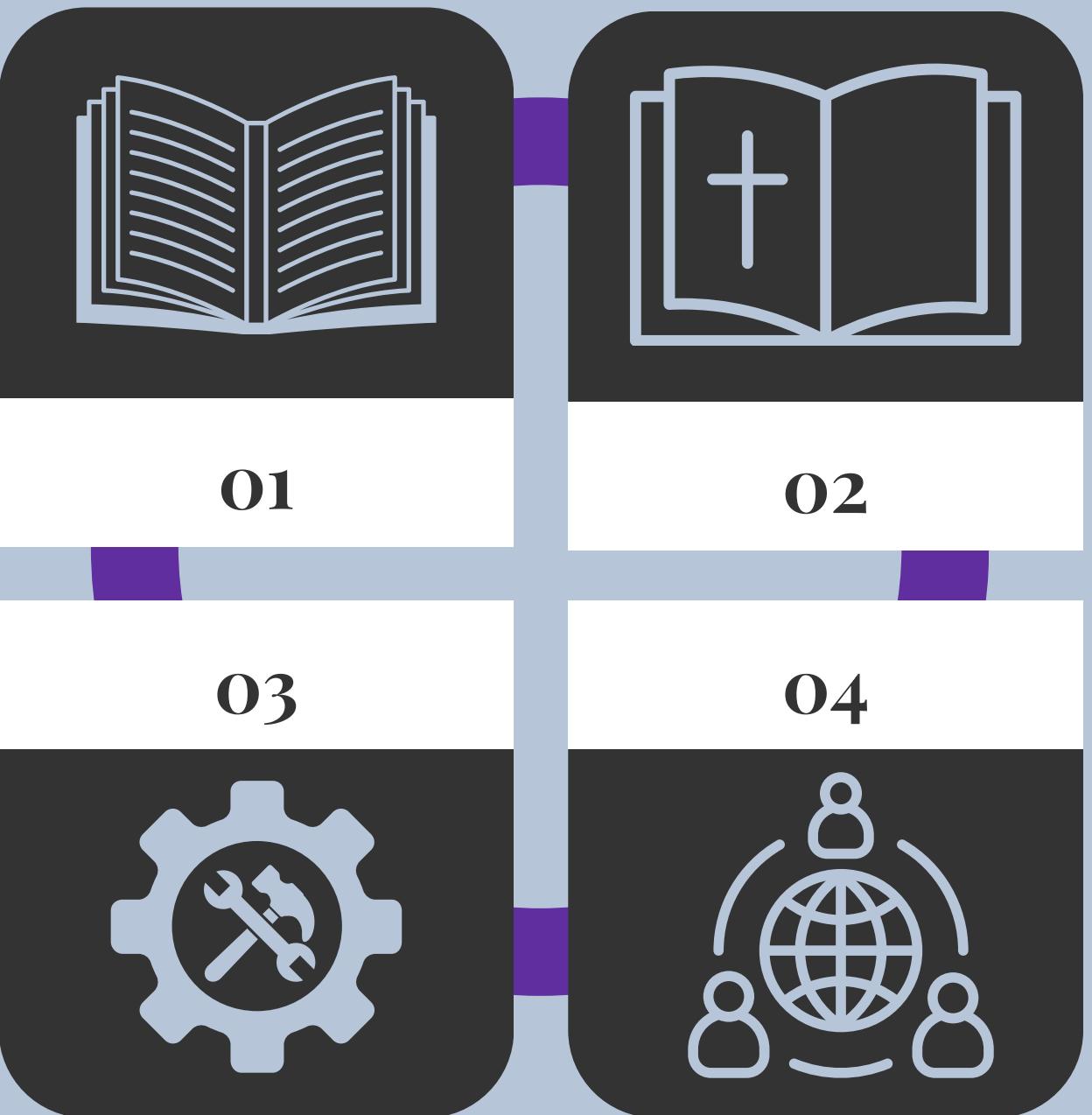
# WHAT'S INSIDE

Storytelling

Scriptures/  
Reflections

Tools for healing

Resources

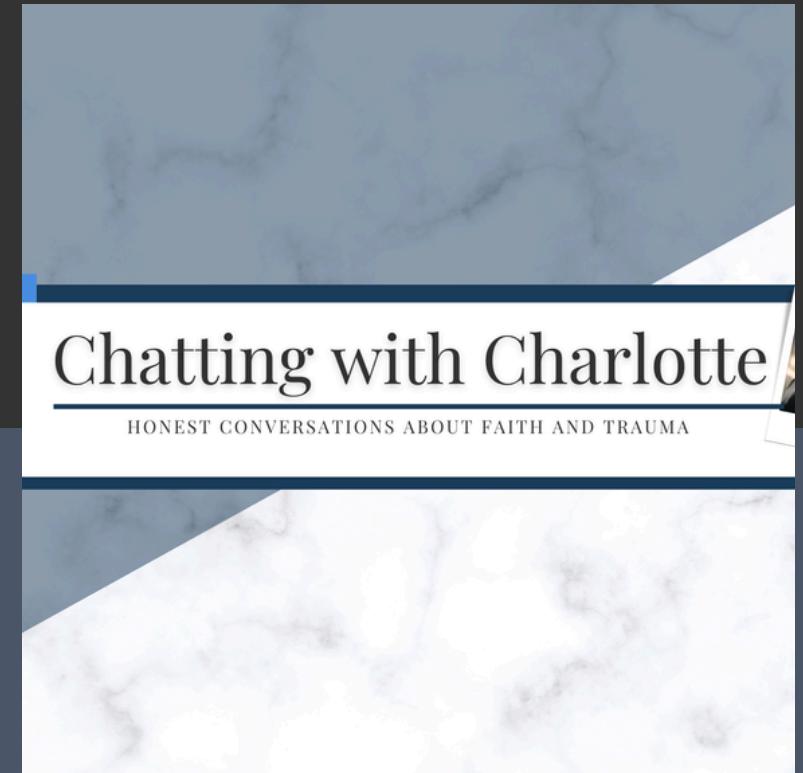


# WHERE YOU'LL FIND CHARLOTTE

A growing community of faith, hard work, healing and hope

## YouTube

Honest Conversations about  
trauma and faith



## Website

The Heartbeat of Charlotte's  
Ministry



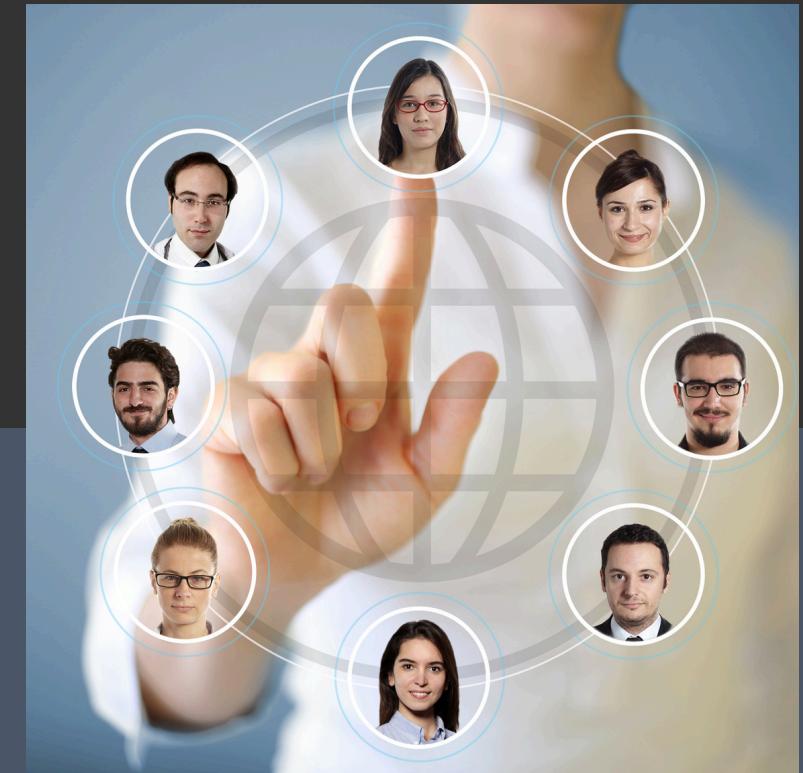
## Speaking

Celebrate Recovery, Churches,  
Workshops



## Social Media

Instagram, Facebook, Tiktok, X,  
Threads, LinkedIn



# HOW TO CONNECT



Website

[charlottethomason.com](http://charlottethomason.com)



YouTube

[@charlottethomason1953](https://www.youtube.com/@charlottethomason1953)



Instagram

[@cbthomason53](https://www.instagram.com/cbthomason53)



Email

[charlotte@charlottethomason.com](mailto:charlotte@charlottethomason.com)

# THANK YOU

*Faith in the Fog* offers trauma survivors and faith communities practical tools and hope for healing.

To learn more or request event materials,  
visit:

[charlottethomason.com](http://charlottethomason.com)