What is trauma – Trauma is a deeply distressing or disturbing experience/event or best put the internal or intrapersonal response to this experience or event. It exceeds one’s capacity to cope and results in a profound sense of vulnerability and/or loss of control. The word trauma comes from the Greek and means to wound.

Is trauma death, chronic illness, accidents, natural disaster –suffering does touch all of us, but the events do not constitute trauma. Trauma must include the subjective experience of emotional, physical, and/or relational harm. That it has disrupted their ability to live life abundantly. (Jn 10:10)

Reading Tim Keller’s book, walking with God through pain and suffering – he quotes a doctor who surmises that the meaning of life in the United States is the pursuit of pleasure and personal freedom and as a result suffering is traumatic for Americans. Most other cultures make the highest purpose of life something besides individual happiness and comfort. It may be honor. In many cultural narratives, suffering is an important way to come to a good end of the story – you go through suffering -not around it. “ Important to understand and have a good theology of suffering and trauma.

*What if we were to read the Bible in such a way to build a theology of trauma for victims? What would it look like? – Dr. Phil Monroe*

*Theologically trauma is the affirmation of our creation in the image of a loving God and also the pervasive reality of sin. The trauma lens requires a new appreciation for the biblical themes of suffering, sin, redemption, resurrection, liberation, and hope. – Heather and Fred Gingrich*

*The cross is where trauma and God meet*. – Dr. Diane Langberg

**Suffering exists in 3 contexts –**

Genesis 3 is the first snapshot of trauma. Sin has veered us away from the way things ought to be and the way in which God’s creatures should flourish.

We suffer as a result of living in a fallen world – curse consequence, fallen bodies, curse of creation, spiritual war (Genesis 3:16-19, 2 Cor. 5:2-4, Romans 8:19-23, Ephesians 6:12)

We suffer as a result of sinning/disobedience. (Psalm 51:5)

We suffer as a result of being sinned against. (Psalm 56:1-2) Directly and Indirectly

If sin had not entered the world suffering would not have entered the world either. Suffering exists because evil existed first. God uses suffering as a backdrop to demonstrate the glory of his grace in redeeming his people. – Dr. John Henderson

Worship is the right response to the goodness of God – Sin/Disobedience is the wrong response to the goodness of God.

In an article I read, the authors gave the example of the destruction of the twin towers and the eruption of Mt. St. Helens. They gave an example of being tasked with restoration. They stated with Mt St Helens how it led to reforestation. One left debris in the way and the other left debris that was generative and helped the healing. Often that is how we treat people that these things “debris” is in the way and we need to move them as soon as possible out of the ashes of their suffering instead of helping people make the ashes of their suffering generative of a new and flourishing human life.

Our union with Christ is expressed in suffering. An invitation to know him deeply is to traverse through suffering with him to have great intimacy with him (Philippians) *Job heard God and now he saw God Job 42*

God at times can use suffering to capture our full attention and remind us of who He is. Look at Job – he is willing to change the focus of his attention from himself to God. Suffering was his instructor – He has learned to know God better. Suffering can contribute to our flourishing because it can provide a reorientation and reevaluation of one’s pursuit. It leads us back into relationship and dependency on God.

**Key Themes in a Theology of Trauma**

Reading the Bible through the lens of trauma highlights a few key themes beyond the foundation of a God who Himself knows trauma firsthand in the unjust torture and death of Jesus:

**Anguish is the norm and leads most frequently to questions**

We don’t suffer with stoic endurance, we cry out and are encouraged to do so. When more than 40% of the Psalms are laments (and that doesn’t count the primary themes of the prophets!) we must recognize that anguish is most appropriate forms of communication to God and with each other. But we are not alone in the feelings of anguish. God expresses it as well. Notice God expresses his anguish over the idolatry of Israel (Eze 6:9) and Jesus expresses his when lamenting over Israel (Luke 13:34) and cries out in questions when abandoned by the Father (by quoting—fulfilling—Psalm 22). Despised and rejected, a man of sorrows, acquainted with grief. Isaiah 53. During the days of Jesus’ life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death

Hebrews 5:7

*A question to ask your self is are you comfortable with this? Are you like Job’s friends? Only comfortable with an allotted time frame?*

**Peace happens…in context of chaos**

Suffering and pain are real and not an illusion. We aren’t encouraged to deny desire or detach our bodies from good things in life to achieve inner peace. It is not a reinterpretation in order to achieve tranquility like in Buddhism. Psalm 23 comes to the lips of many during times of trouble as it expresses peace and rest *during* times of intense trouble. Shadows of death yet comfort; enemies around yet feasts. Peace happens but rarely outside of chaos and distress. Consider Jeremiah 29:11, frequently quoted to those going through hardship to remind them that God has a plan. He does have one, but recall that the plan was to live in exile among those who see the Israelites as foreigners and second-class citizens! Or consider Mark 4:35 – Jesus in the boat.

**The kingdom of God in the present does not promise protection of bodies**

Reading Psalm 4:8 it states - “In peace I will both lie down and sleep for you alone O lord make me dwell in safety” Think about reading this with a woman who was molested by her older brother at night. Or with a refugee who has fled their homeland. What are the questions they may have – where was their safety? Where was His protection? Now read what Jesus says in Luke 12:4-7. Our theology of God’s care must take into consideration that He does not eliminate disaster on those he loves. Elizabeth Elliott states “Our vision is so limited we can hardly imagine a love that does not show itself in protection from suffering. The love of God is of a different nature altogether. It does not hate tragedy. It never denies reality. It stands in the very teeth of suffering. The love of God did not protect His own Son. The Cross-was proof of his love – that He gave that Son, that he let him go to Calvary’s cross, though “legions of angels” might have rescued Him. He will not necessarily protect us – not from anything it takes to make us like His son.”

**Suffering may build virtuous character.** Romans 5:1-5; James 1:3-5. It can result in maturity and endurance. We learn humility and dependency on Christ. Our suffering may also benefit others through what is produced. (Joseph and Paul) Suffering can possess the potential to indicate the presence of disorder (sin).

**God and his people are in the business of trauma prevention, justice, and mercy responses**

We do not believe in karma, suffering often can be unjust and disproportionate. Life is simply not fair. We look and see that the kingdom of God is for the poor in Spirit, the persecuted, those who provide mercy and those who hunger for justice (Matthew 5). True or pure religion is practiced by those who care for the most vulnerable among us (James 1:27). Jesus himself is the fulfillment of healing as he claims Isaiah 61 as fulfilled in his personhood and mission (Luke 4:18-21). We his people are the hands and feet to carry out that binding up and release from oppression.

**Recovery and renewal during and after trauma likely will not eliminate the consequences of violence until the final return of Jesus Christ**

Despite our call to heal the broken and free those enslaved, we are given no promise that the consequences of violence are fully removed until the final judgment. Rarely do we expect lost limbs to grow back or traumatic brain injuries to be erased upon recovery from an accident. Yet sometimes we assume that traumatic reactions such as startle responses, flashbacks, or overwhelming panic should evaporate if the person has recovered.We have broken bodies as a result of the fall. Sometimes there may be physiological responses and their will be temptations to be self reliant. We have resurrected power to be able to sit in the worlds sorrows and taste the coming joy.

**A robust theology of trauma recognizes we have no promise of recovery in this life.** **What we do have is theology of presence**. God is with us and will strengthen us guiding us to serve him and participate in his mission to glory. Look at the story of Joseph.

There is much more to say about a theology of trauma for victims. We can discuss things like forgiveness, restorative justice, and reconciliation. But for now, let us be patient with those who are hurting as they represent the norm and not the exception.

Look at the concept of Shalom. Shalom is not just peace or the absence of hostility but flourishing in all dimensions of our existence in our relation to God, others, ourselves, and creation.

**Impact of Trauma:**

1. Intensity of Trauma you experienced (level of personal pain, exposure to violence, reasonable expectation of possible death, moral injury and conscious violation, having harm threatened to someone you love if you don’t comply)
2. Duration of Trauma you experienced (It goes from the exception to the norm.)
3. Frequency of Trauma you experienced (Sense of Powerlessness and bracing.)
4. Age experience of Trauma (Only can face it with the emotional and cognitive resources available at that time – so if you are a child that is your ability. Give example of child soldiers.)
5. Passivity in your response to the trauma. Resistance helps maintain autonomy and voice even if futile– emotionally surrendering to trauma.
6. Emotional Stability Prior to Trauma – If you don’t handle stress well or there was ongoing stress at that time.
7. Reactions from loved ones – If when disclosing your experience those you trusted responded with disbelief, silence, minimization, misunderstanding, or blaming – this will increase impact and lead to re-traumatization. (Angie’s mom)
8. Violation of trust associated with Trauma – Dependent up who it came at the hands of
9. Broader social reaction to your experience – Church cover-ups, protestors of war, morally neutral is actually not helpful.
10. Number of Post trauma hardships – disability, job loss, stigma, etc.
11. Significant event associated with your trauma.
12. Your pre trauma beliefs about suffering and now your interpretation of the trauma.

During the early 1990s, the psychiatrist Judith Herman (wrote Trauma and Recovery ) noted that individuals who had suffered severe, long-lasting, interpersonal trauma, ESPECIALLY IN EARLY LIFE, were frequently suffering from symptoms similar to post traumatic stress, along with other characteristics. She stated they had a disturbed view of themselves, with much shame, a marked propensity to seek out experiences and relationships, which mirrored their original trauma, severe difficulties controlling emotions and regulating moods, physical and somatic complaints, disassociative, and loss of meaning in life.

Other names for it are Extreme Stress Disorder Not Otherwise Specified DSM V

**Complex Post Traumatic Stress Disorder** (C-**PTSD**) Dual problem of exposure and adaptation. is a condition that results from chronic or long-term exposure to emotional trauma over which a victim has little or no control and from which there is little or no hope of escape, such as in cases of: verbal, emotional, physical or sexual abuse and neglect. Thisoccurs repeatedly, cumulatively and can even increase over time. In a family context, a conspicuous example of complex traumais ongoing (physical or sexual) violence against family members. This also may be called accumulative, developmental, current, or chronic trauma.  This trauma is interpersonal. It is not just an event. But harm from one who should have been a caregiver or a trusted individual – This type of trauma is marked by betrayal and deception.

Don Richardson was a missionary Western New Guinea. He discusses how each culture has redemptive analogies. Some practice or understanding in which can be used to demonstrate the gospel. Jesus did this with the parables within their agrarian society. It is contextualization – presenting the gospel in a culturally relevant way. This is very fitting for those who have suffered with complex trauma. To be able to see how Christ story is marked with betrayal, abuse, deception by those who were his friends.

**Proverbs 24:11-12 says – Rescue those who are being taken away to death: hold back those who are stumbling to slaughter. If you say Behold we did not know this does not he who weighs the heart perceive it? Does not he who keeps watch over your soul know it and will he not repay man according to his work?**

**Statistics:**

1 in 4 girls have been sexually abused and 1 in 6 boys before they are 18.

1 in 3 women have been physically abused.

(4 out 5 of the victims of intimate partner violence)

18 percent of women in the US have been raped (Give South Africa stats)

About 7-8 percent will experience PTS and higher when look at CPTS

**If you are going to interact and counsel them you need to understand who they are, how they see, and hear. Be a learner. Listen really well. Do not fix them in an attempt to alleviate your discomfort.**

*I cannot save the person in front of me and I cannot fix them. I cannot wrap things up in a pretty bow. I can ask God to give me eyes to see them… and for them to see Him through me. This takes time.*

**1.Trauma assaults the self.** Identity Disturbance – Who am I? Do I matter?

*TRAUMA WILL SEEK TO DISRUPT YOUR UNDERSTANDING OF WHO YOU ARE IN THIS WORLD. – A CREATURE DESIGNED TO ENJOY THE GLORY OF THE LIVING GOD WITH YOUR ENTIRE BEING. Dr. Jeremy Lelek.*

Trauma shatters the sense of self. Missing much of their personhood – stuck/frozen in time. Who was I before this and who am I after this?

*“A child is emotionally unable to refuse, modify, or detoxify a parent’s abusive projections. The power differential is too great and the projections too toxic and overwhelming. Furthermore, the child actually lives in the emotional world and fantasy life of the parent. This is the child’s reality.“ – Richard Frazier.*

Authority defines what it means to be good. If parents and teachers are bad then a child is alone. A child learns abuse is wrong. .. child has to construct a system to justify it. She is the cause.

Think about how you learned about who created you…. Who were you made in the image of…. (client said in series on biblical manhood and womanhood first time she realized that God valued her more than a dog.) Language is important because it carries an identity that comes with expectations. What does it mean to be daddy’s good girl?

Sense of self is marked by what they see… children learn about abstract things concretely… love and trust is mirrored in what is seen. Part of this is biblical – want to think about eternity look at the sea… or infinity and look at the sky… time is described as a vapor and Jesus is the imprint of God. So children learn about the unseen through the seen…. Children also believe what you tell them. They are very trusting. Trauma attacks their belief in God, others, and self. Lack of appropriate boundaries. Where they begin and another ends.

**Treatment –**

*Abuse feels like an experience that has stamped you and has the final word on your identity. But the truth is God gives you a different identity. Your identity as God’s child is far deeper than the abuse you suffered. Dr. David Powlison.*

Christ bears the image of God as no other human has. Life in Christ is Life in the image of God. **Look at the In Christ language.** Want to work on identity in Christ…. … Restore the image of God in Man. We often like the imperatives of scripture – Consider, Put on, Go, Build up and we do not often pause at the character of God. Who he is and What He has done.

God is viewed bottom up and through the lens of trauma imagine the lies that are learned and the distorted beliefs that have to addressed. We have to understand our lives and existence in light of his word. Servant of Christ and a Steward of what has been allotted – recognize the ongoing impact, resting in God’s patience, and trusting in God’s timing but assured victory. There is some appropriate introspection and self-reflection. Suffering can lead us to examine our ways.

**2.Develop deep abiding sense of shame** – Shame is dishonor, disgrace, reproach, humiliation, nakedness for who you are. (Guilt is about what you have done.) Connected to one’s failure that you can’t live up to an impossible standard of conduct. It creates disgust towards self (contempt) or towards others (other centered contempt) or withdrawal (isolate, run and hide) or avoidance (denial, escape by addiction).

There is a cognitive phase of shame. Memory is searched for previous similar experiences.

1. May be focused on size, strength, and ability. I am weak, incompetent, stupid.
2. Dependence/Independence. I feel helpless.
3. Competition. I am a loser.
4. Sense of self. I am defective/problem/exception.
5. Personal attractiveness. I am deformed and ugly.
6. Sexuality.
7. Intimacy. Desire to be belong but be unseen. Feeling unloved and desiring that and at the same time desiring aloneness.

Bad things are reinforced by blaming and shaming word

Story of Tamar in the bible – That

Hurt by someone that should be trustworthy. Child is marinated in blame, rejection, and abandonment.

Shame pays attention to shame… grid in which they see things… they think about themselves through this lens… things are personalized… thinking is frozen in time.

Script – narrative – looks for it. Wraps self around the self. Lots of clarifying language. What did you hear me say? What does that mean when you say that? What does that word mean? Can you bring a picture in for me? ( Do not assume that you know what they mean.)

Genesis 3 – Runs/hides/ covers….. be invisible…God’s pursuit of the one like in the garden is I want to see you. … Shame – complete loss of glory. Psalm 3 – god is shield about us , lifter of our head and our glory. Christ bears our shame and then clothes us with his righteousness. One day we will see him and be like him as he is.  (Garrett hiding under his bed – not want hime to be alone.)

**Treatment –** Despise the shame. Look at how Jesus modeled that in Hebrews 12:2.

Walk back up the staircase. Widen their view. Clarify shame and ownership – prayerfull hand shame back to the abuser. Cause abusers to be overwhelmed with shame so that they would repent and bring utter destruction on the abuser if the does not repent.

Just because you say it doesn’t make it so. Exposure – in what ways – writing. Vulnerability in Community. Dance around their house by themselves. Look for beauty. God is life beauty and glory… look at flowers describe in detail. When did you laugh or smile… Who is more righteous – You or Matt Chandler?

**(Look at DECEPTION)** Live in a world where you are lied to, things are distorted, and you are deceived. You can only survive in this world if you learn how to lie, distort, and deceive. If there is addiction – better question to ask is What haven’t you told me?

**3. Unstable Interpersonal Relationships..**

Possibly Insecure and Disorganized Attachment/ Distorted Relationships – Rejecting Unsafe Attachments. Trauma affect how you relate to others…. God… Vertical affects the horizontal… How do you bond with parents that exploit you. No safe person in their life… in development children are capable of being shaped and developing their sense of person. Secure attachments is a significant component of reslieincy.

1. Chronic abuse leads to revictimization  - inability to trust/ not vulnerable or intimate… no model for healthy intimacy – can’t make good and wise judgments. (Extremely promiscuous) Sometimes see warning signs and sometimes don’t. Puts them into state of helplessness…Don’t trust you. Why would they believe you? Hard to feel safe..May not have healthy template for what healthy interpersonal actions are.. May engage in prolonged periods of self inflicted isolation and avoidance of intimate contact or alternate between being involved in intense emotional relationships that are safe and out of control.
2. Victimizing others. Often when CPTS are in relationship it is the result of being the target of victimizing others who have been drawn into these individuals emotional vulnerability…underdeveloped capacity to identify danger cues, and tolerance of boundary violations. Fear and belief they are unworthy of meaningful relationships. Difficult imagining a future for themselves where they can be loved and love free of abuse.
3. Fearful to tell the story without being controlled by perpetrator…. Contribute total power to abuser… Judith Herman said often counselors want to downplay position or power that abusers hold… they see extreme fear as an old childhood reaction that they can’t get over… we want to make it less.. you’re safe now… Their fear may be grounded in reality. This may be the measure of reality of what is going on in the area… Think about the Syrian and the things that they have seen DASH do…
4. Another aspect is the may significantly bond with the perpetrator especially if he is grooming them… He may be the kinder parent if mom is emotionally absent or physically sick..The confusion that is there…. Manipulation etc. Denial or minimization… he only touched me it wasn’t sex… example of a client who said my dad was so much fun and a kind man… arrested as a pedophile… can’t make sense of their relationships. Self deception

Jeremiah 17:9 says the heart is deceitful above all else – who can trust it?

**Treatment – you embody Jesus. We are his image bearers… you be faithful. You be gracious. You mourn with them. You be slow to speak. Impact you as you follow your savior … Encourage them to biblical community. List out two safe people.**

**Psalm 55:20-21 My familiar friend – point them to Christ who knows and has walked a road of betrayal. What did Jesus family say about him in Mark 3:21? 1 Peter 5:10 – Brothers throughout the world are suffering as you are. (You too?) Evaluate past relationship and draw connections between past and present relational patterns. Help alter unhealthy relational dynamics in their lives. Not as intense relationships.**

**4.Emotional Volatility and Sinful Harming Behaviors**

Prolonged trauma – overreact to stress. Don’t know how to self soothe or calm. Self-destructive. Overwhelmed and don’t know how to modulate anger. Like a 3 gets a 9 response… not a lot of emotional width there. Have a hard time sustaining a positive emotional state. Addictions – self harm… Do something destructive to get peace and quiet…. Calming and is an escape. Can be a reenactment of their abuse – may self harm -powerful endogenous opioids released as you cut. Highly addictive means of managing intense emotions.

General Romeo Dallaire speaking out – “The moral injury was starting to really, really rip me apart,” he said. “ How do you decide between who lives an who dies? How many times can you take that decision? What really you seek is a way to attenuate the pain he said. You can either drink yourself to death. You can go to drugs or you can go destroying you life in any other type of fashion. I remember that I had my father’s old shave razor and I felt that maybe a physical pain would ease the mental pain that was ripping my gut apart. There was a release there that I had never felt before and that was one of the lowest points of self-destruction that I actually found solace in physical destruction.”

**Treatment – Look at each response. (Can not deaden yourself to one side - if you do the other goes with it. Know joy – Know grief. Know love- Know fear. Validate what you can – how you survived made sense. You don’t have to do that anymore. Teaching them how to label emotions – sit with it (increase their distress tolerance) Where do you feel this? 1 -10? Describe it … or show a picture….play a song.. Teach them about lament and prayer. Keep a mood log. Basic education. Not shame for emotions /express them to God.**

**You want them to mature in Christ… to not be led by emotions but faith…. First you have to sit with their emotions… like in psalms…..or in Job when he discusses not being born..**

**5.Dissociation (Alterations in Attentiveness and Concious) –**

Victor Frankl stated that an abnormal reaction to an abnormal situation is normal behavior. Overwhelms all normal coping humans use… no way to get away as a small child… if you can’t run – you hide…(Genesis 3) Hide in their minds.. Dissacociate – separate these experiences from an every day life/ take mind away from the present. Individuals often find they can’t reconcile traumatic experiences with their sense of who they are and how they perceive the world. If a total experience is too overwhelming – some elements can be split off… from my narrative and definitely and sensory … certain smells or sounds can trigger flashbacks – learn to dissociate their body experiences as the body frequently becomes linked with danger and distress – may not know what it feels like to be in my own body. Chronically traumatized individuals may have intermittent ability to access information. They may be very forgetful and space out regularly. May retreat within themselves when confronted with painful emotions.

Repetively – capacity to leave present and be habituated (similar to addiction.) Research shows how childhood sexual abuse victims can be prone to being raped later in adulthood… hear footsteps nearby and fear enters in and their mind leaves (freeze no fight or flight) can’t fight back – frontal cortex leaves… don’t fight back.

**Treatment - Live in the reality that God dwells. Sign of mental health. Grounding them in their 5 senses – grounding kit…Look at what God says about our senses… Look (go look at them) Taste…. Listen…**

**6.Somatization**

Chronic trauma impacts body physiologically and changes brain.. this is a terrifying life not just a terrifying event…Live in constant distress this has a profound impact on the brain and the adrenals. Don’t regain emotional equilibrium. … Individual is extremely hyper vigilant. Child sexual abuse victims has a reduced brain volume of 14 percent. Chronic exposure to stress compromises stress response and capacity to evaluate stimuli… to encode verbal memory and hinders processing….Decreased brochas memory – (women in front of you may not be as put together vs their perpetrator) In cases of severe and chronic stress a healthy baseline may never be fully recovered particularly without intervention. Even after the cessation of the stressor .The brain is especially vulnerable to the effects of trauma during particular developmental stages. Trauma within the first 5 years of life can significantly decrease brain volume, inhibit the regulation of cortisol and slow general recovery from acute stress. One of the primary functions of the brain is to identify stressors and threats and recall select appropriate responses and execute those responses. The process of seeking homeostatis in the face of stress is called allostasis. – Trauma can overwhelm this system and leads to maladaptive patterns of self regulation of emotions, thoughts, and behaviors. The amygdala is the primary fear processing region of the brain. It assesses potential threats and stores these experiences for future threat assessment. The hippocampus also plays a part in fear and threat conditioning and dissociation has been shown to occur when this area has reduced gray matter volume due to chronic stress . They base severity on past experiences. In addition to these 2 far processing regions – prefontal cortex plays a central role in stressors. Center for rational thought, decision making, and high order cognitive processing. Chronic stress atrophies and reducing connection in the PFC resulting in cognitive rigidity and increased vigilance. Trauma has also been shown to disrupt attention as well as general executive functioning. The PFC communicates with the midbrain or the limbic system but it then becomes less active in trauma and goes offline and then the midbrain becomes dominant limiting the individuals ability to effectively carry out executive functioning like planning or logic.

Overreactive nervous system…exaggerated started response…impacts sleeping… impacts their health… immune system functioning…

Underproduction of serotonin that mediates the behavioral inhibition system leads to increased emergency responses and overproduction of catecholamines which results in more feelings of anxiety and hyper arousal such as oversensitivity to stimuli and difficulty sleeping. Body often feels as if the trauma is happening right now.

Having lost the ability to put words to their traumatic experiences, physical symptoms may provide some chronically traumatized individuals with a symbolic way of communicating their emotional pain.

Many women have hashimotos, chrons, adrenal fatigue… chronic stress or abuse…

With kids may present as stomach aches, bed wetting, nightmares, headaches… one girl I counseled as a little child kept getting chronic UTIs….

**Treatment:** What are real threats and perceived threats? GO SEE A DOCTOR, Neuro-feedback, EMDR.

**7.Perception Distortion (changes in meaning and purpose)**

Victor Frankl said those who have a why to live can bear with almost any how. Hard to make sense of life. God is confusing at best and evil at worse. Result in despair and loss of belief. They may adopt an every person out for themselves mentality or a fatalistic approach to life. Why would a good God allow this to happen? Is he really in control? He must not be here or I must be one that is damned to hell. The portion of this person turns inward… can’t handle external and internal… son much energy turns insides…

**Treatment –**

Questions:

Meaning making is a component of the trauma healing process. Has the person been able to make meaning of the suffering? How will this person’s future be affected? What is the role of hope and how do our current circumstances interact with eternity?

**A discipline of active recollection. Calling back to mind the character of God and his steadfast love**. Suffering is meaningful. There is purpose to it, and if faced rightly can drive us like a nail deep into the love of God.

1. **Fear of Man - Codependent Relationships.**

**9. Anxiety and Depression – Emotionally exhausting. Questioning all the time.**

**How they may present in your congregation….or counseling center….**

**A.**Trauma survivor who knows so much about God here (head) full of verses and should… live in deception and detachment… not a big deal… (example of kidnapping at 5)  so can hold God here. Haven’t faced their trauma…coming out sideways… not vulnerable/shut down/ anger at my kids/ I have this eating thing… depressed…anxious (counseling in my center)

**B.** Trauma survivor who knows reality and is having a hard time accepting who God is. Report all their abuse no attachment to emotions. Struggle with the reality of God… (saw in the eating disorder clinic)

**COMPLEX TRAUMA VICTIMS**

**Resiliency in Trauma: Dennis Charney MD (POW)**

Optimism – Don’t be in denial. See the world clearly but believe in your abilities.

Cognitive Flexibility – use a number of ways to deal with a stressful situation

Moral Compass – Strong feeling of right and wrong and stick to it.

Spirituality – Have a connection with God

Give and Receive Social Support.

Imitate resilient role models.

Face and reframe fears and failures.

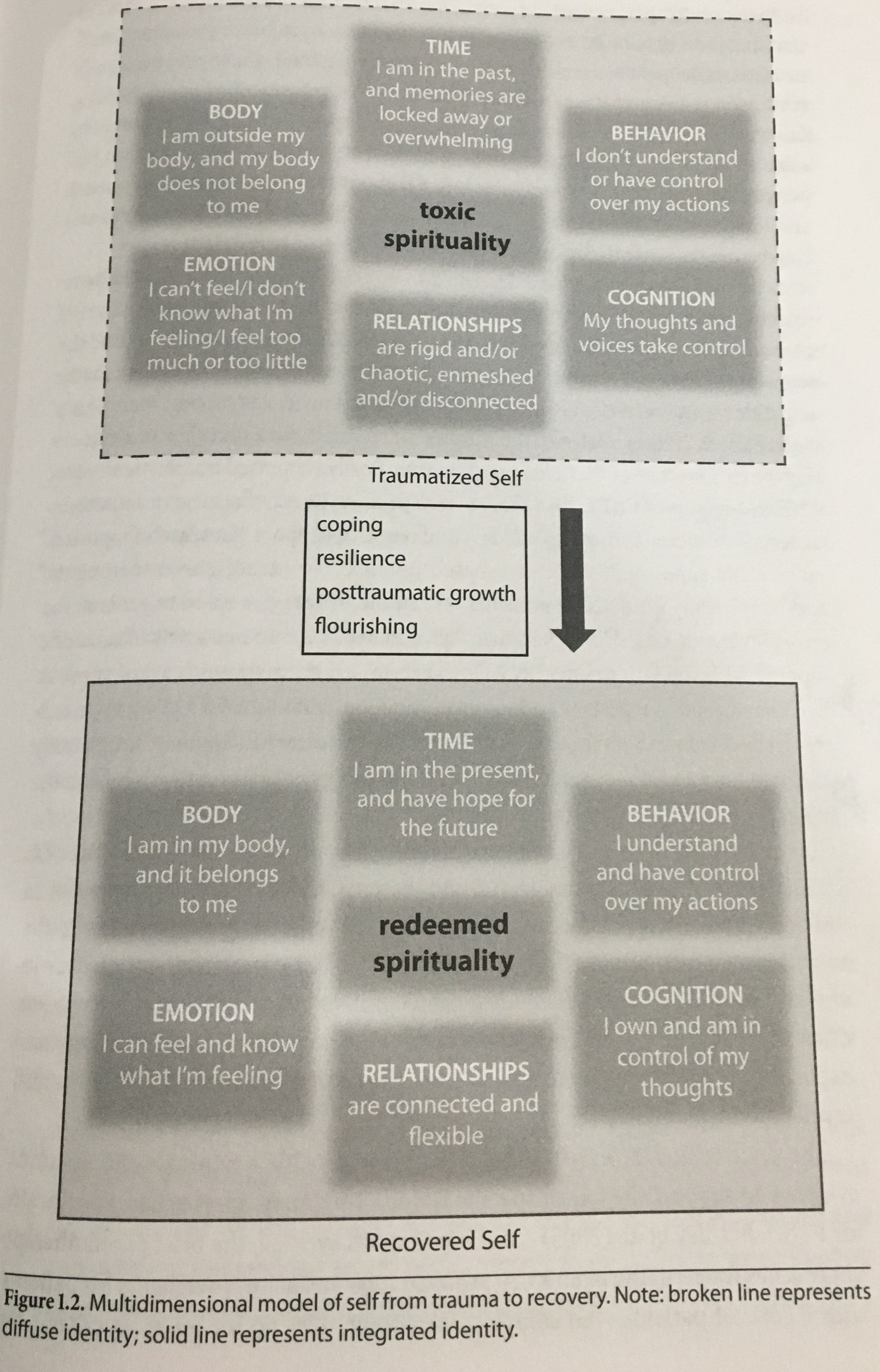
Maintain Physical Fitness

Keep your brain strong - lifelong learners

Find meaning in what you do- mission and purpose in life

**What is the goal of treatment in trauma?**

Is it symptom reduction? Is it seeing and savoring their Savior in their suffering? Is it a new narrative and seeing their story fit into the arc of the gospel? Is it the biblical concept of shalom?



* *Fred and Heather Gingrich, pg 21*

Moving towards in each quadrant. It is not black and white. He must increase and I must decrease.

**Diane Langberg Childhood Sexual Abuse impacts Relationships, Voice, And Impact (Power)**

**Stages in treating Trauma:**

1. **Safety and Stabilzation -**

Most critical part of recovery.

1. Assess for safety. Are they currently self harming or using substances? Look at mood log and assess perseverance. Are they currently still in the abuse? You can’t talk about trauma clearly if you are still in the trauma. It replicates feeling overwhelmed. A combat soldier on the field needs to be hypervigalent. Get to know the person in front of you and who they are. Most dangerous thing people can do is go straight to the details of processing the event without getting a good understanding of the person in front of them. Who they are, gifts, talents, fears, thoughts, feelings, pre-trauma and post-trauma. Emotional regulation and mood logs.

It is not linear. You embodying Christ. Completely overwhelmed when you start to move toward memory.  How are they caring for themselves? Educate them on the effects of trauma. Teaching them basic skills on how to steward their body… You need to have clear boundaries. How long is session? Predictability helps them to feel safe and build trust. They bring you things they learn little by little. You can’t do everything. You cannot be their Xanax. Want them to taste and see Jesus…

**A. Relationship –** trauma isolates and shatters relationships. Jesus entered into our traumatic world. He died so we can have a relationship with the father. He is bringing us back and out of isolations. Build to help them connect and be vulnerable… (Safety and Security) Focus on healthy relationship with themselves, you, and God.

1. **Trauma Detail Processing and Grieving – Speak the unspeakable.** *To remember a wrong doing is to struggle against it. Miraslov Volf.*

If they are still in it they cant tell you in detail – there’s not enough clarity. Sitting with a woman who has been abused… Taken so much of that into her identity. Hypervigalant to protect her kids. Want to make sure they are safe… Go bit by bit… Details – senses so know what triggers may be. Emotions involved… Physical sensations…Telling traumatic memories is like living in those memories it is not like watching a movie on a screen. Memories of abuse to move toward not a moment frozen in time or a focal point but a painful affliction. Install a sense of hope for future that is not tied to her past. Later seeing offender move from sin to sinner – looking at their heart issues.

**Mourn:**

*It is only when we have the courage to truly face the hurt, disappointment and los created by abuse that we meet God face to face, ironically, mourning the losses from past abuse allows us to meet God in the present and provides hope for the future. Steven Tracy*

Grief is the flip side to bitterness

**Loss of Sense of Safety -** Hard to trust the world around you especially if things were covert. Lose our sense of humor

**Loss of Competence –** Not being able to trust one’s mind.

**Loss of trust and vulnerability -**

**Loss of emotional regulation –** inability to trust your emotions or proportionality

**Loss of identity –** Not the same person

**Loss of Innocence –**

**Loss of Childhood**

**Loss of Friends/Family –**

**Loss of virginity**

**B. Voice –** trauma experience of being silenced. So many voices tried to silence you. To fail to speak is awful and to speak is equally awful because it makes the story real. Focus is on surviving – leaving disconnecting – trauma silences feelings.  This is diametrically opposed to how God created us. He spoke us into existence. Jesus is named the Word that was flesh… He left us his word to talk to us and his desire is for us to talk to him. Want this to be restored…Talking takes time. May be simple. He hurt me… Draw a picture… Find a psalm that identifies with their Psalm 22. Forgiveness is a form of lament God is fully present and affected during the deepest times of violation we are empowered to vocalize our greatest pains- honest faith can include pain and doubt.

3. **Reorganization -** Life has to be reorganized now and new relationships with family. Forgiveness and reconciliation or boundaries… Who are they now in light of what they have process what is their purpose…. Heart issues – what does faith look like here? (vulnerability) Current relationship and job issues. How can I steward my situation?

**C. Impact or Power.** God gave us instructions to rule and subdue to help… called to image him by caring for and creating… making an impact…. Not shut down but serve in one area… **(Reorganization) New narrative**

**New Narrative:**

**THEIR LIFE IS NOW TRAUMA CENTRIC. IN THAT EVERY THING THEY DO AND THINK IS CENTERED IN THOSE EVENTS. WE MUST REMEMBER THAT OUR TRAUMA IS A SENTENCE IN THE STORY – IT IS NOT THE STORY. WE CAN MAKE ANYTHINg IN OUR LIVES THE FOCAL POINT OF OUR STORIES….**

Narrating our stories into the broader stories. Renarrate your life into a longer and much larger story – Shift our attention away from ourselves – this is a difficult task. Servant of Christ – how are you stewarding those things well? Look at your life as part of Hebrews 11. Remember the men there and go back and read their stories in detail.