

Counseling the Traumatized

I. Counseling Tools to Help the Traumatized Learn to Be Human

A. Written Resources

1. The Creation Mandate

a. What is “Human”?

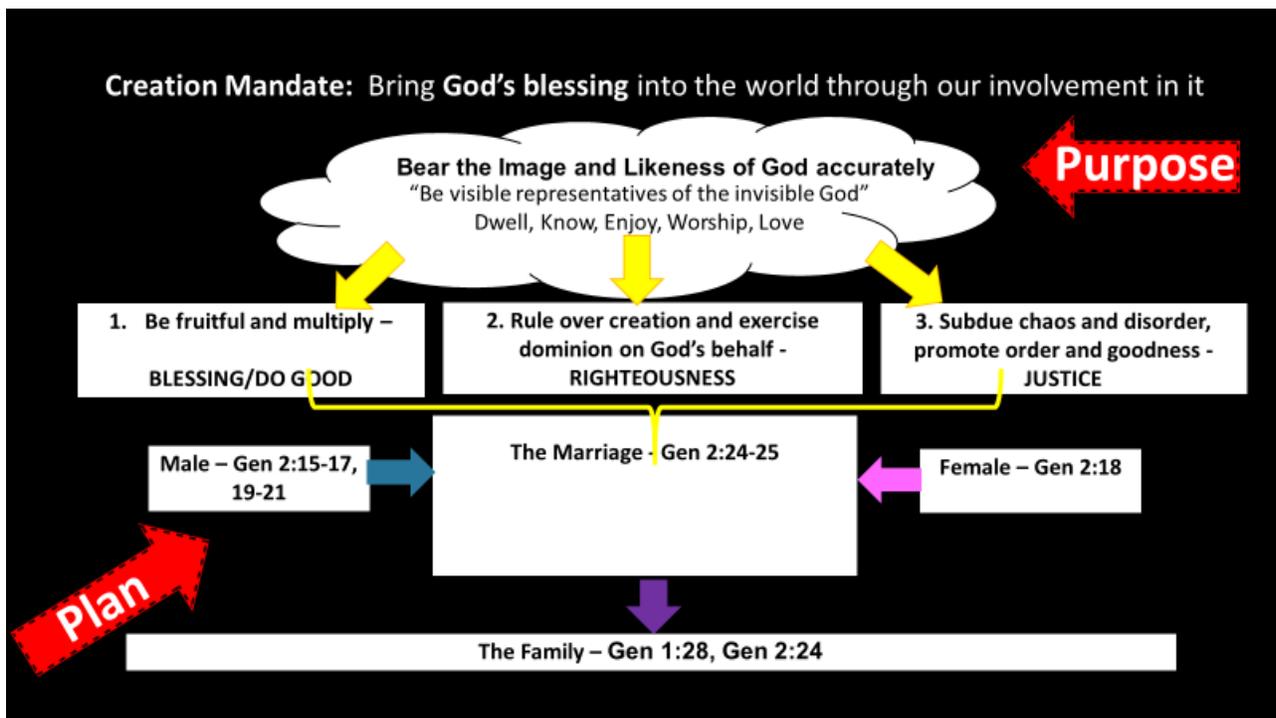
i. **Genesis 1:26-28** – The Original Intent for human beings from their Creator

26 Then God said, “Let us make man[a] in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

27 So God created man in his own image,
in the image of God he created him;
male and female he created them.

28 And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

Available as a digital one page handout by emailing jocewally@gmail.com



The Creation Mandate: Bring God’s blessing into the world through your involvement in it:

1. Bear the **image** and likeness of God accurately (Be a Visible Representative of the Invisible God)
INSERT HISTORY LESSON HERE
2. Be **fruitful** and multiply
NOT JUST PHYSICALLY, BUT MAKING MORE IMAGES

According to God-ordained and defined gender role

3. **Rule** and have dominion - RIGHTEOUSNESS

EXAMPLE OF SHELBY RULING HER BEDROOM

4. **Subdue** the earth - JUSTICE

ii. **The Only Normal One - Colossians 1:15-20** – **Jesus** is THE image of the invisible God, the firstborn of all creation.

Colossians 1:15-20 *15 He is the image of the invisible God, the firstborn of all creation. 16 For by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things have been created through Him and for Him. 17 He is before all things, and in Him all things hold together. 18 He is also head of the body, the church; and He is the beginning, the firstborn from the dead, so that He Himself will come to have first place in everything. 19 For it was the Father's good pleasure for all the fullness to dwell in Him, 20 and through Him to reconcile all things to Himself, having made peace through the blood of His cross; through Him, I say, whether things on earth or things in heaven.*

b. Humans Returning to "Normal"

Step One – Salvation God is wrathful against all of his rebellious creations who are living outside of his purpose and decrees. God's wrath was satisfied in the propitiatory death of Jesus on the cross. Faith in Jesus's death and accepting that sacrifice for our own sins returns us to a right relationship with God.

I Peter 2:24-25 *He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 25 For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.*

I Peter 3:18 *18 For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit,*

I Peter 1:18-19 *18 knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, 19 but with the precious blood of Christ, like that of a lamb without blemish or spot.*

Ephesians 2:8-9 *For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast.*

Step Two – Sanctification and Incarnation Those who have been made alive and returned to a right relationship with God are now growing to return to the original purposes for humans – to accurately represent him and to incarnate him to all of creation.

I Peter 2:21 *21 For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.*

I Peter 4:1-2 *Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, 2 so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.*

I Peter 4:10-11 *10 As each has received a gift, use it to serve one another, as good stewards of God's varied grace: 11 whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ.*

I Peter 4:12-13 *12 Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 13 But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.*

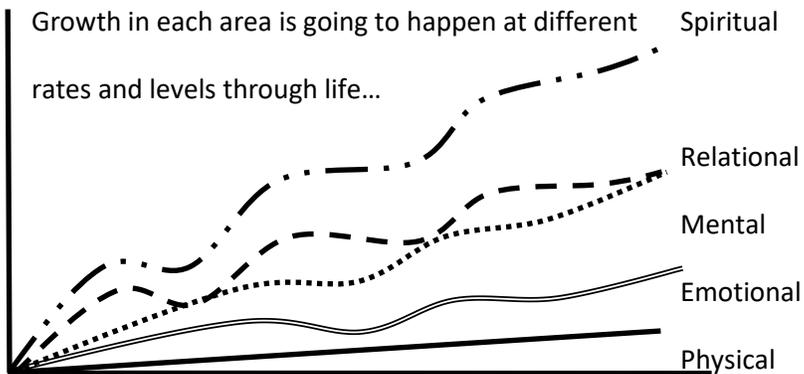
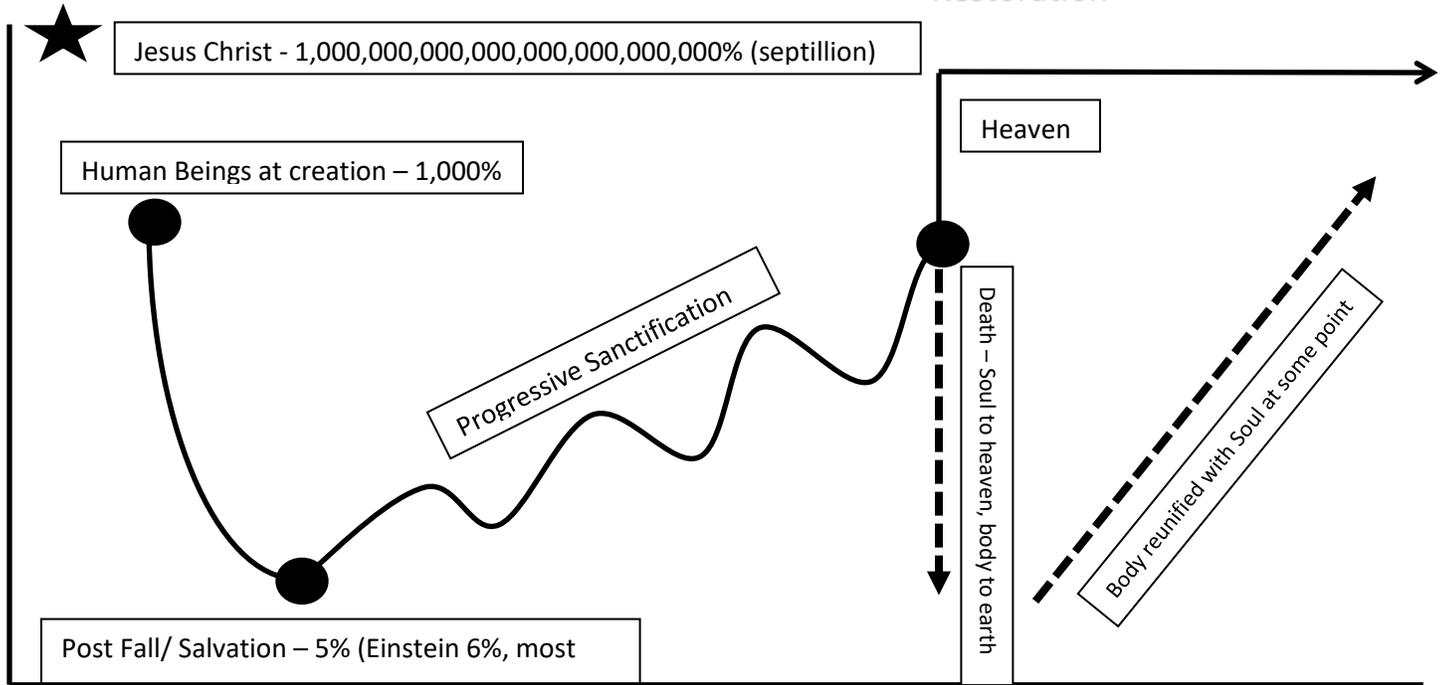
Romans 8:28-29 – *28 And we know that for those who love God all things work together for good,[h] for those who are called according to his purpose. 29 For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.*

Ephesians 2:10 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

God's goal with the events of our life is to return us to the image of God He originally created us to be. He uses trials and suffering to help us be conformed to the image of Christ and be righteous. (Psalm 119:71)

Creation Fall Redemption

Restoration



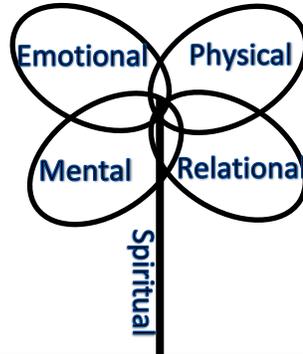
2. The 5 Point Tool

Components of the 5 Point Discipleship Tool

a. Basic Scriptural Support

Luke 10:27-28 *“YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR STRENGTH, AND WITH ALL YOUR MIND; AND YOUR NEIGHBOR AS YOURSELF.”* ²⁸ *And He said to him, “You have answered correctly; DO THIS AND YOU WILL LIVE.”*

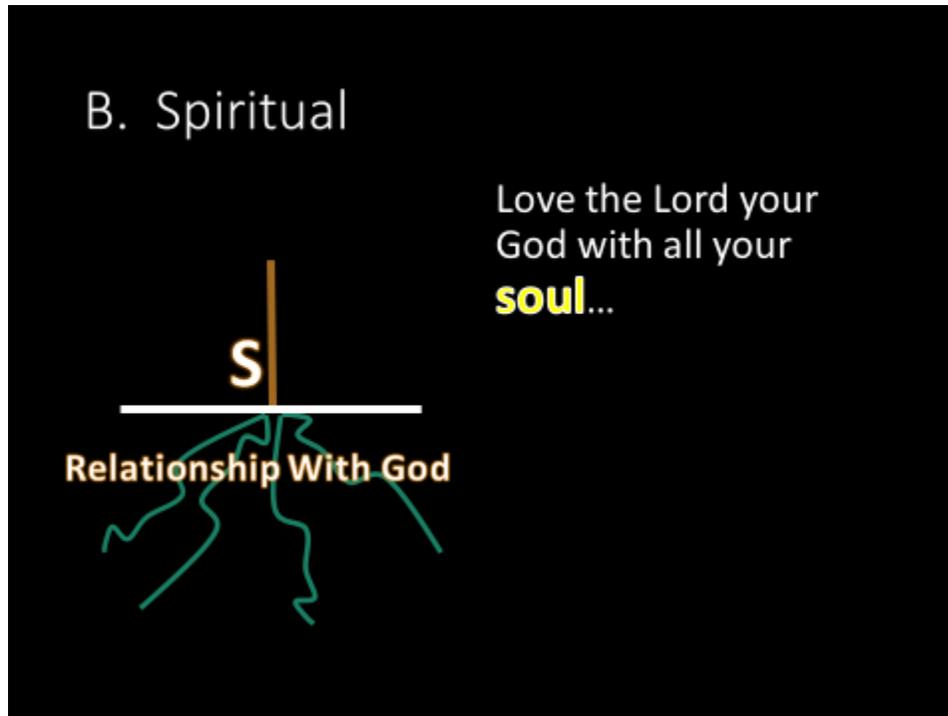
Luke 2:52 ⁵² *AND JESUS KEPT INCREASING IN WISDOM AND STATURE, AND IN FAVOR WITH GOD AND MEN.*



Relationship With God

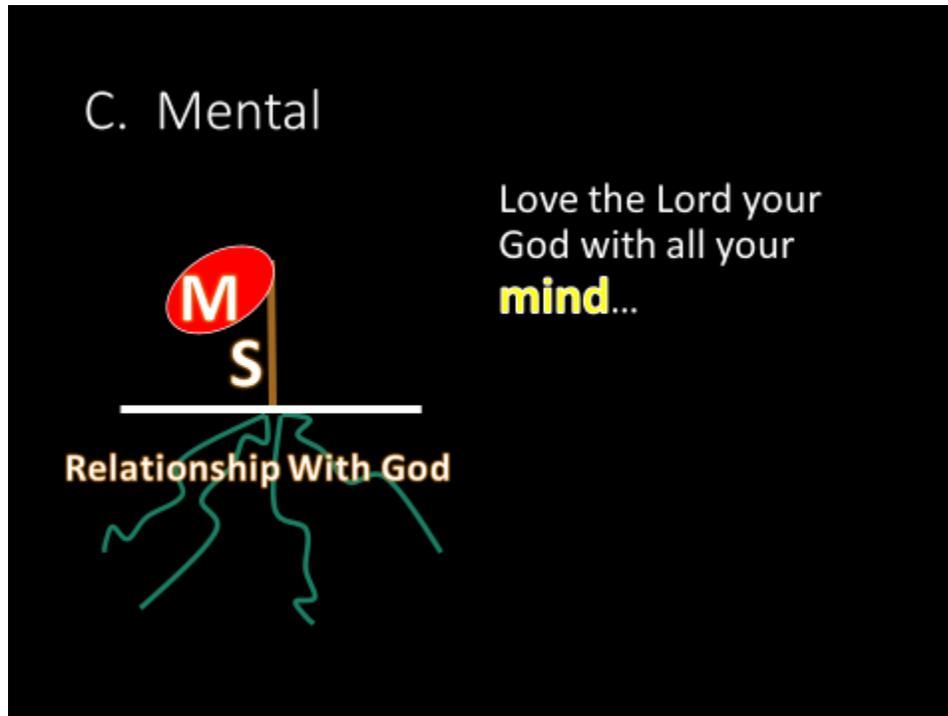
John 15:4-5, 8 4 Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. 5 I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing. 8 My Father is glorified by this, that you bear much fruit, and so prove to be My disciples.

b. **Spiritual** – a VERY brief sampling of how spiritual life is spoken of in Scripture



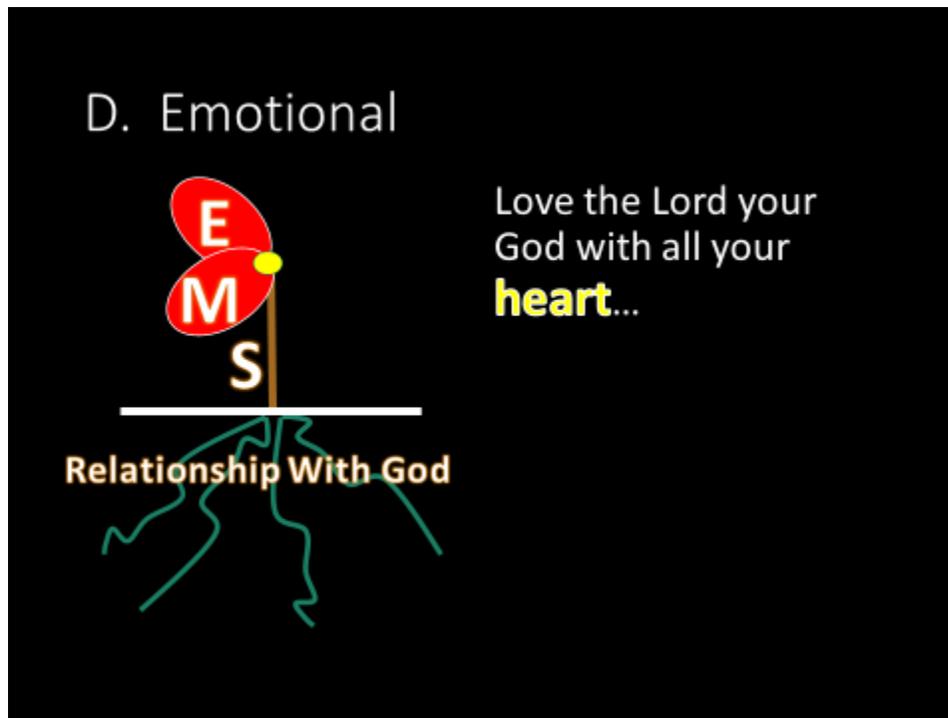
- John 15:9-10⁹ Just as the Father has loved Me, I have also loved you; abide in My love. ¹⁰ If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.
- I Timothy 4:7, 8 – We are commanded to push away worldly fables and pursue spiritual discipline.
- Deut 8:2-3 – We are commanded to allow our trials to motivate us to investigate our relationship with God and obedience to His word.
- Deut 4:1-14 – God's people are supposed to be known for their closeness to him.
- I John 1:5-2:6 – God desires that his people walk in truth and righteousness.
- I John 2:15-17; II Cor 4:16-18 – God wants us to love spiritual / heavenly things and devote ourselves to what is eternal.
- I John 3:18, 22, 24 – If we love God we will keep his commands and statutes and live holy lives.
- I John 5:3 – If we love God we will agree with him and not see his way of living as a burden.

c. **Mental** – a VERY brief sampling of how thinking is spoken of in Scripture



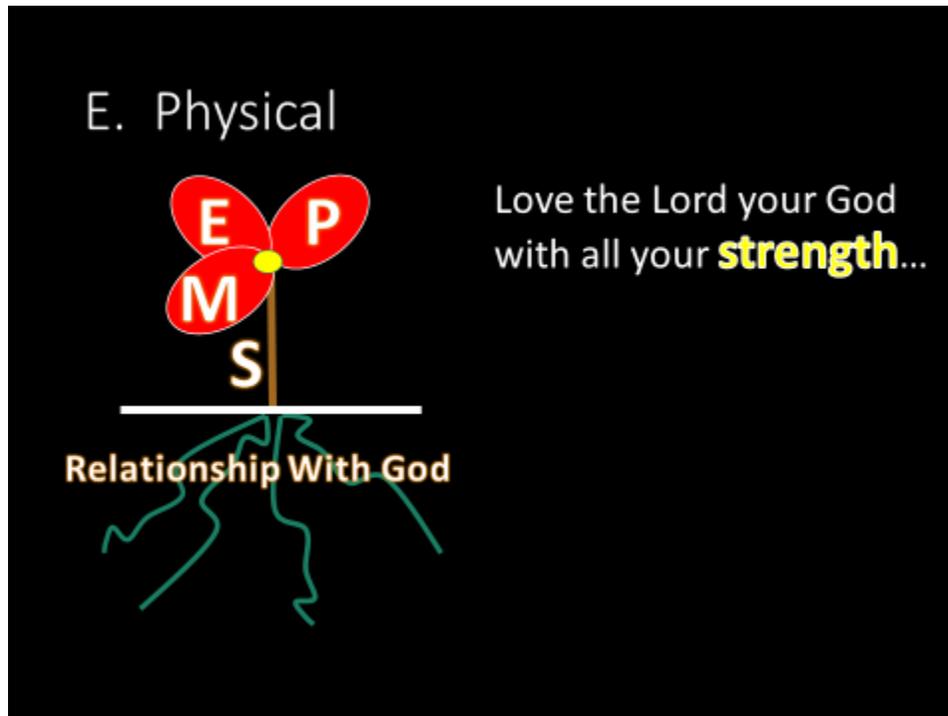
- Phil 4:8 – We are to carefully screen our thinking and not just allow ourselves to think about anything we feel like.
- Proverbs 23:7 – The truest part of a person can be found in how he thinks.
- Matthew 9:4 – It is possible to be thinking in an evil way.
- Throughout the gospels – Jesus asks his disciples to think about spiritual lessons and applications.
- Romans 2:4 – Christians are to think highly of God’s kindness, tolerance, and patience.
- Romans 12:3 – Christians are not to think of themselves more highly than they should.
- I Cor 3:18 – Christians are to train themselves to not allow their thinking to be deceived but to think wisely.
- I Cor 13:11, 14:20 – Believers are to grow and mature in their thinking.
- Ephesians 3:20 – We are not to constrain our understanding of God and his ability to our human thinking ability.

d. **Emotional** – a VERY brief sampling of how emotions are spoken of in Scripture



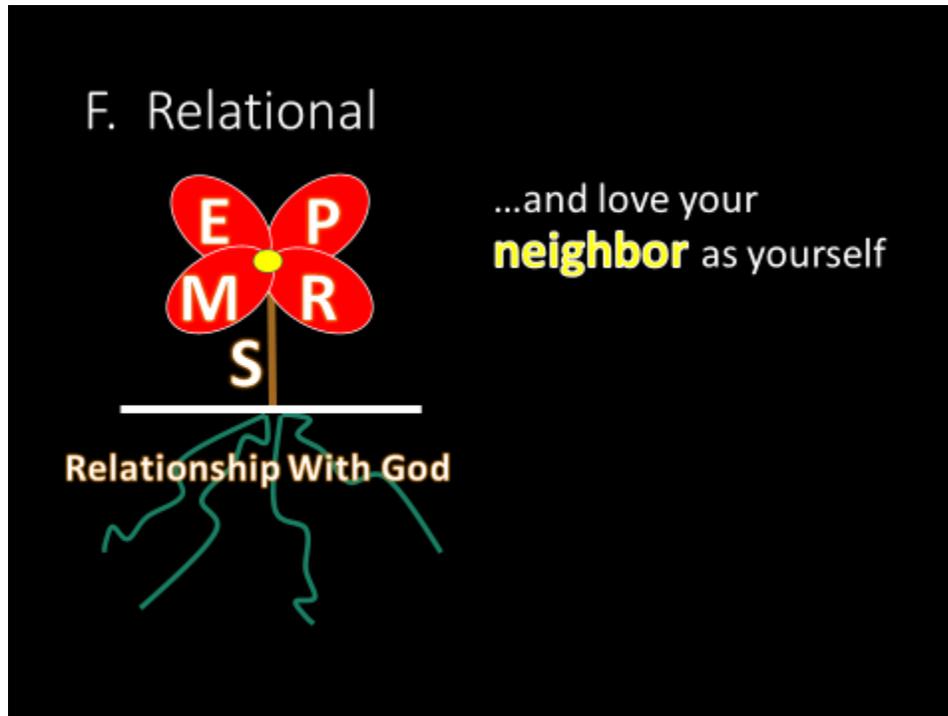
- John 15:1-11, especially vs 11 Abiding in our relationship with God will give us joy.
- Psalm 16:11 – Our nearness to God will result in joy and pleasure.
- Psalm 34:18 – God is near to the brokenhearted and saves those crushed in spirit.
- Exodus 4:14 and I Chronicles 29:17 – God’s displays emotions.
- John 11:35 – Jesus displayed sad emotions and wept.
- Luke 22:44 – Jesus is described as being in agony and under great distress.
- Colossians 3:8 – Christians are told to put away negative emotions that cause strife.
- Psalm 38:6, 8, 9 – Sin can have a devastating effect on our emotions.
- The Lament Psalms – David pours out his broken heart to the Lord.

e. **Physical** – a VERY brief sampling of how the body is spoken of in Scripture



- James 1:25-27 – Our bodies are supposed to be active in the spiritual process.
- Psalm 32, 38 – Our physical health can be affected by the consequences of sin, guilt, and shame.
- Rom 12:1 – Our bodies should be seen as living and holy sacrifices, used in worship.
- II Cor 4-5 – Our physical bodies should be seen as the temporary jars of clay that they are, fading away yet containing hugely important spiritual truths, which provide incentive for becoming ambassadors for Christ.
- Rom 6-8, I Cor 9:27 – Our bodies are easily prone to habits and easily habituated to sin. We must train our bodies.
- Leviticus – God has important things to say about how to care for bodies when they are sick and when they die.
- Proverbs 3 – As you grow in wisdom by applying scripture your body will be healed and refreshed.
- Proverbs 14:30 – A peaceful, tranquil heart gives life and vigor to the body.
- Nahum 2:9-11 – Trauma and violence can cause physical symptoms.
- Matthew 5:29-30 – Our bodies are active parts of the sanctification process.
- Matthew 6:25 – Our bodies can be a cause for worry and anxiety.
- Matthew 10:28 – We are to discipline ourselves to not be overly anxious about our bodily death.
- Matthew 5:25-34 – God can choose to afflict our bodies for his glory.
- Romans 6:12 – We are instructed to abstain from allowing our bodies to get everything they want.
- Romans 6:13 – We are taught to present the parts of our body to righteousness, not evil.
- I Cor 6:12-13 – Our bodies belong to God, and He wants to use them.
- I Cor 6:12 – We are cautioned against exposing our bodies to anything that might eventually rule over it.
- I Cor 6:18 – Sexual immorality corrupts the physical body.
- I Cor 6:20 – Our bodies can be used to glorify God.
- 2 Cor 5:10 – The activities done in our bodies can result in eternal rewards in heaven.

f. **Relational** - a VERY brief sampling of how relationships are spoken of in Scripture



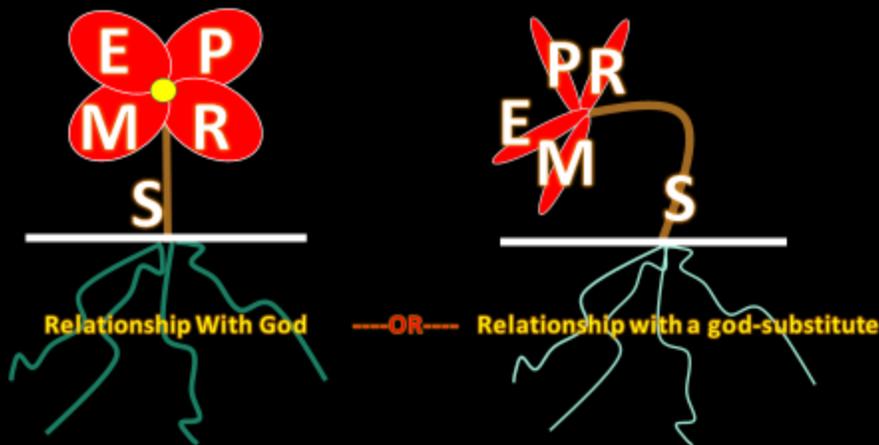
- Matthew 22:39 – We are told to love other people the same way that we care for ourselves.
- John 13:34-35 – The way we love others will demonstrate whether we are really God’s disciples.
- James 2:16 – We are supposed to care about the care and comfort of others.
- Gal 6:1-2 – We are given the power of observation in order to serve and care for others in their weakness.
- Romans 15:7,14 – Accept one another.
- Hebrews 3:13; 10:24 – We are told to help one another.
- I John 1:7 – We are told to build trust with one another.
- Ephesians 4:32 – We are commanded to forgive, be kind, and tenderhearted with one another.
- Ephesians 4:2; Col 3:13 – We are taught to be patient with one another.
- Romans 12:16 – We are taught to live in harmony with each other if possible.
- James - We are to use our tongues to build each other up and not to tear each other down or gossip.
- Hebrews 10:24 – We are to push each other toward love and good deeds. We are to be concerned for each other.
- I Thess 4:18; 5:11 – We are to comfort one another.
- Colossians 3 – We are to put off anger, wrath, malice, slander, abusive speech, and lying and instead be compassionate, kind, humble, gentle, patient, and forgiving with each other.

g. Implementing the Tool:

i. 5 Pt Evangelizing

- Helpful to show how a counselee’s presenting problem is **related** to spiritual concepts
- Illustrates “dead” vs “**alive** in Christ” successfully
- Helps to deliver the **whole** Gospel and not just the “Jesus in your heart” gospel

5 pt Evangelizing Tool



ii. 5 Pt “Diagnostic Tool”

- **Pictographs** can outline emphasis, focus, problem areas, successes, etc (Eating disorders, addictions, self-harm, inappropriate relationships, mysticism, Gnosticism, physical abuse, violence, etc)
- Helpful in making sure counselor and Counselee are on the same page (we both see the situation the same)
- Helpful in getting a non-verbal counselee to gain trust and start talking (we see that there really is a problem)

iii. 5 pt Journaling

- When a person is **consumed** with their sin, and it has begun to dominate their life
- When they have trouble talking or formulating words and don’t know how to get started
- Useful for helping a counselee develop the habit of thinking through/ **processing** their day
- Useful for helping a counselee learn to think about thinking
- Useful for helping someone grow evenly in all areas of life and not overemphasize one area

iv. 5 pt Check-In

- Quick, 15-minute summary
- When they are confused or overwhelmed
- Used to **prevent** problems by encouraging processing of life events
- Good prep for a period of separation from counselor; train someone to do check-ins for you if a person needs counseling more than once a week

v. 5-Pt Goal Setting

- When a counselee is not **balanced** or self-disciplined and allows shiny things to dominate their life
- Start by identifying weaknesses in each area, streamline (only work on one or two in each area)
- Address those weaknesses by writing goals in positive, measurable language (“Stop fighting with my sister” vs “Speak kindly to my sister”)
- Make sure to review goals at predetermined points

vi. 5 pt Accountability / Mentoring

- Use clarified relationship roles and goals
- Usually a limited time period
- Based on stated goals for progress toward “graduation” or transition to next phase of life

II. Counseling Wisdom From Several Years of Experience

Don't assume that you'll need to cover everything you've learned about in these three sessions. You can know what tends to happen in trauma situations, but you only cover in counseling what has presented itself as a problem.

A. Counseling the Traumatized - Acute Stress Response

- Hard stuff vs. trauma vs. PTSD
- Preventing PTSD is much more effective than treating
- Provide help as events happen –
 - Talk through the troubling events – God designed us to live life within relationship
 - Learn how to provide Spiritual CPR - Crisis counseling
 - Get trained to provide trauma counseling
- Symptoms of PTSD generally begin within 3 months about the inciting traumatic event, but sometimes delay for years¹
- Believers need to be taught how to handle:
 - Suffering
 - Illness
 - The death of a loved one
 - Their own death

B. Counseling those with PTSD symptoms

- Work through the issues one by one as they present themselves
 - Learn to ask good questions
 - Learn to collect data
 - Learn to sift through and organize data
 - Answer the questions/follow the problems
- Most PTSD sufferers do not understand how to biblically handle fear and anxiety
 - Fearing in retrospect
 - Often the sufferer has built the habit of being afraid of being afraid and feels paralyzed
 - It will be helpful to know the anatomy of a panic attack
- Most PTSD sufferers are stuck because they do not have a biblical theology of suffering
 - Some do not understand that suffering is used by God to refine us and as a result they are shocked when their life includes suffering
 - **When God Weeps** by Joni Erickson Tada

¹ American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing. pp. 271–280. [ISBN 978-0-89042-555-8](https://doi.org/10.1177/0898010113506213).

- Some have a foreboding sense of doom and are always anticipating bad things (NOT THE FEAR OF DYING AND GOING TO HEAVEN, THE FEAR OF THE PROCESS OF DYING AND ALL OF THE PAIN AND UNCERTAINTY INVOLVED WITH THAT)
- Most PTSD sufferers do not know how to process life events Biblically
 - You will probably have to teach your counselee the importance of thinking
 - You will probably have to teach them how to pay attention to and evaluate their thoughts
 - II Corinthians 10:3-5
- Most PTSD sufferers will not understand emotions
 - Most will not even be able to name the emotion they are experiencing (fear, anger, anxiety)
 - Many will only be able to name or describe the experience of one dominant emotion
 - There are some great Evaluator Tools to help someone become proficient at thinking through emotions.
 - Managing Your Emotions by Amy Baker
 - Faith and Feelings by Brian Borgman
- Most PTSD sufferers will not understand the goodness or greatness of God.
 - They may falsely believe that God was not good enough to prevent their suffering.
 - They may angrily respond when they realize that God was great enough to prevent their suffering but chose to allow it.
 - If God Is Good by Randy Alcorn
 - Trusting God by Jerry Bridges
- Anniversaries of the traumatic event will likely be very hard for a very long time
 - It is important that your counselee be prepared for anniversaries with truth cards, fighter passages, reminders
 - It is helpful to have the counselee name either attributes of God or look for ways He protected them from further harm. Have the counselee look for the goodness of God in the midst of the hard things.
 - Help the counselee learn how to redeem an anniversary and turn it into an opportunity to do good when someone else meant it for evil or something difficult happened that day.
- What you need to know about night time

C. Counseling those with Complex PTSD symptoms - Complex trauma means complex reactions and this leads to complex treatment. Requires a multi-modal approach.² All the secular therapies and interventions are attempting to solve the real problems, but their solutions continue to change, because they are not treating the issues from God's point of view. There is disruption to the sense of self, to the sense of worth, to the ability to solve problems, etc but a self-made or man-made resolution is not going to actually resolve the problems.

1. You will probably not be the first counselor someone with CPTSD has experienced.

- They are likely to be experienced counselees and possibly jaded.
- What you need to know about some potential therapeutic interventions your clients may have been exposed to (EXPOSURE THERAPY) **BRIDGET Forgiveness (exposure therapy):** In my past counseling, I was told that everything would work itself out if I just forgave my parents, forgave them for the physical beatings. That this would somehow heal the pain that I was experiencing from my past. Forgive and forget was the template. While forgiveness is biblical, I learned that it is necessary to work through the memories. Today I do stand ready to forgive them if and when they ask, but I would not have come to that conclusion if I had not worked through what had happened step by step.

² Cook, A.; Blaustein, M.; Spinazzola, J.; Van Der Kolk, B. (2005). "Complex trauma in children and adolescents". *Psychiatric Annals*. **35** (5): 390–398. Retrieved 2008-03-29.

2. They will probably have diagnoses or issues that freak you out and tempt you to think the Scripture is not adequate for dealing with their problems.

- What you need to know about alternate **realities / personalities** – When you're a little kid experiencing repetitive trauma it is easier to create an alternate reality in your head to go to when the bad things are happening or to create a different "personality" to deal with the abuse or even to pretend to like the abuse when that's what you're told you need to do.
- If someone presents with **Multiple Personality Disorder** you don't have to counsel each personality. You need to teach that each human is one soul inhabiting one body. While the person may have constructed multiple "personalities" to deal with the trauma, there is only one person who needs the biblical truth. That person will need to develop a biblical identity and biblical personality and allow the personality of Jesus Christ to pervade all of their life. Keep coming back to what is true.
- **Hidden memories**
- **Flashbacks**
- **Body Memories**

3. You may have to think through complex medical issues with your counselee

- o Rape Kits
- o Accompanying to annual exams – it doesn't have to be you!

4. You may experience re-victimization with them during your counseling process

- Huge revictimization risk –
- They will quickly give up control; they will want you to make decisions for them; they will want you to control them
- They have been trained to not trust their own conscience and to simply obey their authorities

5. You're going to need to be able to talk through difficult sexual histories and problems without being weirded out

- Often will need to work through biblical understanding of sex / relationships
- You need to have a good theology of sex
- You need to have good resources on dealing with sex biblically (not avoiding, not promiscuity)
- Girls Gone Wise by Mary Kassian
- Biblical Principles of Sex by Robert Smith

6. You may have to think through legal issues with your counselee

- It will be helpful to have a Christian lawyer you can consult
- It will be helpful to have police officers you can consult
- What you need to know about dealing with abusers, perpetrators, and enemies **"I had to learn pray for the person who was a part of that abuse. I had to choose to be willing to forgive and pray they would turn their lives over to Christ and that they would not be tormented forever with guilt."**
- Overcoming Evil by Jay Adams
- From Forgiven to Forgiving by Jay Adams

7. You will probably have to think through and work through experiences with lying/falsehood

This might include the counselee believing lies, the counselee telling lies, the counselee believing variations of the truth, the counselee speaking variations of the truth, the counselee making up a reality they wish were the truth.

You will need to be willing to work hard at helping them to kill this area of sin, because it destroys credibility and trust.

You will probably need to help them examining the lies being believed as the truth and reestablish a more truthful base of belief, especially about themselves **Genevieve Lies:** An example of this point is what I call "The List." Staff started to notice that I would be rocking back and forth nodding my head in agreement. The staff would ask what was going on. I explained I was hearing a list of words my parents would tell me, such as "You are worthless. I never loved you. No one will ever love you. I never wanted you. Who would ever want you? No one will ever want you. You are a slut. You are whore. You are stupid. You'll never amount to anything. You screwed up my life. You are disgusting. You are nasty. You are dirty." I was nodding my head in agreement, because my thinking was at the point where I agreed with the lies in my head.

8. You will most likely deal with attachment problems

You will most likely be dealing with someone who wants to be too attached to you, not attached enough to you, or someone vacillating between those two extremes sometimes on a daily basis.

Be patient with someone who may have a hard time opening up. It is hard to be open about humiliating things. When you are patient your counselee is less likely to feel pressured to do something someone else's way or in their timing, which will not have been the case with their abuser. Be willing to wait a long time to get things done. Don't allow a "waiting game" to become a manipulation tool.

Depend on the Holy Spirit to help you know when to put pressure on a counselee and when to let them make their own timetables.

9. Your counselee will probably spend a fair amount of time feeling defiled

It is a good idea to share a reminder after sharing hard things that nothing that matters has changed.

When someone has shared something hard from the past or even a sinful response it is important to remind your counselee that God's love toward them and your love for them remain constant.

Your counselee will need reminders about being cleansed by Christ's blood.

10. You will probably experience your counselee having trouble with decision making/control issues.

- It would be unwise to make decisions for them. That's what their abusers trained them to need.
- It would be wise to help them learn about wisdom.
- It would be wise to help them learn how to process through making a decision.
- It would be wise to help them learn how to process through a decision they've already made in order to evaluate it.
- Your counsees will probably feel paralyzed by decision making
- Your counsees will probably beg you to decide things for them.
 - o Leads to victim mentality – I didn't make this decision and it blew up in my face, so I can feel sorry for myself about it
 - o Decision Making by Dave Swavely

- Helping Your Counselee Make Decisions BCTC session

11. You will probably be manipulated.

You will probably be sucked into manipulative schemes that the counselee is not even aware of.

You will probably only realize that you've been manipulated after the fact.

Don't let yourself become jaded when your godly attempts to love biblically are taken advantage of. Entrust yourself to the one who judges justly.

12. You will realize how much you don't understand about the physical body and the neurological way processing happens

- Different sections of the brain process sensory input
- Different section of the brain makes sense of the sensory events
- Forming events into sentences helps
- Helpful to understand neurological responses to trauma and the neurology involved in processing trauma
 - o PTSD has been theorized to be a maladaptive learning pathway to fear response through a hypersensitive, hyperreactive, and hyperresponsive HPA axis.³
 - o Refer to the https://en.wikipedia.org/wiki/Posttraumatic_stress_disorder#cite_ref-88 article for more neuro info and for neuroanatomy

13. You will need to teach your counselee how to grieve biblically

Remembrance and mourning for what was lost

14. You may need to teach your counselee about safety, appropriate safety, idolatrous safety

15. You will probably need to help your counselee learn how to be an appropriate member of the community

- Town
- Church
- Family

16. You will probably find your counselee needing to understand family from a biblical concept

- [Christian Living in the Home](#) by Jay Adams
- [What's the Difference?](#) By John Piper
- [This Momentary Marriage](#) by John Piper

B. Protection of Your Testimony and Capacity to Serve Others

1. You are not the Savior. Jesus Is.

³ Yehuda R (2002). "Clinical relevance of biologic findings in PTSD". *The Psychiatric Quarterly*. **73** (2): 123–33. doi:10.1023/A:1015055711424. PMID 12025720.

It is easy to create a Savior mentality when working with someone who is traumatized.

Don't try to be their savior. Counsees will be tempted to make you their savior. Often in biblical counseling or in the church is the first time a counselee has ever experienced real, biblical love. Help the counselee see that turning you into their savior is an unloving expectation on the counselor, because the counselor can't meet that expectations. Ultimately the counselor is meant to be just a taste of the real savior, point the EE to Christ

2. Find balance in availability

If the counselor is always available it will be easier for the counselee to run to the counselor than Jesus.

At the same time a counselee working through trauma is more needy than a normal / regular counselee

So much of what is "truly true" is going to be being relearned and help processing things / life will be needed. The counselee needs to be trained to run to Jesus first, but sometimes an extra human to talk to is helpful.

3. I rarely / never am willing to be alone with someone who has suffered trauma.

It is not loving to put my counselee in a situation that might be confusing to them.

It is not loving to put my counselee in situations where they fear I might abuse my authority over them.

It is not loving to put my counselee in a situation where there is no accountability or third person's observation.

4. I do not ever physically touch someone who has been traumatized.

That is confusing to people who have been captive and in a position of servitude.

5. You're not the only person who can or should be helping someone with life-dominating trauma

Burnout is a real possibility, especially if the counselor has wrong motives, wrong priorities, poor time management, etc.

There may be instances where the counselee would be better served by a different or additional counselor.

There may be instances where the counselee would be better served by an in-patient treatment center.

6. You will want to work as a part of a team on a situation as complex as PTSD

- The Trinity
- Supervisor
- Pastor
- Co-Counselor
- Mentor – supervised with good oversight
- Your spouse who knows you well and can see how much of your time, energy, priorities is being spent on that person

Goal – Phil 1:9-11

9

And it is my prayer that your love may abound more and more, with knowledge and all discernment, 10 so that you may approve what is excellent, and so be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.