

TRAUMA AND BIBLICAL COUNSELING

Goals:

- To understand what trauma is and how it affects people
- To provide a theological framework for trauma survivors
- To equip you with biblical responses for individuals who have experienced trauma

What is Trauma?

- ⦿ Shock and denial
- ⦿ unpredictable emotions,
- ⦿ flashbacks,
- ⦿ strained relationships
- ⦿ physical symptoms like headaches or nausea
- ⦿ exhaustion,
- ⦿ confusion,
- ⦿ sadness,
- ⦿ anxiety,
- ⦿ agitation,
- ⦿ numbness,
- ⦿ dissociation,
- ⦿ confusion,
- ⦿ physical arousal,
- ⦿ blunted affect

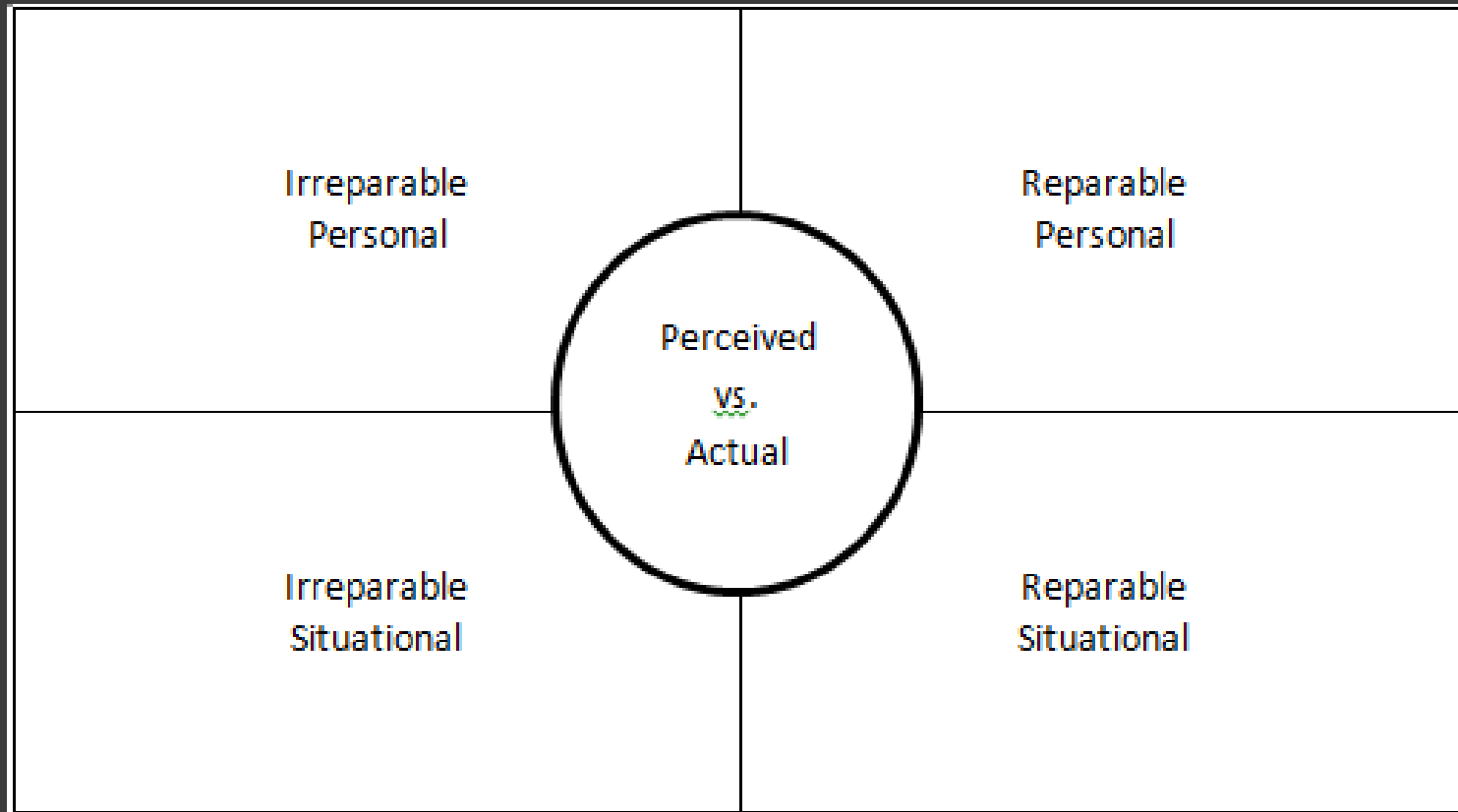
Common Characteristics

- It was unexpected.
- You felt unprepared.
- There was nothing you could do to stop or change what was happening.

Normal Responses:

- ⦿ *Poor sleep,*
- ⦿ *anxiety,*
- ⦿ *emotions,*
- ⦿ *irritability,*
- ⦿ *despair,*
- ⦿ *substance abuse,*
- ⦿ *withdrawal,*
- ⦿ *difficulty with concentration,*
- ⦿ *fatigue,*
- ⦿ *hypertension,*
- ⦿ *tachycardia*

Suggestion:



FEAR

LOSS

TRUST

Theological Framework

Theology of Man

⦿ What is normal?

Untrue but Common Thoughts:

- I am a bad person
- I am worthless
- I am out of control
- I am constantly in danger
- I am alone
- I can't trust anyone or anything

Theology of Man

- ⦿ Man was created to be dependent
- ⦿ Man was created to image God

- ⦿ It is “normal” to
 - Reproduce God’s character and likeness
 - Rule with Righteousness
 - Subdue with Justice

Theology of God

Untrue but Common Thoughts:

- God can't help (lacks power)
- God won't help (lacks love)
- God isn't helping (lacks goodness)

Theology of God

Must be a holistic view of God; and unbalanced view continues the distortion

- God is all powerful

- God is love

- God is good

Theology of Suffering

Untrue but Common thoughts:

- Suffering is the result of my sin
- Suffering is a demonstration of God's judgment or feelings for me
- I got myself into this, I've got to get myself out of it.

Theology of Suffering

- Suffering is the result of sin (Romans 5)
- God's love is based on Jesus Christ (Romans 8)
- Jesus is my only Hope (1 Peter 1:3-9)

Biblical and Practical Responses

Brain Science

- Trauma affects our brain
What are triggers?
- Our brain determines trauma

Therefore:

- World= works from the outside in
- We work from the inside out

Secular Solutions

- ⦿ Community,
- ⦿ Replace negative thoughts with positive,
- ⦿ Sleep,
- ⦿ Purpose,
- ⦿ Gratitude
- ⦿ The Church
- ⦿ Renew mind; Philippians 4:8
- ⦿ Body stewardship
- ⦿ Eternal perspective
- ⦿ Thanksgiving

Point to Jesus Christ

- ◎ Be Jesus
 - Listen
 - Learn
 - Cry
 - Pray

Point to Jesus Christ

- ⦿ Analyze and Sort Biblically
 - Experiences
 - Thoughts
 - Desires

Point to Jesus Christ

◎ Live in the Present

- What was happening?
- What were you thinking?
- What did you do?
- What did you want to accomplish?
- What does God's Word say?
- How can you turn to God for help?
- How can you respond in a way that glorifies God?
- Pray. Confess sin and ask God for help

Point to Jesus Christ

- ◎ Teach truth: past, present, future
 - Their value and worth
 - God's character
 - God's message: Jesus
 - Eternal perspective

Point to Jesus Christ

- ◎ Biblical Practice/Discipline
 - Abiding in Christ: Bible reading ,meditation, prayer
 - Biblical community and fellowship
 - Worship
 - Stewardship

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