

# Trauma and Biblical Counseling

Goals:

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

## I. What is trauma?

**Trauma** is an emotional **response** to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. (American Psychological Association)<sup>1</sup>

Trauma responses:

Core issues:

Biblical solution:

## II. Theological Framework

Theology of Man

Untrue but Common Thoughts:

Biblical truth:

Theology of God

Untrue but Common Thoughts:

Biblical truth:

Theology of Suffering

Untrue but Common Thoughts:

Biblical truth:

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<sup>1</sup> <https://www.apa.org/topics/trauma> "Trauma" American Psychological Association

### III. Biblical/Practical Response

We look at the heart: Loss and fear vary from person to person

Work from the inside out

Secular solutions: community, sleep, gratitude, sense of purpose, resist negative thinking

Biblical solutions with Jesus at the center:

- Be Jesus. Listen. Learn. Be a safe place.
- Analyze and sort the past biblically
- Live in the present
- Teach truth
- Help them apply and practice Christ-centered disciplines

#### **Resources, both biblical and \*secular, in alphabetical order:**

*A Painful Past: Healing and Moving Forward, 31-Day Devotionals for Life*, Lauren Whitman, P&R Publishing 2020

*A Shelter in the Time of Storm: Meditations on God and Trouble*, Paul David Tripp, Crossway 2009

*Attributes of God*, A.W. Pink

*Crosstalk: Where Life and Scripture Meet*, Michael Emlet, New Growth Press 2009

*Dark Clouds, Deep Mercy: Discovering the Grace of Lament* by Mark Vroegop, Crossway 2019

*\*Gentling: A Practical Guide to Treating PTSD in Abused Children* by William E. Krill, Jr., Loving Healing Press, 2009

*God's Attributes: Rest for Life's Struggles*, Brad Hambrick, P&R Publishing 2012

*God's Healing for Life's Losses: How to Find Hope When You're Hurting*, Robert W. Kellemen, BMH Books 2010

*In the Aftermath: Past the Pain of Childhood Sexual Abuse* by Pamela Gannon and Beverly Moore, Focus Publishing 2017

*Mending the Soul: Understanding and Healing Abuse* by Steven R. Tracy, Zondervan 2005

*PTSD: Healing for Bad Memories*, Timothy Lane, New Growth Press 2012

*Putting Your Past in Its Place: Moving Forward in Freedom and Forgiveness*, Steve Viars, Harvest House Publishers 2011

*Recovering from Child Abuse: Healing and Hope for Victims* by David Powlison, New Growth Press, 2008

*Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault* by Justin S. and Linsey A. Holcomb, Crossway 2011

*Sanctuary: Help and Hope for Victims of Domestic Abuse*, Sydney Millage, Focus Publishing 2018

*Suffering and the Heart of God: How Trauma Destroys and Christ Restores* by Diane Langberg, New Growth Press 2015

*\*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van Der Kolk, Penguin Books 2014

*\*The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss* by George Bonanno, Basic Books 2009

*\*Tribe: on Homecoming and Belonging* by Sebastian Junger, Twelve Books 2016

*Unbound* by Warren Lamb, Truth in Love Counseling, 2020

*When God Weeps: Why Our Sufferings Matter to the Almighty* by Joni Eareckson Tada and Steven Estes, Zondervan 1997

*\*Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker, Scribner 2017