

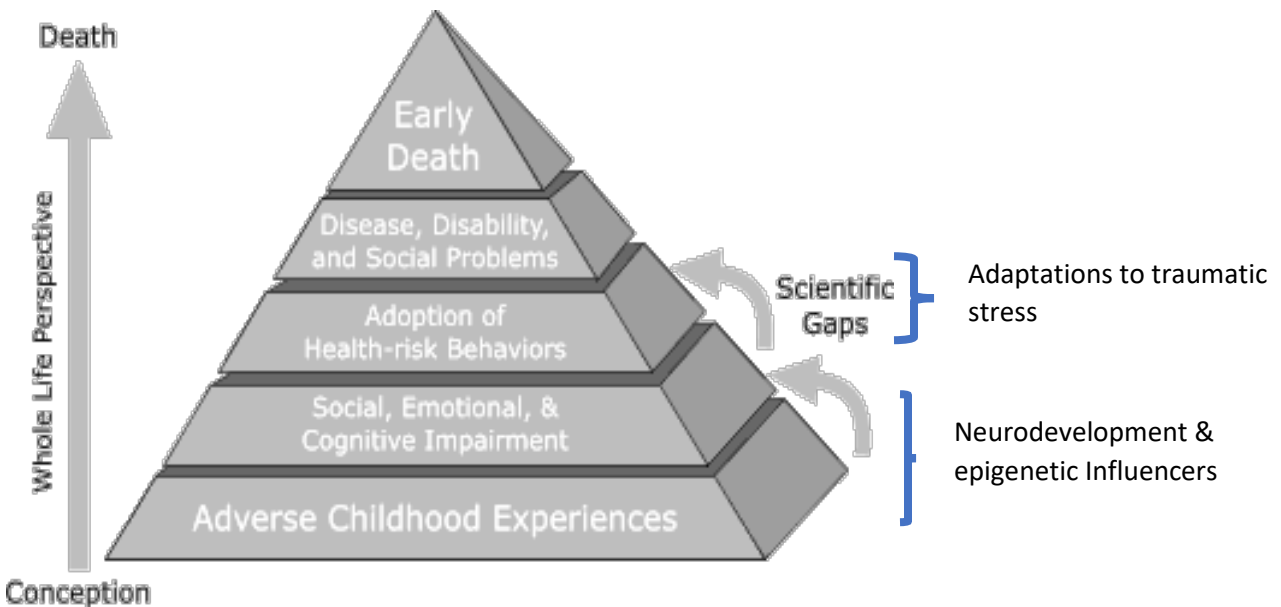
BIBLICAL COUNSELING

Trauma—The Basics

Trauma defined: A physical wound; An emotional shock that creates substantial and lasting damage to the psychological development of the individual, leading to functional disorders of the mind or emotions without an obvious organic cause (neurosis). (American Heritage Dictionary, 2nd ed)

Commonly referred to in the field of trauma:

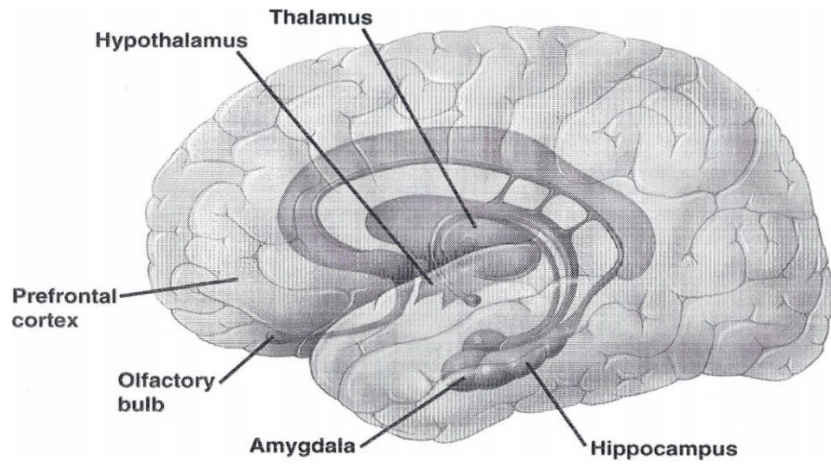
ADVERSE CHILDHOOD EXPERIENCE (ACE) STUDY (Filliti, Perry et al)



Epigenetics: Is the study of heritable changes in gene expression (active versus inactive genes) that does not involve changes to the underlying DNA sequence — a change in phenotype without a change in genotype — which in turn affects how cells read the genes. Suggests support for biblical truth, that in this case, adaptive or maladaptive response to stressors are handed down generationally through alterations in phenotypic changes. THINK SWITCHES.

Neuro-biological involvement: (Computer/filing cabinet analogy)

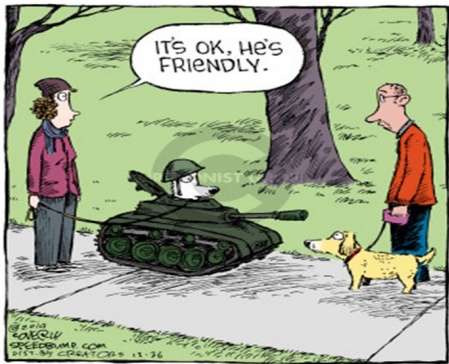
Limbic System of the brain: (Fight, flight, freeze, faint)



An activated limbic system = Misfiled data → Misfiled data = Triggers
 Triggers = Dysregulation of system → Dysregulation = Over/under reaction to surrounding events

Worst case scenario the “freeze/faint” reaction = Think locked up computer blue screen

What you will see in many traumatized clients:



Trauma work:

Pull all data into as complete a picture as you can—**Put into words**--.

Assist in finding meaning, purpose, forgiveness, and hope in those experiences.

Any act of love in the season of trauma (may be from pets, animals)

Early Assessment critical:

Single Incident Trauma:

Complex Trauma:

Biblical truth and the gospel of grace is complete in response to trauma in the world.

God uses suffering (what was meant for evil God turns for good):

The reality of evil/consequences of the fall

Promise of turning evil for our good

Our suffering brings us closer to Christ and our need for Him.

Provides meaning and purpose:

To glorify God for His eternal plan of redemption:

To minister to and provide hope to others in a fallen world.

Provides hope—Our destiny is secure.

Our eternal destiny in Christ is secure.

Christ paid the price for all unrighteousness/including mine

He is the eternal Healer.

Provides grounds for forgiveness.

God's righteousness/holiness address wrongdoing once and for all.

Gives a foundation to forgive those who have hurt us.