

Healing Trauma

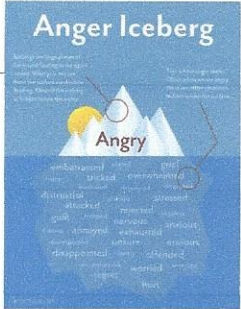
South Florida Churches

ASK QUESTIONS
VALIDATE

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Agenda – posting slides!

1. My story
2. Helpful information on Trauma
3. Tools for Healing – Master Your Mind, Ask Questions & Validate



The diagram shows an iceberg with 'Angry' written on the visible tip. Below the waterline, various emotions are listed, including: embarrassed, frustrated, ashamed, nervous, disappointed, sad, stressed, angry, fearful, confused, and hurt.

Why discuss trauma?


1. Trauma has a powerful capacity to **shape** our spiritual, physical, emotional, and intellectual development and maturation.
2. Trauma can profoundly **alter** an individual's **life course** and **diminish** innate **resilience**.
3. Continual exposure to threatening situations can make our **brain** prisoner to its "fight, flight, or freeze" response.
4. Trauma can make it difficult for an individual to build meaningful **relationships** or reach out for help. People who have experienced trauma are often misunderstood and treated as oppositional or depressed.
5. **Maladaptive behaviors** resulting from trauma impact one's outlook on life and are often passed down to future **generations**.
6. Interventions for **healing** and skills for **managing trauma** are available.

Trauma & distress in God's word

Psalm 107:13
Then they cried to the Lord in their trouble,
and he delivered them from their **distress**.

Matthew 11:28-30
Come to me, all who **labor/weary/struggling/carrying heavy burdens/tired/burned out/work hard** and are **heavy laden**, and I will give you **rest**. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you **will find rest** for your souls. For my yoke is easy, and my burden is light."

Trauma definition




Psychological trauma is **damage** to the **mind** that occurs as a result of a **distressing event**. Trauma is often the result of an overwhelming amount of stress that **exceeds one's ability to cope**, or **integrate the emotions** involved with that experience.

Trauma definition – DSM-5

Traumatic experiences can lead to Post Traumatic Stress Disorder

Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:

1. Directly **experiencing**
2. **Witnessing** in person as it occurred to others
3. **Learning** that the traumatic event occurred to a close family member or close friend (violent or accidental)
4. **Experiencing repeated or extreme** exposure to aversive details of traumatic events



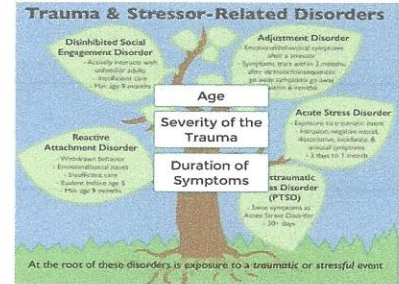
(DSM-5, p. 271)

Synonyms of trauma

1. Catastrophic event
2. Suffering
3. Stress
4. Distress
5. Wound
6. Strain
7. Shock
8. Damage
9. Agony/anguish



DSM-5
Disorders result from a known cause of either **traumatic** or **stressful** situations



My distressing/traumatic experiences

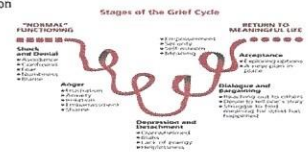
1. Parents' separation and divorce
2. Mom's new boyfriends & marriage
3. Step-father's alcoholism
4. Financial struggles
5. Sexual assault
6. Job distress
7. Engagement cancellation (2008)
8. Desire for a family – hope deferred Proverbs 13: 12
9. Illness – autoimmune issues & smoldering myeloma



Common adult traumatic experiences

Can lead to Post Traumatic Stress Disorder

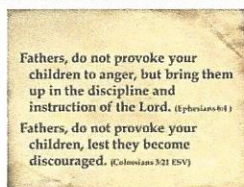
1. Death of a loved one
2. Separation or divorce
3. Marriage difficulties or marital reconciliation
4. Financial difficulties
5. Workplace stress; new job or termination
6. Imprisonment
7. Personal injury or illness (COVID)
8. Retirement
9. Racial trauma



Adverse Childhood Experiences

Can lead to Post Traumatic Stress Disorder

1. Physical abuse
2. Verbal abuse
3. Sexual abuse
4. Physical neglect
5. Emotional neglect
6. Alcoholic parent
7. Domestic violence
8. Family member in jail
9. Family member with mental illness
10. Disappearance of a parent through divorce, death or abandonment

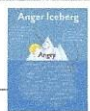


God and trauma – questions...

(Theology Konzen)

- Why Me?
- Am I being punished?
- Is this disaster an act of God's will?
- Why is God allowing this to happen to me?
- Why does God allow little children to be hurt?
- Why isn't God answering my prayers?
- Why should I forgive?
- Where's the justice?
- Where is God?
- Why hopelessness and shame

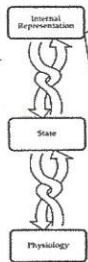
David - How long, LORD? Will you forget me forever? How long will you hide my face from me? (**Psalm 13:1**)
Jeremiah - though I call and cry for help, he shuts out my prayers (**Lamentations 3:8**)
Job - If I summoned him and he answered me, I would not believe that he was listening to my voice. (**Job 9:16**)
Jesus - My God, my God, why have you forsaken me? (**Matthew 27:46**)



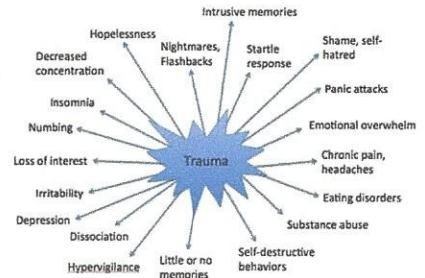
Symptoms of trauma – recognize?

1. **Intrusion** – distressing memories or dreams; flashbacks; triggers;
2. **Avoidance** – of related stimuli or external reminders
3. **Negative cognitions & mood** – inability to remember aspects of event; negative beliefs or emotional state; distorted cognitions; diminished interest or participation; feeling isolated; inability to experience positive emotions
4. **Marked alterations in arousal & reactivity** – irritable behavior; angry outburst; reckless or self-destructive behavior; hypervigilance; jumpy; trouble concentrating; sleep disturbance
5. **Dissociative symptoms** – depersonalization (feeling detached) derealization (experiences of unreality)

Seek professional support – description on handout



Symptoms/ Criteria



<https://trauma.org/traumacriteria/>

Adapted from Janina Fisher

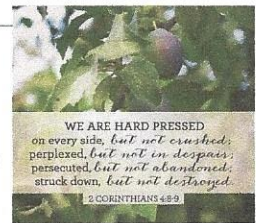
Emotions of Trauma

1. Distress
2. Fear & anxiety
3. Guilt
4. Sadness/depression/grief
5. Shame
6. Confusion
7. Panic
8. **Anger/irritability**
9. Hopelessness
10. Detached/numb
11. Betrayed
12. Mistrust
13. Decreased esteem
14. **Lament** – sorrow/mourning
15. **Happy, hopeful/fair/fidful, confident, cool, excited**



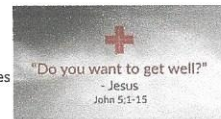
Facing trauma...We choose!

1. **Processing** vs ignoring/suppressing emotions
2. Victor or victim
3. **Spiritual** or ungodly
4. **Emotionally healthy** or dysfunctional (2 Cor 10:5)
5. Thrive vs survive
6. Opportunity for growth or impaired distress (stuck)
7. Easy yoke or burdened (Matthew 11: 28-30)
8. **Healing** or remain broken



Personal Healing Story!!!

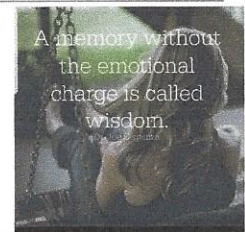
1. Discippling
2. Love/Safety
3. Therapy
4. *Healing for Damaged Emotions* discussions
5. Books, books, books... videos
6. Attended ACOA meetings
7. MA Degree in Counseling & Supervisor resources
8. Time Line Therapy@ breakthrough process



HEALING!!!

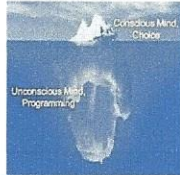
Just couldn't shake the negative emotions & limiting beliefs that resulted from past events

1. Why stuck?
2. Why residual emotions?
3. Why memories?
4. Why unhelpful tapes/narratives in our minds?
5. **HOW to get better? Understand the brain**
6. **Psalm 139: 14 – fearfully & wonderfully made**

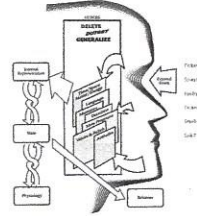


Role of the Unconscious Mind – 95%

1. Stores & organizes memories
2. Represses memories with unresolved negative emotion
3. Presents repressed memories for resolution – to make rational and to release emotion
4. Runs & preserves the body - autopilot
5. Is the domain of the emotions
6. Controls and maintains all perceptions
7. Maintains instincts and generates habits
8. Needs repetition until a habit is installed
9. Functions best as a whole integrated unit
10. Does not process negatives



Healing vs. Managing/coping with emotions & memories of trauma



1. Memories and emotions are stored subconsciously
2. Internal Representations (content of our thinking; perceptions of life) vary based on personal filters
3. How we perceive events determine our emotional state, physiology and behavior
4. What is “traumatic” to one person may not be to another
5. With advances in understanding neuroplasticity, we can rewire our Internal Representations

What we can do to optimize our Unconscious Mind?

1. Relaxation – Luke 6: 16 – Jesus often withdrew to lonely places and prayed.
2. REM sleep
3. Meditation, yoga, Qi Gong, etc.
4. Maximize Twilight state (just waking up or going to sleep)
5. Constant repetition – daily Bible study – my food – 1 Peter 2: 2
6. Time Line Therapy® - rewire neural networks/connections
7. Focus on what you want – affirmations and desired outcomes in positive short phrases
8. More in my new book – Master Your Mind chapters



Time Line Therapy® Breakthrough Process – 3 Requisites for Change

1. Eliminating Negative Emotions & Limiting Decisions. Parts Integration, Setting Values & Creating the Future – Romans 12: 2
2. Taking Radical Action (Includes Enforcing your Boundaries) – Acts 3: 19
3. Focusing on What You Want (Your Evaluations Become Suggestions to the Unconscious Mind).

The end of the world is near. You must be the boss over your mind.
Keep awake so you can pray. – 1 Peter 4:7 (NIV)
Be made new in the attitude of your minds. - Ephesians 4:23 (NIV)



Results - replace

HOW to heal & live Galatians 5: 22-23??

- Anger → love, joy, peace, kindness, calm, contentment, and good will
- Sadness → joy, cheer, hope, optimism, comfort, courage, contentedness, happiness, health, relief, and satisfaction
- Fear → peace, courage, bravery, faith, confidence, assurance, trust, love, calmness, certainty, ease, joy, security, tranquility, hope, serenity, soundness, steadiness and composure
- Hurt → happiness, forgiveness, serenity, comfort, healing, grace, good will, kindness, sympathy, empathy, and affection
- Guilt/shame → acceptance of forgiveness (for self and others), sympathy, empathy, love, affection, freedom, peace, joy, grace, serenity, calmness, and delight.

“Forgiving is not forgetting; it is remembering and letting go.” - Healing Racial Trauma



Managing/ Coping Without Time Line Therapy®'s healing

How to Cope with Triggered Trauma Memories

- Move your body. Get your body moving to release endorphins and shift your body's response.
- Use grounding techniques. Bring yourself into the present by getting in touch with your senses.
- Go outside. This is a great place to apply grounding techniques. Breathe the fresh air.
- Practice cozy self-care. Draw a warm bath, Put on your comfiest pajamas.
- Let emotions be. Allow yourself to process the emotions with patience.
- Try tapping. Tapping calms anxiety, builds self-acceptance and draws your awareness into your senses.
- Get support. Having a sense of community is essential to avoid falling prey to isolation.



Healing – 2 things to remember!

ASK QUESTIONS!
VALIDATE!

ASK QUESTIONS!

When you **unravel** the trauma story, the behaviors make sense.

-The Trauma Heart, Judy Crane

An abnormal reaction to an abnormal situation is normal behavior.

-Viktor Frankl

Let's be mindful of what fuels behavior, thoughts and feelings

The purposes of a person's heart are **deep waters**, but one who has insight **draws them out**. Proverbs 20: 5

7 Levels Deep exercise

1. Video – you all will jump in “cold”.... Sped up...
2. **Glen's medical issues** - traumatic... 30 year disciple in San Diego; Facebook group
3. Used for seeking to understand ourselves and others
4. **2 questions – listen for responses:** **What's bothering you & What makes that important to you?**

ASK QUESTIONS

Situation/thoughts/feelings/behavior

1. Understanding our driving force – thoughts, feelings, concerns and desires
2. Understanding *root/core* of behavior
3. Understanding what's fueling helpful or maladaptive behavior
4. Deciding what's our focus
5. Remembering what is important
6. Understanding and remembering what will motivate me
7. Understanding and deciding how can this be meaningful? **“Their little faith”**

Post Traumatic Growth – Goal!!

“Even though you intended to do harm to me, God intended it for good, in order to preserve a numerous people, as he is doing today.” - **Genesis 50:20**

Researchers have found that trauma can be **transformative**. Post-traumatic growth (PTG) acknowledges “the **resilience** and growth that can occur following a traumatic event whereby the individual **derives meaning** from an incident that caused suffering to transcend the trauma.” Romans 12: 2-3

Rowe, Sheila Wise. Healing Racial Trauma (p. 134)

Validation article & questions!!

www.cresendajones.com

1. Understanding and meeting emotional needs
 2. Shorten healing time
 3. Eliminate misunderstandings
 4. Pave the way for workable solutions
 5. Develop greater intimacy and safety
 6. Earn the right to be heard, in turn
 7. Listen with the depth of caring in the way we wish to be heard
- God of all comfort! 2 Corinthians 1: 3-7

Validation scriptures

A wise person learns by listening. Proverbs 21: 11 LB

If I don't understand what someone is saying, I am a stranger to that person. And that person is a stranger to me. 1 Corinthians 14: 11 NIRV

Love is patient and kind... 1 Corinthians 13: 4 MSNT

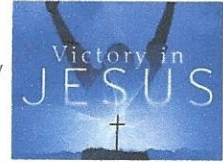
Although he was in the form of God and equal with God, he did not take advantage of this equality. Instead, he emptied himself by taking on the form of a servant, by becoming like other humans, by having a human appearance. Philippians 2: 6-7 GWT

A wise man is hungry for truth... Proverbs 15: 14 LB

Love one another as I have loved you. John 13: 34-35

Validation – Levels

1. Being present
2. Accurate reflection
3. Mindreading
4. Understanding behavior in terms of history and biology
5. Normalizing
6. Radical genuineness



Validation – Emotional Invalidation

1. Thoughts and feelings are rejected, ignored, or judged
2. Disrupts relationships
3. Creates emotional distance/alienation
4. Makes recovery difficult
5. Contributes to emotional disorders
6. Uncomfortable with emotions
7. May believe are helping... "move on"
8. May believe deserve invalidation
9. May be uncomfortable with own humanness

Verbal Invalidation – reasons why

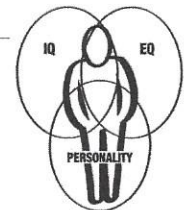
1. Misinterpreting what it means to be close – assuming meaning vs asking
2. Misunderstanding what it means to validate – not the same as agreeing
3. Wanting to fix another's feelings – for someone not to feel badly
4. Not wanting to hurt another's feelings – vs speaking the truth
5. Wanting the best for another – vs allowing folks to make their own decisions and do their own work

Ways of invalidating

1. Blaming
2. Hoovering
3. Judging
4. Denying
5. Minimizing
6. Nonverbal actions – not paying attention to feelings, thoughts, needs and desires/wants

Building Validation skills

1. Must practice!
2. Can learn – it's a skill not fixed IQ or personality
3. If I don't understand what someone is saying, I am a stranger to that person. And that person is a stranger to me. 1 Corinthians 14: 11 NIRV
4. In order to get to praise and worship, people need to have lamented and felt heard.

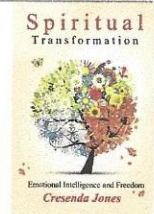
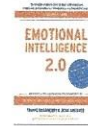
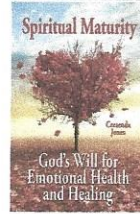


Psalm 34: 18-19

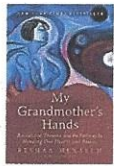
The LORD is **close** to the brokenhearted and **saves** those who are crushed in spirit. The righteous person may have many troubles, but the **LORD delivers** him from them all.

Resources

www.cresendajones.com



Additional Resources on Healing Trauma



Summary



- Educate ourselves on trauma
- Use tools for healing/going deeper – & validate
- Hope for real treatment/healing
- Be a **companion** for those in grief – John 13: 34-35

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