

# Trauma

FEBRUARY

COUNSELING CORNER

MBI

## What is Trauma?

Trauma is a response to a deeply distressing incident(s) that overwhelms an individual's ability to cope. The event(s) is typically emotionally disturbing or life-threatening with lasting adverse effects on the individual's well-being. It typically involves the loss of control, betrayal, abuse of power, helplessness, pain, confusion and/or loss. Trauma is defined more by its response than its trigger.

## TYPES OF TRAUMA

### 1. ACUTE TRAUMA

Single-incident traumas which come unexpectedly. This may include sexual assault or a car accident. An event like this may lead to Post-Traumatic Stress Disorder (PTSD)

2.

### CHRONIC AND COMPLEX TRAUMA

Trauma that happened in childhood and/or on a repetitive basis. Examples include abandonment, bullying at school, or domestic violence. These events may lead to Complex PTSD

### 3. COLLECTIVE & INTERGENERATION TRAUMA

Trauma passed through cultures and/or generations. Examples include racism, war, genocide, and family abuse

4.

### VICARIOUS TRAUMA

When someone speaks to another person who's witnessed a trauma first-hand. Examples may include mental health professionals and emergency medical services

### 5. LITTLE T TRAUMAS

Events that are an unfortunate, but expected part of life. Examples include moving or losing a job



## EFFECTS OF TRAUMA

Trauma symptoms are normal reactions to abnormal events.

### Common Symptoms

- Hypervigilance
- Feeling unsafe

### Physiological

- Detachment, dissociation
- Shock, confusion
- Loss of former belief system

### Emotional

- Emotional outbursts
- Helplessness, self-blame

### Somatic

- Physical numbness
- Aches & pains
- Insomnia, nightmares, flashbacks

# TRAUMA RELATED<sup>1</sup> PSYCHOLOGICAL DISORDERS

## ACUTE STRESS DISORDER (ASD)

An anxiety disorder, that usually occurs within a month of traumatic experience. ASD is our body's normal response to stressors. Symptoms include intrusive thoughts of event, negative mood, dissociating, arousal, and avoidance.

## POST-TRAUMATIC STRESS DISORDER (PTSD)

A psychological disorder that develops in response to a traumatic event. The body responds to trauma by releasing adrenaline, the stress hormone that triggers "fight or flight" mode. This system overreacts with out-of-proportion fear responses to ordinary situations. Your mind stays in a state of psychological shock – instead of feeling better each day, your symptoms remain and interfere your normal functioning.



## RESILIENT RESPONSES TO TRAUMA<sup>2</sup>

MANY PEOPLE FIND HEALTHY WAYS TO COPE WITH, RESPOND TO, AND HEAL FROM TRAUMA. OFTEN, PEOPLE:

- AUTOMATICALLY REEVALUATE THEIR VALUES AND REDEFINE WHAT IS IMPORTANT AFTER A TRAUMA
- EXPERIENCE INCREASED BONDING WITH FAMILY AND COMMUNITY.
- REDEFINE THEIR SENSE OF PURPOSE AND MEANING.
- INCREASED COMMITMENT TO A PERSONAL MISSION.
- REVISED PRIORITIES.
- INCREASED CHARITABLE GIVING AND VOLUNTEERISM

# HEALING



*"Your wounds are not your fault, but their healing is your opportunity."*

## GOD & TRAUMA<sup>3</sup>

God speaks specifically to the depths of our suffering:

- The book of Lamentations gives words to the feelings and pain of abuse.
- The Psalms are places of refuge where the hurting can find comfort from a God that understands the pain.
- In scripture, the victim no longer feels alone or without hope. God gives us words to describe our hurt, pain and reality.
- God gives us permission to feel and express our questions, our confusion and our doubts about His love.
- God gives us Himself to walk us through the daily effects of the trauma we have endured. "You, O Lord, keep my lamp burning; my God turns my darkness into light." (Psalm 18:28)

# RESOURCES

## MENTAL HEALTH COUNSELING

Counseling serves as an aid in your healing process. The goal is to provide empathy and support as you work understand your body's responses to trauma. Some common approaches includes:

**Cognitive Behavior Therapy (CBT)**- Focuses on Identifying and challenging unhealthy thinking patterns.

**Exposure Therapy**- Reminds and exposes you to trauma in a safe way. Trauma eventually loses its emotional power and symptoms slowly diminishes.

**Eye Movement Desensitization and Reprocessing (EMDR)**- Encourages brief focus on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which reduces the vividness and emotion associated with the trauma memories.

## APPS



Mindfulness Coach



PTSD Coach

## CONTACT US:

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