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Counselling Issues &

Procedures

## Counseling Issues and Procedures: Dealing with Present Trauma

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1. **Introduction**
2. Overcoming post-trauma distress begins with identity.
3. Your functional identity is likely flawed.
4. Your identity is built on lies enforced by parents or others who want you to think of yourself as
5. A failure
6. Unlovable
7. Incapable
8. Incompetent
9. Dirty
10. Unwanted
11. Useless
12. Overcoming post-trauma distress begins with gaining a new identity.
13. Identity must be found in the gospel of Jesus Christ.
14. You are a co-heir with Christ. Rom 8:17
15. You are fearfully and wonderfully made. Ps. 139:14
16. You are new creations in Christ. 2 Cor. 5:17
17. You are adopted into the family of God. Eph. 1:4-5
18. You have a permanent relationship with God. Eph. 1:13
19. You are redeemed. Eph. 1:7
20. You are forgiven. Eph. 4:32
21. You have been made righteous. Eph. 2:1-10
22. You are God's workmanship. Eph 2:10
23. You are reconciled to God. Eph. 2:16
24. You are a saint. Eph. 1:1
25. You are chosen. Eph 1:4
26. You are holy and beloved. Eph. 1:4-6
27. You are a child of light. Eph. 5:8-10
28. You have been made pure. Eph. 5:27
29. You are blameless. Eph. 1:4
30. You are above reproach. Eph. 1:4
31. You are the glory of God and in the righteousness of God. Eph 2:1-10
32. **Develop A Biblical Perspective**
33. Foundational Counseling Principles.
34. Understand the distress you feel is normal.
35. Believe there is help, healing, and hope to be found in Christ and His Word.
36. Accept that the Bible contains eternal truths that resolve the issues of the body and the soul that result from trauma.
37. Realize Christ entered into your suffering with you. Matt. 26:36-43; Mark 14:33

***"My soul is deeply grieved, to the point of death."***

1. Extreme responses to abuse and terror are normal. Ps. 38:10,17; 69:12

***"My heart throbs, my strength fails me; and the light of my eyes, even that has gone from me."***

1. Extreme responses to soul-crushing and distressful events are normal. Ps. 55:4-5; Lam. 3:5-6; 17-18

***"My spirit is broken, my days are extinguished, the grave is ready for me."***

1. Extreme responses to compromised physical health are normal. Job 30:16-17, 27

***And now my soul is poured out within me; days of affliction have sieved me. At night it pierces my bones within me; and my gnawing pains take no rest."***

1. He empathizes with the distress, fears, and suffering you have experienced. John 19:23; Heb. 12:3

***"For consider Him who has endured such hostility by sinners against Himself…"***

1. Focus on the gospel. Ps. 27
2. Develop a biblical perspective on what you have suffered and come through it with a sound mind.
3. **Biblical Counseling and the PTS Survivor**
4. Common post-trauma responses
5. Fear and Anxiety
6. Post-trauma stress and anxiety is not a pathological condition.
7. Post-trauma distress may bring medical complications due to a lack of sleep, fear, and anxiety.
8. Biblically, post-trauma anxiety is understood as fear.
9. Fear can serve a useful purpose. Ps. 111:10; Prov. 1:7; 22:3; Isa. 41:13

***"The fear of the Lord is the beginning of wisdom."***

1. Fear is a normal emotional reaction to imminent danger.
2. Fear and anxiety are responses to what is *perceived* as dangerous or potentially harmful.
3. Post-trauma fear occurs when no threat exists.
4. Post-trauma fear and distressing emotional responses become pronounced in the aftermath.
5. Visual memories, recurrent nightmares, flashbacks, panic, physical exhaustion, body memories, etc.
6. It feels as though the trauma just occurred.
7. You fear it will happen again.

A diagram of a problem

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1. PTS is an issue of the heart
2. Identifying Post-trauma anxiety and stress biblically allows for the correct understanding and solutions for what you are experiencing.
3. The Bible identifies you as a single being with two components
4. The body (outer self/material/physical)
5. The Heart (inner self/immaterial/soul/ thoughts/beliefs/ desires/will/ conscience, etc.
6. The body and the heart affect each other.
7. Fear and anxiety are created in the heart (inner self). Ps. 94:19; 55:1-3
8. The problem is not the *emotion* of fear but the *reason* for the fear.
9. Post-trauma fear and anxiety is a form of vigilance that attempts to maintain control for self-protection.
10. Self-protection is rooted in self-sufficiency.
11. Vigilance minus faith in God.
12. Interpret your fear in light of God's Word.
13. Framing your struggle biblically provides hope and comfort.
14. Christ knows your difficulties and your pain.
15. Christ calls you to come to Him for rest and relief from your fear and anxious burdens.

***Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matt. 11:28-30 CSB***

1. **Practical Application to Post-Trauma Fear**
2. Overview of the process of biblical change.
3. Rule out biological causes for anxiety.
4. Understand that fear, worry, and anxiety are habits that develop over time and with repetition.
5. Overcoming post-trauma fear is not something that fundamentally changes overnight.
6. Change will come as you understand the root of your feelings of fear and anxiety.
7. Put into practice the process of biblical change.
8. Fear as a diagnostic of the heart
9. Fear is helpful because it's a powerful diagnostic.
10. Fear exposes what we most value (2 Tim. 3:1-5; Matt. 22:36-40)
11. Fear the nature of our treasures (James 5:13-16; Jer. 33:6; Ps. 3:5; Phil. 2:5-9
12. Fear exposes our unbelief. Rom. 8:28-29; Matt. 6:25-34
13. Fear exposes our self-centeredness.
14. Fear exposes our need for control, Phil. 2:4; Luke 9:23-25
15. Fear exposes past wounds or difficult experiences (Eph. 1).
16. Fear exposes our pride (Phil. 2:5-9; 1 Cor. 10:24; 13:5; Ps. 31).
17. To overcome any sin habit, we must put off the old practices, be renewed in our mind or heart, and put on the new practices (Eph. 4:22-25)
18. Put off the old man- V22
19. Utilize a Thought Journal or Disciple Prayer Journal.
20. Ask yourself diagnostic, heart-level questions, examine my thoughts, and discern the truth about myself and my circumstances.
21. Is there a valid reason to panic, or will staying calm be more helpful to me?
22. Am I thinking about things that are true and real or imagined?
23. What am I focusing on right now?
24. Do I believe God is in control of this person or situation?
25. What specifically am I thinking about right now?
26. Is there anything I can do to address the situation that is leading me toward fear/panic?
27. Am I unknowingly thinking about things contributing to how anxious, fearful, and worried I feel right now?
28. Am I unknowingly thinking thoughts leading me to have this physical reaction in my body?
29. What can I do to stop this fear/panic process now before it goes too far?
30. What's the worst thing that will happen to me if I actually have a panic attack?
31. Have I stopped thinking about God and his sovereign control over the situation?
32. What am I thinking about instead of thinking about God and his sovereign control over the situation?
33. Will thinking these anxious thoughts help or hurt my ability to handle the real issues that are going on?
34. Renew your mind (Eph. 4:23; Rom. 12:2; Col. 3:10)
35. Focus on the Truth ( John 17:17; Phil. 4:8-9).
36. Repent.
37. Repentance is critical in overcoming any sin.
38. "Repentance" is an ongoing activity requiring daily concentrated effort.
39. Have a change of mind about your fear and anxiety (Matt. 3:2; Mark. 1:15; 1 John. 4 18).
40. Have a change of heart with respect to the sin of worry and anxiety (Matt. 6:33 Ps. 112:1, 7- 8).
41. Put on the new man [Make a change in the course of life] (Eph. 4:24).
42. Take every thought captive (1 Cor. 10:5)
43. Focus on the love of God (1 John 4:18)
44. Focus on the faithfulness of God (Isa. 41:10)
45. Focus on the promises of God (Heb. 13:5-6; Ex. 34:6,7; Ps. 121; Prov. 3:1-26)
46. Study Bible doctrine
47. Justification (Rom. 8:33)
48. Perseverance of the saints (Phil. 1:6)
49. Union with Christ (Rom. 6:3-6)
50. Forgiveness (Ps. 103; 1 John 1:7-9. 2:12)
51. Fear with a purpose

*"Neither this man nor his parents sinned," said Jesus, "but this happened so that the works of God might be displayed in him (*John 9:3) (NIV)

1. Consider that God ordains your sufferings with post-trauma fear and anxiety for God's glory and your sanctification.
2. Sometimes, the victory is in the pursuit of Christ despite the difficulties and obstacles.
3. Welcome adversity as a friend (James. 1:2-4)
4. Find the rest, refuge, and peace found in God alone. Ps. 62:1–2, 91:1, 94:19, 116:7; Isa. 40:1-2, 66:13; 1 Cor. 1:3-4; John 14:18)