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Counselling Issues &

Procedures

## Counseling Issues and Procedures: Dealing with the

## Past Trauma in Your Life

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1. Introduction
2. What is trauma?
3. Trauma can result when a person endures something physically, emotionally, or spiritually painful.
4. It may have been an isolated event or something that occurred repeatedly over time.
5. Trauma can result from witnessing something horrific.
6. Historical evidence of trauma
7. We experience trauma as a consequence of the Fall. Gen. 3
8. Adam and Eve
9. In one moment, they experienced the fall from sinlessness to sin.
10. Immediately, they experienced fear, anxiety, guilt, shame, and a desire to hide from God. Gen. 3:7-10
11. Immediate separation from God and broken fellowship occurred.
12. Immediate change in their relationship. Shame, hiding, blame-shifting.
13. God curses. Gen. 3:14-16
14. God curses the serpent. Gen. 3:14-15
15. God curses the earth. Gen. 3:17-19
16. God cursed the man and woman. Gen. 3:16-19
17. God drove them from the Garden. Gen. 3:23-24
18. Now, they must work to stay alive. Gen. 3:17-19
19. Women would bear children in pain. Gen. 3:16a
20. Women would desire to rule over their husbands. Gen. 3:16b
21. Men would desire to dominate their wives. Gen. 3:16b
22. Cain slew Abel. Gen. 4:8
23. Cain deceived. Gen. 4:9
24. Cain attempted to cover up the murder. Gen. 4:9
25. Cain was marked and driven away. Gen. 10:10-16
26. **The Secular Treatment of Trauma**
27. Post-Traumatic Stress Disorder (PTSD)

* PTSD is said to occur after a person has been exposed to at least one traumatic event.

1. Trauma-Informed Counseling
2. A clinical specialty
3. Trauma-Informed Counseling
4. Trauma Aware Counseling
5. Clinically Informed Counseling
6. Clinically Aware Counseling
7. Research Aware Counseling
8. Driven by the Diagnostic and Statistical Manual of Mental Disorders (DSM5-Tr)
9. The DSM is the source of authority for all those who do **not** believe the Bible is the authority for counseling Christians.
10. The APA states that the DSM does not provide specific diagnoses of mental disorders; they provide criteria for diagnosis.
11. Clients are given a diagnosis of Post-Traumatic Stress Disorder based on DAM criteria.
12. Post-Traumatic Stress Disorder is classified under anxiety disorders
13. Common post-trauma behaviors (criteria)
14. Hypervigilant
15. Frightened by loud noises
16. Overreacts to noise when startled
17. Screams or yells in their sleep
18. Nightmares
19. Insomnia
20. Flashbacks
21. Dissociation
22. Depression
23. Anger
24. Guilt
25. Identity
26. Anxiety
27. Fear
28. Shame
29. Suffering
30. Complex Post-Traumatic Stress Disorder (C-PTSD)
31. The construct contains similar criteria to post-traumatic stress response
32. C-PTSD results from chronic or long-term exposure to severe, chronic, or extremely threatening physical or emotional trauma
33. The effects are life-dominating.
34. Trauma Informed Care (TIC)
35. TIC is a secular organizational structure and treatment framework.
36. TIC is a model of care that involves understanding, recognizing, and responding to the effects of all types of traumas.
37. TIC requires "evidence-based" treatment approaches
38. Therapeutic (i.e., psychotherapy, CBT, EMDR, ATRIUM, biofeedback, micro-feedback, neurofeedback, wellness pathways, essential oils.
39. Psychoactive medications
40. The client is presented with the secular view of man. (Humanistic anthropology)
41. Evolved from something primordial ooze
42. Man is a higher-evolved form of animal.
43. Man is only a material/physical being.
44. Medical intervention is the only treatment.
45. This view removed God from the equation with intent.
46. There is no spiritual aspect of the client.
47. Trauma is considered a physical/brain problem.
48. Christian Integrated Therapy embraces TIC.
    1. Relies on secular methodology and mixes in Bible verses.
    2. Integration causes confusion
    3. Draws Christians into worldviews opposed to God's Word.
    4. No focus on what the Bible teaches on responding to the distress of the soul.
    5. Hope is in therapy, treatment, and medication- not in Jesus.
49. **The Biblical View of Trauma**
50. The biblical view of trauma care begins with biblical anthropology.
51. We are made in His image and likeness. Gen. 1,2
52. We are fearfully and wonderfully made. Ps. 139, Eph. 2:10;
53. We are material and immaterial- consisting of spiritual and physical reality.
54. Anthropology informs how problems are approached.
55. For Christians, faith in the Bible's authority, inerrancy, and sufficiency must be paramount.
56. It is foolishness to look to man's wisdom to solve spiritual problems. Isa. 55:8-9
57. We must beware of destructive worldly philosophies. Col. 2:8
58. Biblical counselors do not reject valid scientific facts or ignore legitimate scientific discoveries, but we choose to establish God as the highest authority regarding who and what we are.
59. Biblical counseling flows from biblical anthropology.
60. As embodied souls, we are in a perpetual interplay between our physical and immaterial aspects.
61. What the inner man deals with is often transmitted to the physical body.
62. Biblical counselors care for the immaterial needs of the person.
63. Biblical counselors enter into suffering with the love and hope of the gospel.
64. It is helpful to recognize that the issues associated with even severe trauma are "common to man." 1 Cor. 10:13.
65. Trauma is Normal!
66. We live in a fallen world with fallen people.
67. Suffering abounds in a fallen world- Rom. 8:18-39
68. Paul describes all creation as going through groaning, suffering, frustration, bondage, decay, pain, waiting, and weakness. vv18:27
69. The Bible speaks to us about suffering. 2 Cor. 1:3–7; 4:7-11; 6:5-10; 11:23-27; Gal. 6:17; Phil. 3:10; Col. 1:24
70. The world leads us to believe that each person's distress or affliction is unusual or unique.
71. Suffering happens to **everyone**. 1 Cor. 10:13
72. Suffering comes in all forms. James 1:2
73. The effects of suffering (trauma).
74. Suffering is wrenching and anxiety-creating, Job 9:16-31
75. Suffering causes us to fear. Ps. 105:38; Ps 55
76. Suffering causes us to lose faith or gain faith, doubt or have hope, trust, or flounder. Job 3
77. Suffering will cause you to look to God or be angry at Him. Job

* *"Why, O Lord, do you stand far away? Why do you hide yourself in times of trouble?" (Ps. 10:1)*
* *"Why do you hide your face? Why do you forget our affliction and our oppression?" (Ps. 44:24).*
* *"Look to the right and see; there is none who takes notice of me; no refuge remains to me; no one cares for my soul" (Ps. 142:4).*
* *"My spirit is broken, my days are extinct; the graveyard is ready for me" (Job 17:1).*
* *"Behold I cry out, 'Violence!' but I am not answered; I call for help, but there is no justice" (Job 19:7).*
* *"Again I saw all the oppressions that are done under the sun. And behold, the tears of the oppressed, and they had no one to comfort them! On the side of their oppressors there was power, and there was no one to comfort them" (Ecclesiastes 4:1).*
* *"In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted" (Ps. 77:2).*

1. Suffering will cause you to run to Him or run away from Him.
2. Suffering causes us to be self-centered and self-pitying. (Ps. 25:16, 17)
3. Suffering causes us to isolate. (Ps. 6:6)
4. Suffering causes us to wonder if God **loves** us. (Ps. 22:1-2; Job 7:7; 7:3, 13-14)
5. Suffering causes us to wonder if God has forgotten about us or hears our cries. (Ps. 27:7-9, 56:8; Lam. 3:17-18)
6. Suffering causes us to wonder if God is punishing us or is unhappy with us. (Ps. 51:11)
7. Suffering causes us to feel sorrowful, sometimes to sorrow without hope. (Ps. 22:1–2; 38:10,17; 31:12)
8. Suffering causes us to lose heart. (2 Cor. 4:16; Eph. 3:13; Heb. 12:3)
9. Suffering causes us to have a downcast spirit. (Ps. 42:5, 6; Lam.. 3:20)
10. Suffering causes us to wonder if it will ever be "ok" again. (Ruth 1)
11. Suffering causes us to wonder what our future holds (Ps. 35)
12. Suffering causes us to grumble and complain against God and our circumstances. (Ruth 1:20–21)
13. Our trials are common, and God is faithful.
14. He will not afflict you to the point in suffering where you lose Him. (Jude 1:24)
15. *God isn't as concerned with what you go through, but how you go through it.*