Trauma - Session 1 - Teaching

Definition of TRAUMA:

- What [causes] can you relate to?
- What signs/symptoms can you relate to?

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Everyone is going to handle trauma differently. What are the factors of trauma mentioned?

1. 3.
2. 4.

Thoughts are _____. Your thoughts trigger a _____, that emotion triggers a _____.

Stages of Trauma:

1.
2.
3.
4.
5.

Coping Skills

- Grounding
- Music
- Progressive Muscle Relaxation
- Deep/Diaphragmatic Breathing
- Self-Care
- Coloring/Drawing/Art
- Support Groups
- Pets/Hobbies
- Journaling / talking with someone
- Professional Help

YOU ARE NOT ALONE!

Please contact us if you have any further questions on this topic!

Trauma - Session 2 - Biblical Truth

Scripture References:

Matthew 11:28	• Come who all are weary and need REST.
1 Corinthians 13:1-13	• Greatest of these is LOVE.
Luke 24:13-35	• Road to Emmaus. Jesus is always with US.
Luke 10:38-42	• Only one thing that's needed: JESUS!

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Thoughts while watching video:

Steps in healing from trauma:

Shock / Denial → Anger → Bargaining → Depression → Acceptance

Invite Jesus into each STAGE.

- What stage would you say you're in currently?
- What does inviting Jesus into your stage look like for you?

Organizations for extensive healing in trauma in churches - find one nearest you.

- Beth Shalom / Restoration
- Life Mapping
- Freedom in Christ

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Trauma - Session 3 - Teens

Definition of TRAUMA:

- It becomes a problem when you notice things with your _____, _____, or _____ being affected.
- What are some [causes] that you have experienced?
  - o
  - o
  - o

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Symptoms that you can relate to:

1.
2.
3.

Factors to affect your experience:

- Genetics
- Brain Development
- Age you were when trauma occurred.
- Support you felt when trauma occurred.

2 Corinthians 10:5 **2 Timothy 1:7**

A *TRIGGER* can be emotional, mental, physical, internal, or external.
A *WARNING SIGN* is a red flag.
A *REACTION* can be physical, emotional, or mental.

Our _____ affect our _____, and our _____ affect our _____.

Ask Jesus to show you what this new life should look like.

Stages of Trauma:

Shock / Denial → Anger → Bargaining → Depression → Acceptance

These stages do not always move along in a line. Sometimes it's like bumpercars.

Coping Skills

- Grounding
- Music
- Progressive Muscle Relaxation
- Deep Breathing
- DO NOT ISOLATE
- Coloring/Drawing/Art
- Youth Groups
- Pets/Hobbies
- Journaling / talking with someone
- Professional Help

Programs:

- Beth Shalom / Restoration
- Life Mapping
- Freedom in Christ

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