

# THE FAMILY

## PEOPLE HELPING PEOPLE



NEWSLETTER SEPTEMBER 2017

# What Family MEANS TO ME

## FEATURE STORY

# Spotlight



*Rita  
Thompson  
and her son  
Amarion*

I was a mess before I came to The Family. In my childhood, we were never taught to express and share what was going on inside. You don't talk your business. I lost my mother when I was 10 years old. She was an alcoholic. Sometimes when we went to school, the teachers at Uriah McPhee would plait our hair and iron our clothes. When my grand aunt took us in, life got better. But growing up there was rough with a lot of verbal abuse. I never remember anyone saying I love you. There was no hugging. But she showed you love by the things she did, like giving you food on time, a house to stay in, and encouraging us to go to school. My grand aunt had a store we worked in. We got \$10 a week, plus I made cake and macaroni to earn enough money to go to Florida. So I was able to get on with my life and earn money for a car and basic things.

In 2013 when my son was in grade 3, and I was 39, I had to make a decision. I had a well paying job, but I had to work nights. I noticed that my son was no longer doing well in school. I knew I had to

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## MESSAGE FROM DR. MARIE ALLEN-CARROLL

# Dealing with HURRICANE TRAUMA



### I. TRAUMATIZATION

According to the Contemplative Discovery Pathway Theory (C.D.P.T.), all human beings have three instinctual needs: (a) Safety, (b) Connection and (c) Empowerment. Underlying these needs is the assumption that we exist in a predictable environment. Tragically, a natural disaster undermines all our basic instinctual needs. That is, we no longer feel safe, we become disconnected and we feel powerless. Thus we start to lose trust in our own ability and the ability of those around us. As a result of the trauma, persons often feel abandoned, rejected and humiliated, which constitutes the feeling of shame (Self Hatred Aimed at M.E.). Shame is a deep, painful, hidden feeling which results when a cherished wish, dream or expectation is shattered. It leaves us feeling fatigued, afraid, isolated, disconnected and powerless.

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make a choice—my son or my job. I decided to leave my job which was when I first went to the Family in Kemp Rd. By now I was a Christian, but I was angry at his dad for not taking on responsibility. I was angry at myself, and for putting my child in that situation because of the poor choices I had made. So when I was introduced to sharing in the Family, it took me a month or two before I started sharing. What surprised me was to see how many persons were going through the same thing, so I was not alone. It made me do a self-evaluation of myself and what I wanted to do to make my life better. My faith in God grew stronger as I learned to trust Him.

The Family gave me support when I needed it most. I could row, cry and the Family gave me support emotionally. The more I shared, the better I felt. I could go there every week and peel the layers of my hurt heart so it could heal. After you've been through so much pain and anger for so long, and you can release it, you begin to see your life change. You can help others not to be afraid to share their story as well.

Before we were involved in the Family, my son Amarion would cry whenever he spoke about his father. After having counselling and attending the Wednesday adolescent group at East Street, there was a big change in him. He can talk about his father now. He's 12 years old and is reaching out to others who've had similar experiences. He has done public speaking and was on Darold Miller for the second time to encourage other young people. Now I am so involved in the Family. I encourage, I invite, motivate, help people whenever I can to become part of a positive group of persons trying to help each other.

Recently I and another member of the Kemp Road Family have become facilitators at a weekly group in the Elizabeth Estates Children's home. So we are taking the lessons we've learned in the Family to adolescent girls who need someone to have a listening ear.

I've become what you might call a community activist. I'm on the Uriah McPhee School Board, President of the Kemp Road Community Development Association, a member of the Northeastern Pastors' Alliance Advisory Council. I am thankful to God and to Dr. Allen for providing the Family which has given me and my son a new lease on life.

**PSALM OF MOTIVATION**

*Psalm 46:1-7*

God is our refuge and strength,  
A very present help in trouble.  
Therefore we will not fear,  
though the earth should change,  
And though the mountains  
slip into the heart of the sea;  
Though its waters roar and foam,  
Though the mountains  
quake at its pride.

There is a river whose streams  
make glad the city of God,  
The holy dwelling places  
of the Most High.  
God is in the midst of her,  
she will not be moved;  
God will help her  
when morning dawns.  
The Lord of hosts is with us;  
The God of Jacob is our stronghold.

**DEALING WITH HURRICANE TRAUMA cont'd**

**II. SYMPTOMS OF TRAUMATIZATION**

- Intrusive Symptoms* – these include flashbacks which involve feelings of terror and insecurity that become internalized in the person. They have nightmares, paranoid attacks, insomnias and may have outbursts of strange behavior which may become violent. These flashbacks occur mostly around early morning and at sundown. Any time there is an increase in the wind or the sea becomes rough, the person immediately starts to replay the hurricane and that creates the flashbacks.
- Arousal Symptoms* – the person is in a hyperactive state where they feel on edge. They have terrifying panic attacks and are paralyzed by anxiety and fear. They may have severe angry outburst and may even attack family members or others. They have persistent complaining and whining and are particularly critical of anything being done by the first responders.
- Withdrawal Symptoms* – they isolate from their community as well as their family and refuse to get back to normal functioning. Sometimes they develop a 'poor me' or helpless attitude and even though they have the ability to do more for themselves, they refuse to do so. This causes irritation between spouses which may lead to domestic violence. It also may cause children to blame themselves that maybe if they were better kids, their parents would interact with them more often. Sometimes the withdrawal is so deep that it may slip into a depression. This could have severe consequences; a person may harm themselves which could eventually lead to suicide attempts or completed suicide.
- Somatic Complaints* – hurricane victims have many somatic complaints including headaches, chest pains, abdominal aches, back aches etc.
- Social Problems* – natural disasters like hurricanes seem to enhance or blow up existing social problems. As a result of increased alcohol or drug use and an increased sense of insecurity, there may be more violent crime, increased murders, increased domestic violence and increased child abuse. There may also be an increase in car accidents as people are unsettled, preoccupied with damage to their property and have difficulty concentrating on their driving.

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**LECTIO DIVINA**

**“I will not cause pain without allowing something new to be born, says the Lord.”**  
- Isaiah 66:9 -

III. OBSTACLES TO HURRICANE RELIEF

As a result of the traumatization produced by feelings of abandonment, rejection and humiliation, the brain develops a powerful defense called The False Self. This False Self involves self-absorption, self-gratification and the desire for control, which may become major obstacles to hurricane relief.

A. Self-Absorption

*Irrationalization:* Some people become buried in their own world. For example, they will stay with their house even though the walls and roof are gone. They will refuse to go for help to get supplies. If we don't go to them, their traumatization becomes deeper and eventually, they lose the ability to cope and may even die.

*Aggression:* Self-absorption may create an all-for-me syndrome where the most resilient persons compete aggressively with the more traumatized persons, often dominating resources. For example, in my work throughout the years dealing with natural disasters, I've seen a resilient person with extra lumber and shingles in their yard and down the street, a much traumatized person with nothing.

*Isolation:* The self-absorbed person finds it very difficult to share and as a result, they cut-off or withdraw from people around them. They nurse their own pain involving sometimes terrible flashbacks, severe agitation, insomnia, phobias, powerful fatigue, poor concentration and may even become paranoid, a feeling that people have left them out or refuse to help them.

B. Self-Gratification

This has three components:

*Martyrdom:* Some people put themselves down and develop a feeling of hopelessness and almost pride themselves in their traumatization. They have powerful expectations that someone will come and do everything for them. Sadly, this leads to more frustration and a deeper sense of self-deprecation.

*Entitlement or Heroism:* It also may lead to a sense of self-entitlement where they address only their own needs and ignore the rest of the community. This is very dangerous because in a time of disaster, this type of person may go as far as stealing resources from a more traumatized person who is unable to cope. Sadly, they almost glory in their ability to manipulate people and the system. This is very dangerous and

first responders must monitor this.

*Substance Abuse:* During this time, people with latent drug or alcohol problems will increase their use of alcohol and drugs as a way of self-soothing. This in itself may cause accidents, domestic violence and many other problems.

C. Control

Suffering in a natural disaster may be described as the loss of control. This is a very dangerous situation for human beings because they are driven to do anything. Sadly, they will go as far as trying to recreate reality.

*Lying, Stealing, Looting:* They can lie with impunity and detract first responders. They can manipulate them so thoroughly that their work is blocked or contradictory.

*Violence and Aggression:* They may become very angry and complaining. Regardless of what is done, they will have some criticism. Again, they will blame others because they project their shame onto the Government, charitable agencies or people who are trying to help. This produces tremendous discouragement so that first responders may give up and withdraw.

*Projection of inadequacy:* The victims may also project their sense of adequacy on the first responders and internalize their shame and helplessness. As a result, they appear very inadequate. In other words, no matter what is done for them, it falls short in helping them to cope, leaving the first responders frustrated, fatigued and many times burnt-out.

In conclusion, a natural disaster affects all of us! Even though you think you and your property were not affected, the psychological influence of a natural disaster has an effect on all persons in the community, regardless of whether they received damage or not. For example, we may have increased feelings of sadness, fatigue and find ourselves on edge. Remember, anger speeds things up, but love slows things down. Be kind to yourself and others. Slow things down and take time to be grateful for what you do have. If you've been through a hurricane or other natural disaster, or wish to support those who have, come join us at one of our open Family meetings. We need each other now more than ever.

**Dr. Marie Allen Carroll**

Director, The Family Group Facilitator Training

ABOUT THE FAMILY: PEOPLE HELPING PEOPLE

THE FAMILY: PEOPLE HELPING PEOPLE is a program of free, community based therapy groups for adults and adolescents throughout New Providence, using qualified therapists. We are building The Bahamas and reaching out to the world.

Our Vision: Helping Our People Everywhere

Our Mission: People Helping People

If you want to help or share in this great work,

■ Attend a FAMILY group    ■ Join our training program to become a Group Facilitator

■ Make a donation via Scotiabank: 70375-3001-602 (Donations are under the direction of a distinguished accounting firm.)

If you want to:

■ Join a Family Group / Become a Group Facilitator:    Contact the Family Office at 698-0155.

■ Start a Family Group/Request Dr. Allen's Material:    Contact Dr. Allen (Renascence) at 327-8718/9.

■ Book Dr. Allen:    Email <dfallen43@gmail.com>.

SIGN UP FOR OUR MONTHLY NEWSLETTER AT WWW.FAMILYHELPINGPEOPLE.COM

## THE FAMILY: PEOPLE HELPING PEOPLE MEETING TIMES & PLACES - SEPTEMBER 2017

FAMILY	LOCATION	DAY	TIME
WillaMae Pratt Ctr.	Fox Hill	Monday	3:30 – 5:00pm
Simpson Penn Ctr.	Fox Hill	Monday	3:30 – 5:00pm
Collins Ave. Teens	7th Terr. Collins Ave.	Monday & Thursday	4:00 – 5:30pm
Glad Tidings	Kemp Rd.	Monday	6:00 - 8:00pm
Warfare Group	Collins Ave.	Monday	6:00 – 7:30pm
Carmichael Rd.	Law Offices Opp. St. Gregory's Church	Monday	6:00 – 7:30pm
Great Commission	Wulff Rd.	Tuesday	11:00 – 12:30pm
<b>East St. Gospel Chapel</b>	<b>East St.</b>	<b>Wednesday</b>	<b>4:00 – 6:00pm</b>
Collins Ave. Parent Group	7th Terr. Collins Ave.	Wednesday	4:00 – 5:30pm
Her Majesty's Prison (M)	Fox Hill	Wednesday	9:00 – 10:30am
Her Majesty's Prison (F)	Fox Hill	Wednesday	10:30am – 12 noon
NPCC	Blake Rd.	Wednesday	6:30 – 8:00pm
Guidance Counselors	Mable Walker Professional Ctr.	Thursday	8:45 – 11:00am
Evangelistic Temple	Collins Ave.	Thursday	4:00 – 5:30pm
Cancer Society	Collins Ave.	Thursday	5:30 – 7:00pm
NPCC	Blake Rd.	Thursday	6:15 – 7:45pm
Elizabeth Estates Children's Home	Elizabeth Estates	Thursday	6:00 – 7:30pm
Holy Trinity	Stapledon Gardens	Friday	6:00 – 7:30pm
NPCC – Facilitator Training	Blake Rd.	Saturday	9:00 – 12:00pm

**\*Private Groups\***

**\*Adult & Adolescent Groups\***

**\*Adult Groups\***

**VISION – H.O.P.E. (HELPING OUR PEOPLE EVERYWHERE)  
MISSION – PEOPLE HELPING PEOPLE**

*If we accept that we are our problem, then we become open to be our solution.*



**PEOPLE HELPING PEOPLE**  
Come and join a *family*,  
find people who are ready to help  
you and train you to help others!

**THE FAMILY OFFICE**  
7th Terrace, Collins Ave  
1 (242) 698-0155 or  
1 (242) 676-8619 or  
thefamilyphp@gmail.com

Office Hours:  
9am - 5pm Mon, Tue, Thu, Fri  
9am - 4pm Wed

Visit us on the web at  
[www.familyhelpingpeople.com](http://www.familyhelpingpeople.com)

### PARTNERS

Templeton World Charity Foundation  
Renascence Institute International

If you'd like to support **THE FAMILY** and share in this transformational work, we'd be happy to receive your donations via Scotiabank 70375-3001-602 for more information or to support, contact us at 327-8718/9 or [dfallen43@gmail.com](mailto:dfallen43@gmail.com)