



Practice Mindfulness and Gratitude

In a world full of noise and distractions, mindfulness anchors your soul and gratitude awakens your spirit. Mindfulness is simply being fully present—aware of God's presence, your breath, your thoughts, and the moment you're in. It calms depression and invites clarity. Gratitude shifts your focus from what's missing to what's already a blessing.

Start each day by pausing for a few quiet moments. Breathe deeply. Whisper, "Thank You, Lord." Notice His goodness in small things—a sunrise, a kind word, or the strength to keep going. Write down three blessings daily. Over time, this simple habit renews your mind, improves emotional balance, and deepens your walk with God.

"In everything give thanks..." — 1 Thessalonians 5:18

When you practice mindfulness and gratitude, you're not just surviving—you're sowing peace and joy into your soul. Slow down. Breathe. Give thanks. God is here—and that changes everything.

Restored to Purpose — Reborn with Vision

You were never meant to live in pieces. What was broken can be restored. What was lost can be found. At Vision Reborn, we believe that healing is not the end—it's the beginning.

God restores not just for comfort, but for calling. He takes what life shattered and breathes new life into it—reviving dreams, renewing hope, and reawakening purpose. Being *reborn with vision* means seeing your life through the eyes of destiny and divine design.

You are not forgotten. You are not disqualified. You are being *restored to purpose*—refined by grace, realigned with truth, and reignited by vision.

This is your time to rise, not as who you were, but as who you were always meant to be. Let the restoration begin. Let the vision come alive. Welcome to a place where your past no longer defines you—Vision Reborn.

Our Mission

Restored to Purpose, Reborn with Vision

Our Vision

To be a beacon of hope and renewal, fostering a world where individuals experience deep healing, spiritual transformation, and the fulfillment of their God-given potential—empowered to live with purpose, faith, and wholeness.



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Overcoming Trauma Peace Through God's Presence

"The Lord is close to the brokenhearted and saves those who are crushed— in spirit."

Psalm 34:18

Trauma is not just what happened to you—it's what *changed* in you because of what happened. It's the invisible wound that lingers long after the moment has passed. Whether it came through sudden loss, betrayal, abuse, illness, or crisis, trauma interrupts the rhythm of life and replaces it with fear, confusion, and emotional pain.

But I want to tell you this: trauma is not the end of your story.

God sees beyond your pain. He knows what broke, and He knows how to rebuild. In fact, He specializes in turning devastation into restoration. What the enemy meant for destruction, God can use for destiny.

You are not defined by the event—you are being refined by grace. And though trauma may have left you shaken, you are not forsaken. Healing may take time, but with God, healing is always possible.

What is Trauma

Trauma is a deep emotional wound caused by a distressing or life-altering experience. It's not just the event itself—it's the lasting impact it leaves on your body, mind, and soul. Trauma can come from abuse, loss, betrayal, violence, or anything that shatters your sense of safety and control.

Some trauma is sudden, like an accident or death. Others are silent and long-lasting—neglect, emotional pain, or years of hidden wounds. It may cause anxiety, flashbacks, emotional numbness, or a deep sense of fear or shame.

But trauma doesn't have the final word. God is the Healer of broken hearts (Psalm 147:3). He meets you in your pain and gently restores what was lost. Healing from trauma is a journey—but with God's presence and the right support, it becomes a testimony of courage, faith, and renewal.

You are not your trauma—you are God's masterpiece in restoration.

Types of Traumas

Trauma comes in many forms. It's not limited to one kind of event—it's about how deeply the experience impacts the heart, mind, and soul. Understanding the types of trauma helps us recognize what needs healing and where God wants to restore peace.

1. Acute Trauma: Results from a single, sudden incident—such as a car accident, natural disaster, violent attack, or loss of a loved one. It shocks the system and often leads to fear, confusion, or emotional numbness.

2. Chronic Trauma: Comes from repeated, prolonged exposure to distress—such as abuse, neglect, domestic violence, or living in a toxic environment. This type wears down emotional resilience over time.

3. Complex Trauma: Stems from multiple traumatic events, often interpersonal in nature (e.g., childhood abuse, abandonment, or betrayal). It can deeply affect one's identity, trust, and sense of safety.

4. Secondary (Vicarious) Trauma: Experienced by caregivers, counselors, or those supporting others in crisis. It's the emotional weight of witnessing or hearing about another's trauma.

5. Developmental Trauma: Occurs in childhood when essential emotional needs—like safety, love, and affirmation—are unmet. This often impacts emotional development and self-worth.

6. Spiritual Trauma: Involves wounds caused by distorted religious teachings, spiritual abuse, or church hurt. It can lead to shame, confusion about God's character, and a broken view of faith.

Symptoms of Trauma

Trauma doesn't always look like fear—it can mask itself in physical exhaustion, emotional numbness, or spiritual silence. These symptoms are not signs of weakness—they are **your heart's cry for healing**. Recognizing them is the first step toward restoration.

Emotional & Psychological Symptoms

- Anxiety, fear, or panic attacks
- Irritability, anger outbursts, or mood swings
- Emotional numbness or disconnection
- Flashbacks or intrusive memories
- Guilt, shame, or self-blame
- Depression or hopelessness
- Difficulty concentrating or memory problems
- Hypervigilance (feeling “on edge”)

Physical Symptoms

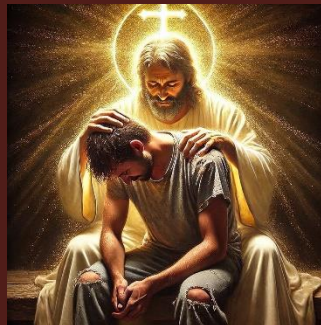
- Fatigue or chronic exhaustion
- Headaches or muscle tension
- Changes in appetite or weight
- Insomnia or disturbed sleep
- Racing heart or shortness of breath
- Digestive problems or body pain without medical cause

Behavioral Symptoms

- Avoiding reminders of the trauma (people, places, events)
- Withdrawal from loved ones or isolation
- Difficulty maintaining daily routines
- Increased reliance on substances, food, or unhealthy habits

Spiritual Symptoms

- Feeling distant from God or spiritually numb
- Questioning God's love, protection, or presence
- Feeling unworthy or abandoned
- Struggling to trust, pray, or worship



Practical Advice to the Trauma Counselee

Trauma is not just an event—it's a wound. And healing from trauma is a journey, not a sprint. If you've experienced trauma, know this: you are not alone, and you are not beyond healing. With God's presence, the right support, and intentional practices, restoration is possible. Here are key steps to help you walk toward healing:

1. Give Yourself Permission to Heal: Healing takes time. Don't rush the process. It's okay to feel confused, sad, angry, or numb. Trauma can disrupt your emotions and sense of safety. What you're feeling is valid—but it's not permanent.

“The Lord is close to the brokenhearted...” — Psalm 34:18

2. Talk to Someone Safe: You were not meant to carry this alone. Speak with a trusted counselor, pastor, or trauma-informed friend. Sharing your story in a safe space is one of the most powerful steps toward freedom.

“Carry each other's burdens...” — Galatians 6:2

3. Create Structure and Safety: Trauma often leaves life feeling chaotic. Establishing simple routines—like regular meals, sleep, prayer times, or journaling—helps your mind and body regain stability.

4. Honor the Body as Part of Healing: Trauma doesn't just affect your emotions; it lives in the body. Take care of your physical self. Gentle movement, breathing exercises, healthy food, and restful sleep will support your recovery.

5. Ground Yourself in God's Truth: Trauma often whispers lies: “You're unsafe. You're broken. You're unlovable.” Combat those lies with the truth of God's Word. Write out declarations of identity and read them daily.

“You will know the truth, and the truth will set you free.” — John 8:32

6. Watch for Triggers and Be Kind to Yourself: Sights, sounds, or certain places may trigger painful memories. Prepare ahead of time and have calming strategies in place. Don't shame yourself for being triggered—**practice self-compassion instead**.

7. Involve God in the Process: Invite the Holy Spirit into every part of your healing. He is not afraid of your pain. In fact, He is your **Comforter**, Healer, and ever-present help.

“He restores my soul.” — Psalm 23:3

8. Celebrate Progress, No Matter How Small: Every step you take—every journal entry, prayer, counseling session, or moment of peace—is a victory. Celebrate them. Healing is not linear, but **it is happening**.

You Are Not Defeated ... You Are Being Developed