

TRAUMA, THE BRAIN & FAITH

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DESCRIPTION

This course will address what is psychological trauma, exploring the difference between Post Traumatic Stress Disorder, Post Traumatic Growth, Complex Trauma, and Relational Trauma. We will look at the affects of trauma on a person's affect regulation, cognition, attachments and how it disrupts life and relationships. In addition, we will address the biological level of one of the major organs in the body affected by trauma, the brain; to those that are training to become Professional Counselors, are currently practicing in the field of counseling and Pastoral Counselors. We will explore trauma symptoms and faith as an asset to healing. We will investigate Complex Trauma and Relational Trauma, the importance of professional intervention the scope of practice. We will discuss what professionals can provide and address one of the best Psychotherapy Approaches used to treat trauma (that has proven efficacy), EMDR (Eye Movement Desensitization Reprocessing). We will briefly discuss what that is, and how it can bring healing by reprogramming the brain, to where an individual's emotional distress is alleviated and negative thoughts and beliefs are changed and no longer have a negative impact on the individual. We will also differentiate pop psychology, self help, and self-esteem movements providing efforts to self care, resiliency, and soul care and differentiate Life Coaching. We will address when a Professional Counselor needs to consider collaborating with a trained Pastoral Counselor. We will explore faith based approach, how faith brings a person to healing to the mind and soul the use of Scripture, prayer and the importance of community. We will address scripture, skills of restoration and reconciliation, forgiveness, care and trust, between people and through communities.

OBJECTIVES: Attendees will:

1. Understand psychological trauma and define the differences between Post Traumatic Stress Disorder, Post Traumatic Growth, Relational Trauma and Complex Trauma
2. Describe the affects of trauma in contexts of life.
3. Understand the importance of the affects of trauma to the brain.
4. Understand an individual's faith development and coping skills as we walk with them through the journey of healing.
5. Assess person's symptoms beyond Pastoral Counseling, and when to refer to a Professional Counselor. Also to distinguish, when a Professional Counselor needs to refer to a trained Pastoral Counselor. Distinguish what is pop psychology and Life Coaching.
6. Define Professional Counselors Scope of Practice and trained Pastoral Counselors Scope of Practice.
7. Understand one of the treatment approaches used in the Professional Counseling field and that is EMDR (Eye Movement Desensitization Reprocessing).
8. Identify what is reconciliation and restoration is, understand the process of forgiveness and implement the use of the bible, prayer and community as a tool for healing.

SEMINAR/CONFERENCE/OUTLINE

I Psychological Trauma

- 1) What is it? Definition
- 2) Diagnosis
 - a. Post Traumatic Stress Disorders – Symptoms
 - b. Complex Trauma – Symptoms
 - c. Relational Trauma
 - d. What is Post Traumatic Growth?
- 3) Affects of Trauma – Scenario
 - a. Psychological affects
 - b. Emotional

- c. Social
- d. Spiritual
- E. biological

4) The Brain

- a. What Happens?
- b. Parts of brain affected

II. Faith

- 1) Importance of meeting the person where they are at. Use of Discernment.
- 2) Exploring relationship with God, questions
- 3) Is their heart open to receive?
- 4) Praying through blockades

III. Symptoms that warrant the need for a Professional Counselor- Risk Factors

- 1) Taking Caution
- 2) Symptom of dissociating
- 3) Risk Factors to look for
 - a) Cognitive function
 - b) Vegetative responses
 - c) Relational Responses
 - d) Psychosis
 - e) Ideations
 - f) Use of Substances
- 4) No changes after meeting with Pastor.

- a) Pastoral counselors must use discernment and wisdom, if counselee is exhibiting symptoms, getting person to calm down and stay calm is key. Not jumping directly into deliverance- extreme discernment here.

Iv. The Trend of Pop Psychology, Self Help, Self Esteem Movements & Trend of Life Coaches

- 1) What is pop psychology? What are Life Coaches? How can they be helpful?
- 2) In what contexts is pop psychology helpful for?
- 3) Trauma and or serious conditions- risk factors,
- 4) Questions to ask

IV. Types of Professional Counselors and what each does

- 1) Licensed Professional Counselors
- 2) Licensed Mental Health Counselors
- 3) Licensed Marriage and Family Therapist
- 4) Licensed Social Workers
- 5) Psychologist
- 6) Psychiatrist

V. An awareness of an Evidence Based Practice with Efficacy- EMDR (Eye Movement Desensitization

Reprocessing- one of the psychotherapy approaches used to bring healing.

- 1) What happens in EMDR?
- 2) desensitize – using bilateral stimulation, use of protocols
- 3) Results show people are able to tell their stories having alleviated their distress, while reprogramming negative thoughts of self and decreasing physical arousal.

VI. If a counselee is not exhibiting the extreme symptoms and able to continue counseling a trained Pastoral Counselor than it will be important to understand the following:

- 1) Using Scripture- Word of God
- 2) Using Prayer
- 3) Importance of Community
- 4) Understanding Reconciliation and Restoration
- 5) Trust- definition and understanding
- 6) Onward to hope and freedom

VII. Professional Counselors – when to refer and/or collaborate in treatment with a trained Pastoral Counselor.

- 1) Besides a request from the client, if there is any extreme history of any spiritual components addressed. Importance of exploring.
- 2) Discussion of extreme spiritual components

VIII. Types of Pastors/ Churches to refer to for Spiritual Assistance for these conditions.

- 1) Churches that have a ministry of healing and deliverance are usually trained in this area.
- 2) Importance of trained individuals is key, and not just referring because it is a church of Christian Faith.

- 3) Lack of training in this area, can do more damage to an individual, and on the individual trying to help.

Recommended Resources and Text:

Brown, Warren S., Strawn, Brad D. (2012) Cambridge University Press. The Physical Nature of Christian Life: Neuroscience, Psychology, and the Church

Herman M.D., Judith (1997) Basic Books. Trauma & Recovery

Magnet, Francis (1995) Chosen Books. Deliverance from Evil Spirits

Sandford, John and Paula, (1985) Victory House Inc. Healing The Wounded Spirit.

Ptsd.va.gov

EMDR.com

Healing Complex Trauma & PTSD/Post Traumatic Growth

<https://www.healingfromcomplextraumaandptsd.com>