

TRAUMA TRAINING 1.0



Establishing
Healthy
Relationships in
Counseling

“And (Jesus) said to him, ‘You shall love the Lord your God with all your heart, all your soul, and all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.’” - Matthew 22:37-39, ESV

- **Good assessment of a client and good counseling starts and ends with knowing yourself**
 - Bias – prejudice in favor or against one thing, person, or group compared to another
 - Theology – what you believe about the nature of God
 - Upbringing – how were you raised?
- **Ministry & Counseling**
 - *Leitourgia* (Gk: 3009), a ministry; public service in the widest sense
 - *Diakonia* (Gk: 1248), active service
 - *Counseling*, helping people with physical, emotional and mental health issues improve their sense of well-being, alleviate feelings of distress and resolve crisis.

FOUNDATION OF RELATIONSHIP

“There is only one secure foundation: a genuine, deep relationship with Jesus Christ, which will carry you through any and all turmoil. No matter what storms are raging all around, you’ll stand firm if you stand on His love.” – Charles Stanley



Scripture

- Appearing to love scripture is no substitute for loving scripture.
- We are consistently more confident than we are correct
- What's the context? Jeremiah 29:11
- GOAL: to be so saturated with God's Word that the counseling practice is transformed and renewed by God's presence

Prayer

- When faced with uncomfortable silence - pray

Sin

- Sin management leads to legalism and asceticism
- Seek inner transformation
- Confront sin by silence, pondering, questioning, and direct censure

MINISTRY & COUNSELING

“If you’re going to counsel people – and that’s all ministry is, it’s a counseling ministry more than anything else – people have to believe that they can trust you and that they can listen to you, that you’re going to try to help them and not just politically try to convert them to your views.” – Robert H. Schuller



With the Lord

- Counseling mimics the gospel

With Self

- Your personal worldview will determine the theory you counsel with

With Others

- Therapeutic relationship is best indicators of success

KNOW YOUR RELATIONSHIPS

“(Biblical counseling) must insist that the image of God is central to developing a solid view of personality; that our sinfulness, not how we’ve been sinned against, is our biggest problem; that forgiveness, not wholeness, is our greatest need; that repentance, not insight, is the dynamic in all real change.” – Dan B. Allender





Humanistic:

Humanistic counseling theories hold that people have within themselves all the resources they need to live healthy and functional lives, and that problems occur as a result of restricted or unavailable problem-solving resources.



Cognitive:

Cognitive counseling theories hold that people experience psychological and emotional difficulties when their thinking is out of sync with reality.



Behavioral:

Behavioral counseling theories hold that people engage in problematic thinking and behavior when their environment supports it. When an environment reinforces or encourages these problems, they will continue to occur.



Psychoanalytic:

Psychoanalytic counseling theories hold that psychological problems result from the present-day influence of unconscious psychological drives or motivations stemming from past relationships and experiences.



Constructionist:

Constructionist counseling theories hold that knowledge is merely an invented or "constructed" understanding of actual events in the world.



Systemic:

Systemic counseling theories hold that thinking, feeling and behavior are largely shaped by pressures exerted on people by the social systems within which they live.

Samaritan Woman
John 4:7-24

Saul's Alternate Reality
1 Samuel 15:17-24

Parable of the Sower
Matthew 13:3-9

Saul Anointed King
1 Samuel 9:21

Peter Walks on Water
Matthew 14:25-33

Pharisees & Lawyers
Luke 11:37-52

6 MAJOR COUNSELING THEORIES AND APPROACHES: A SPRINGBOARD



**“YOU ARE THE CLOSEST THING TO HOLY SPIRIT MANY
CLIENTS WILL EVER EXPERIENCE.”**



A healthy sense of self

- IDENTITY

A healthy sense of need

- Brokenness before the LORD

A healing relationship

- With the LORD and with others

**WILL THIS
APPROACH
ESTABLISH...**

“A healthy outside starts from the inside.” –Robert Ulrich





Patience



Perseverance



Presence



Courage



Boundaries



Communication



Humility



Love

CHARACTER DEVELOPMENT

8 Traits

“Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character.” – Heraclitus of Ephesus



Acceptance	Connect without judgment
Attunement	Respond to what another is experiencing
Validation	Convey that a person's experience is significant, not to be dismissed
Containment	Allow the other to vent while staying warm without reacting
Comfort	Provide support for someone's loss
Affirmation	Draw attention to the good
Celebration	Acknowledge the win, both cognitively and emotionally
Perspective	Offer a different viewpoint
Insight	Convey a deeper understanding
Feedback	Give a personal response
Advice	Offer an action step

CHARACTER DEVELOPMENT

11 Steps

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.” – Helen Keller



Mind-Body Awareness

What are you thinking, what are you sensing, how are you breathing, and what is your energy level?

Identify & Communicate

Feelings and needs.

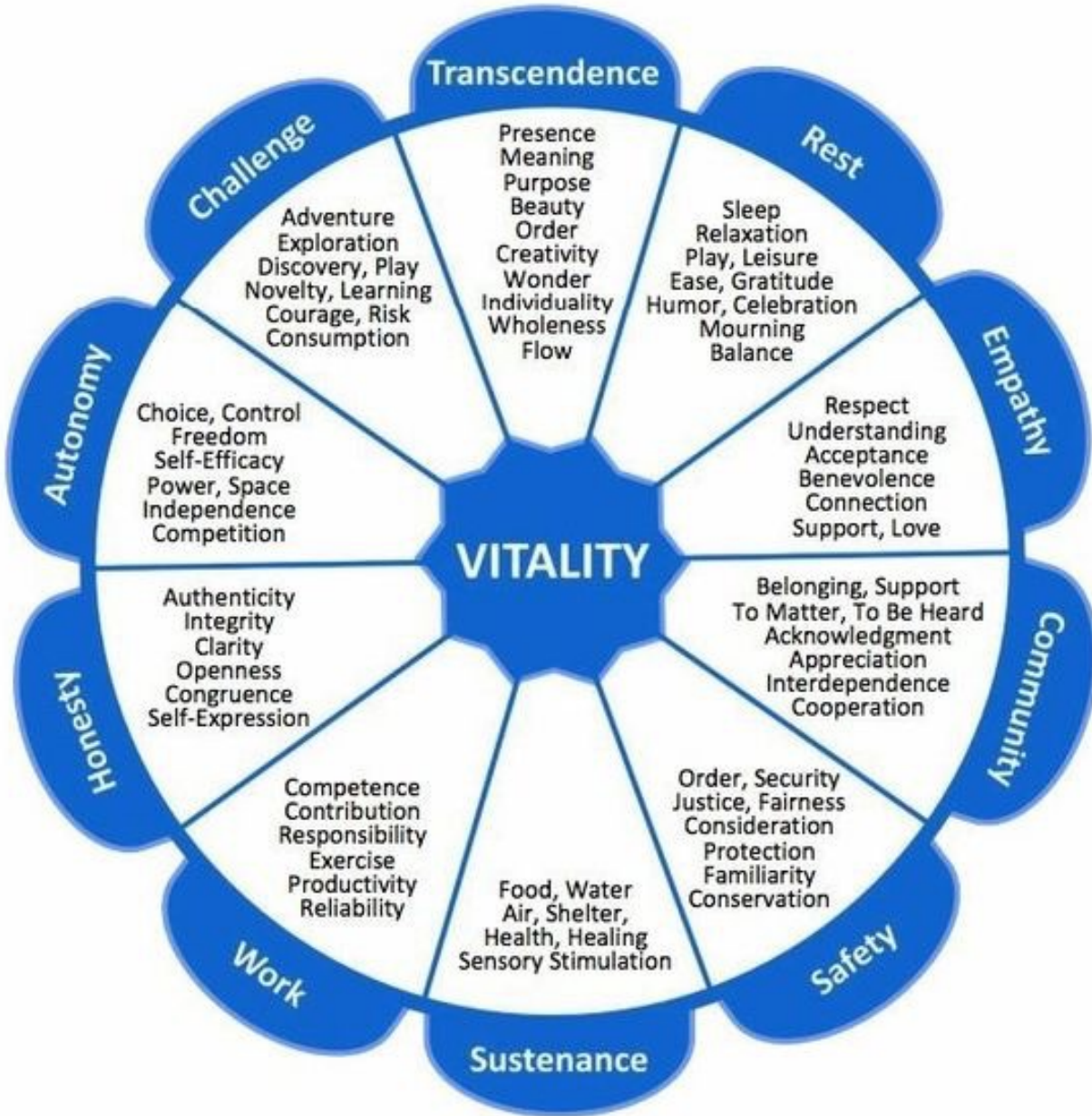
- Psalm 79, 80

CLIENT'S SAFETY WITH SELF

Feelings and needs are physiological as much as they are psychological and spiritual. When we deny our emotions and needs, we're training our body to work against its God-given nature. This has been known to lead to autoimmune disease and cancer.





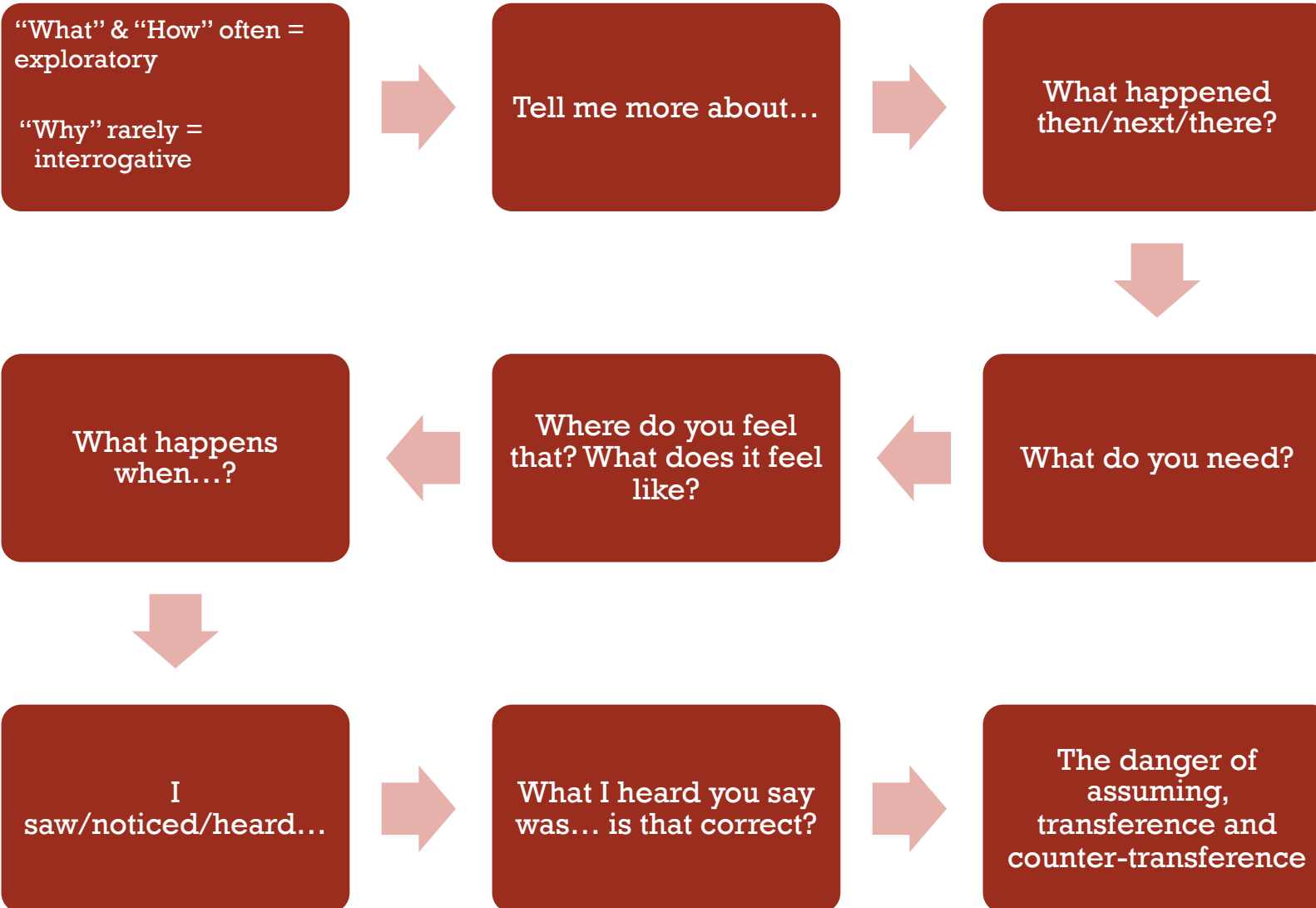


NEEDS WHEEL

Universal needs of every human being

How are you at meeting your own needs?





QUESTIONS TO ASK...

*"Without a good question, a good answer has no place to go."
– Clayton Christensen*



- Create Safety
- Respect their right to choose differently
 - Joshua 24:15
- Recognize your own defensive coping strategies
- What are your religious beliefs that might prevent you from fully hearing or witnessing to a client's pain?
- Maintain authentic therapeutic relationship
- Relational rupture and repair
- Regulation
- Build Mindfulness Skills
- Use of prayer and scripture in session

DIFFERING RELIGIOUS BELIEFS

“Religion, it must be understood, is not faith. Religion is the story of faith.”- Reza Aslan



- Character structure
 - The abilities that meet the demand of living in the real world both presently and in the future
 - Joseph (Genesis 45:4-15, 50:19-21)
- Early childhood development
 - Methods of coping as a child may not be effective in dealing with current life situations and result in negative outcomes.
 - Esau and Jacob (Genesis 25-29)

CHARACTER DEVELOPMENT CONTINUES...

“It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.” - unknown



"Energy for us to live, love, and lead well." —Andy Stanley

DR. JOHN TOWNSEND

New York Times Bestselling Author of Boundaries

PEOPLE FUEL



FILL YOUR TANK

for Life, Love, and Leadership

4 CHARACTER AREAS

1. Attachment: affect focused, relationships that provide a secure attachment they trust
2. Separation: know who they are and how they're different from others
3. Integration: experience 'negative' realities and still feel lovable
4. Adulthood: experience mutual authority and a strong 'voice.' Desire for intimate relationships.





Burnout

Definition: prolonged response to chronic interpersonal issues on the job

Dimensions: overwhelming exhaustion, feelings of cynicism and detachment from the job, a sense of ineffectiveness and lack of accomplishment

Causes: lack of boundaries



Vicarious Trauma

Definition: negative changes in the clinicians view of self, others, and the world, resulting from repeated empathic engagement with client's trauma-related thoughts, memories, and emotions

Dimensions

- Emotional, behavioral, physical/physiological

Causes: lack of boundaries

COUNSELOR SELF-CARE

Burnout v. Vicarious Trauma

“Burnout is what happens when you try to avoid being human for too long.” – Michael Gungor



BURNOUT AND VICARIOUS TRAUMA

BURNOUT

is a slow DEPLETION OF MENTAL & PHYSICAL RESOURCES

burnout happens **SLOWLY**

WHICH
MAKES US THINK
WE HAVE CHANGED
instead of realizing
we are sick.

SYMPTOMS OF BURNOUT

- Procrastination
- Chronic Fatigue
- Cynicism
- Chronic Lateness
- Pessimism
- Loss of imagination for the future
- Reduced happy moments
- Job dissatisfaction
- Doubting core beliefs



SYMPTOMS OF TRAUMA

- depression
- insomnia
- hyper-vigilance
- nightmares
- anxiety
- obsessive thinking @ the trauma
- PTSD symptoms



SYMPTOMS OF SECONDARY TRAUMA

- depression
- insomnia
- hyper-vigilance
- nightmares
- anxiety
- obsessive thinking @ the trauma
- PTSD symptoms

TRAUMA IS CONTAGIOUS

↓ SUFFERING TRAUMA
SYMPTOMS without first hand trauma is often vicarious trauma.



GUILT IS OFTEN AT PLAY ↓

TYPES OF GUILT:

- 1 For doing something BAD
- 2 For NOT doing something GOOD
- 3 For being OK when others are not OK *
[AKA SURVIVOR GUILT]

via
LISTENING (therapists)
& SEEING (first responders)
& CONSUMING MEDIA (example: excessive seeking out of raw coverage of a violent crime or disaster)

VICARIOUS TRAUMA
HAPPENS QUICKLY

WHAT TO DO?

- RELAXATION
- SOCIAL SUPPORT
- SPEND TIME CELEBRATING WINS
- TRUST THE PROCESS*
*YOU CAN'T FIX IT, BUT YOU CAN DO YOUR PART

VISUALLY TRANSLATED BY:
@LINDSAYBRAMAN

Adapted from Johns Hopkin's psychological first aid online training

SELF-CARE IS ESSENTIAL





QUESTIONS?

RESOURCES

- “People Fuel: Fill Your Tank for Life, Love, and Leadership” by John Townsend (2019)
- “Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love” by Amir Levine, M.D., and Rachel S.F. Heller, M.A.
- “Treating Trauma in Christian Counseling” edited by Heather Davediuk Gingrich and Fred C. Gingrich
- “Restoring the Shattered Self: A Christian Counselor’s Guide to Complex Trauma” by Heather Davdiuk Gingrich (2013)
- “Psychology, Theology, and Spirituality in Christian Counseling” by Mark R. McMinn, PhD. (2011)
- “When the Body Says No: Understanding the Stress-Disease Connection” by Gabor Mate, M.D. (2011)

