



TRAUMA TRAINING 5.0



Helpful Tools



ESTABLISHING RELATIONSHIP

- The Consistency of Mr. Rogers
- Clear expectations
- Demonstrate vulnerability
- Your Word is as sure as the Lord's
- Know your position
- Considerate eye contact
- Stability, consistency, fairness





TRAUMA AND THE BODY

- Deep breathing
 - 4x3x4 (rule of thumb)
 - Slow increases HRV (good for stabilizing a panic attack)
 - Faster decreases HRV (good for bringing a zoned-out client to life)





TRAUMA AND THE BODY: GROUNDING

- Getting the brain to ground itself to the present moment.
- 3 Things: see, hear, smell
- Waking up the Insula: describing in detail a small item that can be held in your fist
- Body scan: feel the ground beneath you, the seat below you, etc.
- Practical grounding. Mucking, grooming, leading a horse





GROUNDING IN GROUPS

- ONE Voice
 - Notice your tone
 - Check your eye contact
 - Easy questions: can you tell me what you see? What day is it? Where are you?
- Getting to a safe place (emotionally, mentally, spiritually, and physically)





IDENTITY

- Made in God's Image (Genesis 1:26)
- Fearfully & wonderfully made (Psalm 139:14)
- A new creation (2 Corinthians 5:17)
- Workmanship/masterpiece (Ephesians 2:10)



INTERNAL FAMILY SYSTEMS: PARTS



- Your experience is not who you are.
- Identify their age with the memory and as many details as possible about who that person was in that age.
- What would YOU do if you saw someone treating a child/young woman/young man/elderly person etc. in that way?
- What would you do if you walked in on someone else treating x, y, z that way?



THREE-DIMENSIONAL APPROACH

- Client establishes a stand-in for their abuser (horse or person) and a stand-in for the person who “just stood there” while the abuse happened.
 - Springboard questions
- Choose someone to be the father/mother/God you wish you had back then. Have that person (can be a session leader or person who came to therapy with them) say or do what you would have wished had been done.





CHANGING THE RESPONSE

- You're never working with the event itself. You're working with their conditioned patterns of response.
 - You can't change the event, but you can help them change their responses to similar events.
- Instead of initiating contact, invite a response.
- Make eye contact as appropriate – one degree more than what they're comfortable with.



LINKING



Hold two things in awareness at once (a faulty belief system with a contradicting positive experience)

Rather than narrating the positive event, have them describe the feeling of the experience

- What did they feel in the experience?
What do they feel now?

Identify the mismatch between the belief (I'm not loved) to the experience (of love)



TRAUMA AND THE BRAIN: TOP DOWN

- Expressing Support
 - Verbally express what you see/hear: "I can see how hard this is for you/I hear how difficult this is for you to talk about."
 - Validate/praise: "I'm proud of you for taking this risk. I'm thankful you're making this effort to trust me."
 - What would be helpful for me to do as you share?
- Requesting Support
 - I need you to _____ while I talk/share my heart.
- Communicating Feelings and Needs
 - "When you say _____, it makes me feel like _____. I know that's not your intent, but it makes me feel like _____." (MIC DROP)
 - How do you feel? What do you feel this about? What are you going to do about it?
 - What do you need? How can you meet that need today?



BOUNDARIES

- Circle of influence
 - You/God
 - Spouse/Best Friend
 - Healthiest influences to least healthy





BOUNDARIES

- 5 one-liners: that could be, probably, I don't know, maybe so, nice try*
- Walk away
 - "This is no fun for me. I'm going to walk away and get myself under control and we can continue this conversation later." (no sooner than 30 minutes, no later than 24 hours)
- Empowerment
 - "That sounds like.... What are you going to do about it? I have an idea, do you want to hear it?"





CLEAN UP YOUR MESS

- I'm sorry I hurt you/your heart. It wasn't my intention. I can see what I did wrong was _____. Next time, I'll _____. Will you forgive me?
- Apologies language – 5 Love Languages





LISTEN WELL

- Let them know what you see and hear
- Reflect back
- Express empathy
- Show appreciation
- Challenge and empower
- Offer support
- Encourage them



NO PROBLEM...

- The client's problem is NOT your problem.
 - The moment you work harder on their problem than they do you've just created a co-dependent relationship
- Listen → Empower → Ask Permission to Solve Their Problem
- Empowerment
 - I'm so sorry you're feeling x, y, z...
 - I'm so sorry you're having such a rough time...
 - I'm sorry you're experiencing me that way...
 - What do you need from me? Can you forgive me?





FORGIVENESS

- I will not be your judge
- I will not be your punisher
- I release you
- God forgive them, because I release them





CREATING THEIR SAFE PLACE

Get grounded. Help them be as detailed as possible in creating it.

Goal: meeting Jesus there, establishing calm in their mind



Great friendship
IS A GIFT BORN OF ADVERSITY:
it is made possible by
THE COMMON STRUGGLE
AGAINST THE WORLD'S DARKNESS



BEING A SAFE PLACE

- Look beyond what they're _____ (1 Samuel 16:7)
- Love _____. (1 Peter 4:8)
- Act on what and _____ the Holy Spirit _____ tells you (John 12:49)
- _____ speaks louder than telling (Revelation 12:11)
- As you _____ so you will be. (Proverbs 23:7)



QUESTIONS?

