

Vocational Counsellors stream

Biblical Counselling Principles for Trauma Care

Andrew Collins
& Laura Perbet

Outline

Overview and Biblical Framing

Brief review of secular approaches

A biblical counselling approach

A brief review of trauma

Defining Trauma

Patterns of Trauma

- **PTSD**
 - Re-experiencing
 - Hyperarousal
 - Avoidance
- **Complex PTSD**
 - Forms of abuse

A biblical framing

- The intrusion of death
-
- The intrusion of devil, the image of personal evil
-
- Define the suffering biblically

Your experience of counselling / walking with trauma

**What challenges have you faced?
What lessons have you learned?**

Discuss for 5 mins

Overview of secular approaches to care in trauma - principles

- Talking through
- Stress reduction
- Relationships
- Action
- Integrating memories
- CBT

Counselling Models

Herman

Establish safety

Rememberance & mourning

Reconnection with ordinary life

Gingrich

Safety & Stabilisation

Processing

Consolidation & resolution

Counselling the Word in Trauma - principles

Know the person and their story

Know scripture with depth and relevance

Remember the embodied soul

Remember the body of Christ

Handle the wounded with humility and extreme gentleness

(1) Your heart, the Lord & trauma

- **How is my own heart toward trauma?**
- **Am I creating a safe and trustworthy relationship?**
- **My own experience?**
- **My competency?**

(2) Establishing safety - embodying refuge

- Think situation
- ...body
- ...relationships and church
- ...spiritually
- ...risk
- ...confidentiality [BPS guidance -

Guidance on responding to disclosures of non-recent (historic) child sexual abuse:

Safeguarding and support implication]

- Anticipate struggles
- Offer hope

(3) Hearing deep pain with a shepherd's approach

- Pace, holding, compassion, gentleness - Isaiah 40:11
- Understanding the trauma - what to establish
- *But you will ask different questions in a different way*
- Asking Questions

Discuss

What have you found helpful in engaging those suffering from trauma?

(4) Retelling the Trauma

- Where to begin?
- Use discernment
- Framing what happened
- Framing the CE's response

(4) Retelling the Trauma

- **Retelling Fear**
- **Retelling Guilt**
- **Retelling Shame**
- **Retelling Anger, Justice and Forgiveness**
- **Retelling 'Who is God in the trauma?'**

(4) Retelling the Trauma

- **With creativity**
- **And attention to the body**
 - **breathing**
 - **dissociation**
 - **memory**
- **And attention to relationships**
- **A process of lament towards refuge in Christ**

Discussion

Where have you seen scripture at work redemptively?

(5) Growing through Trauma

- What does growth look like?
 - *moving from darkness to light*
 - *a new story told*
 - *the comfort and hope of Christ experienced*
 - *what small step of change...?*
- A word about endings

Summary

- We brush with death and the devil
- But faith responds
- Seeing the bigger picture of the gospel
- Turning to the Lord
- Overcoming death with life
- Living out our Union with Christ...

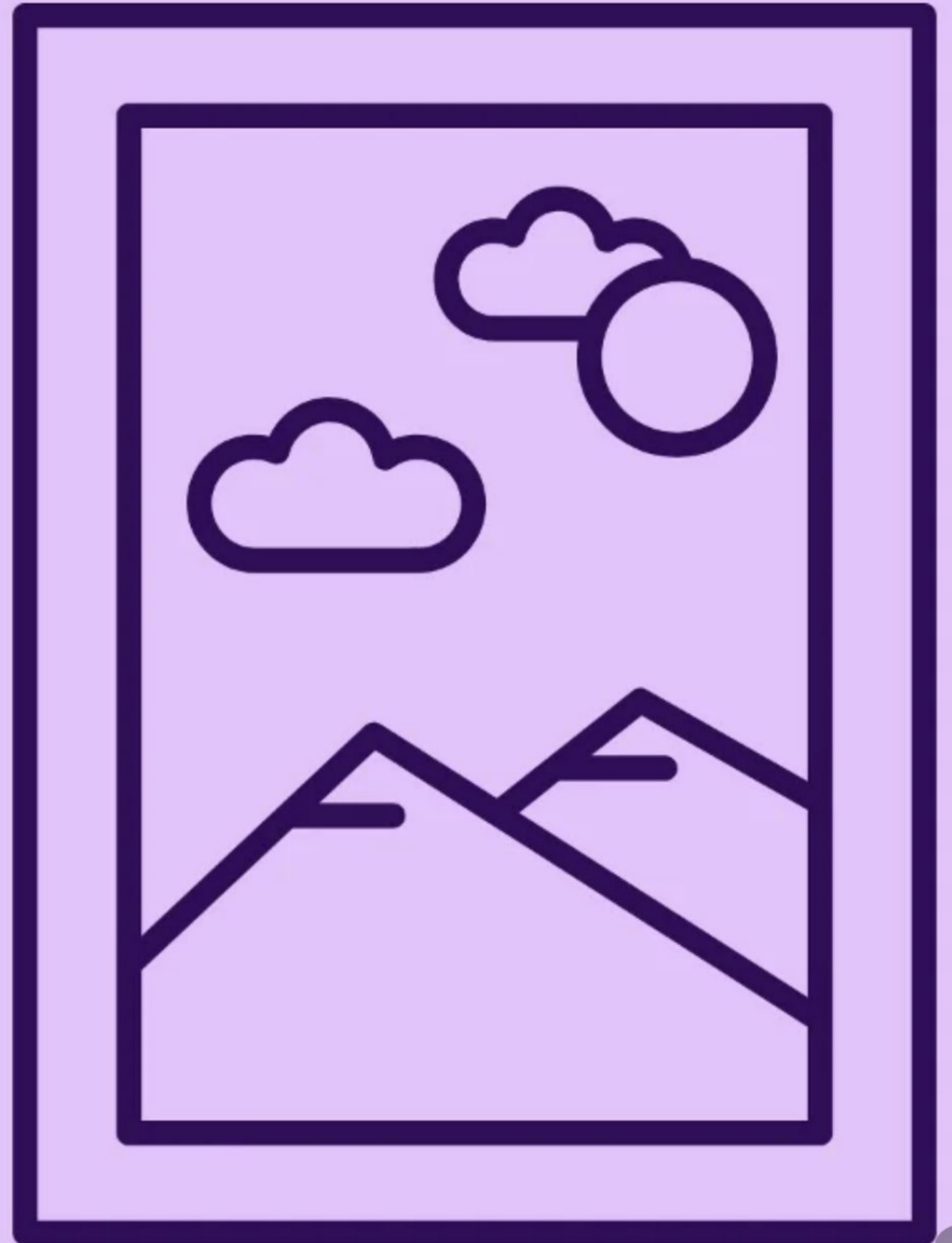
Head

Body

Heading

Body

*Click on image & then first button
on menu to replace image*



Heading

- Bullets
- Bullets
- Bullets





Q&A


Top questions (2)

Pinned

Newest


Oldest

Answered

 Anonymous a day ago

1 

To what degree can people be healed from PTSD

 Anonymous a day ago

1 

What considerations would you have approaching someone who has experienced trauma where they are constantly responding out of being a victim and causing disunity within the church community



