

SESSION 1: SEEING TRAUMA THROUGH A BIBLICAL LENS

Introduction

- Psalm 55:1-8

I. The Description of Trauma

***Trauma** is experiencing the threat of destruction without opportunity for escape or the resources to recover and restore*

***Trauma** is an image bearer of God experiencing the threat of destruction outside the loving presence of God, without opportunity for escape into the loving presence of God, without the active resources of God's grace to recover in the loving presence of God.*

II. The Dimensions of Trauma

A. Dimension 1: Magnitude of the danger

B. Dimension 2: Powerlessness of the person

- 2 Corinthians 1:8-11

C. Dimension 3: Resources for restoration

III. The Development of Trauma

A. Inner Person Response to Terrors and Horrors

1. Weakness and helplessness (Psalm 88:15)
2. Vulnerability and shame (Psalm 22:6; Job 12:4)
3. Danger and anxiety (2 Corinthians 7:5)
4. Intrusion and insecurity (Psalm 31:13)
5. Betrayal and distrust (Psalm 116:10-11)
6. Injustice and anger (Psalm 82:1-4)
7. Sin and blame (Job 6:28-30; Jeremiah 12:1)
8. Loss and mourning (Job 3:20-26)
9. Oppression and despair (Psalm 55:1-3)
10. Destruction and disintegration (Numbers 17:12-13)

Depersonalization

Dissociation

Fragmentation

B. Outer Person Response to Terrors and Horrors

1. Hemispheric Response
2. Limbic System Response
3. Endocrine System Response
4. Frontal Cortex Response
5. Visual Cortex Response
6. Cardiovascular Response

C. Interpersonal Response to Terrors and Horrors

1. People

- *Untrustworthy*
- *Unreliable*
- *Shaming*
- *Unjust*
- *Dishonorable*
- *Dangerous*
- *Hateful*

2. God

- *Real or Imagined*
- *Truthful or False*
- *Good or Evil*
- *Near or Far*
- *For or Against*
- *Sovereign or Aloof*
- *Powerful or Weak*
- *Life-preserving or life-destroying*

