



SENTINEL
INSTITUTE

The Sentinel Institute is dedicated to supporting the well-being of individuals and communities affected by trauma. We combine empirical research and biblical scholarship to identify and promote truth-tested trauma care.



Demystifying PTSD



Elements that contribute to Trauma & PTSD



Post Traumatic Stress Disorder

- Exposure to a Potentially Traumatic Event
-
-
-
-
-



Post Traumatic Stress Disorder

- Exposure to a Potentially Traumatic Event
- Intrusive Symptoms
-
-
-
-



Post Traumatic Stress Disorder

- Exposure to a Potentially Traumatic Event
- Intrusive Symptoms
- Avoidance Symptoms
-
-
-



Post Traumatic Stress Disorder

- Exposure to a Potentially Traumatic Event
- Intrusive Symptoms
- Avoidance Symptoms
- Negative Alterations In Cognition or Mood
-
-



Post Traumatic Stress Disorder

- Exposure to a Potentially Traumatic Event
- Intrusive Symptoms
- Avoidance Symptoms
- Negative Alterations In Cognition or Mood
- Alterations In Arousal and Reactivity
-



Post Traumatic Stress Disorder

- Exposure to a Potentially Traumatic Event
- Intrusive Symptoms
- Avoidance Symptoms
- Negative Alterations in Cognition or Mood
- Alterations in Arousal and Reactivity
- Symptoms last longer than a month



Take the D out of PTSD

Not a disordered, broken, freakish response to normal life.

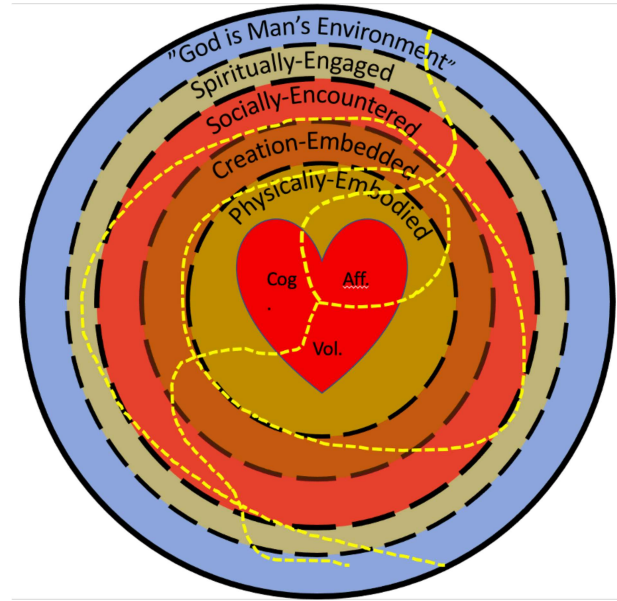
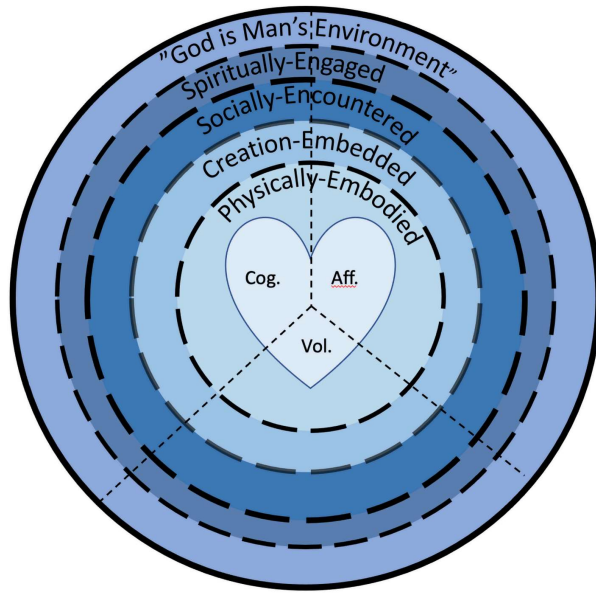
A common response to extreme suffering!

Alternative Definition Post Traumatic Stress

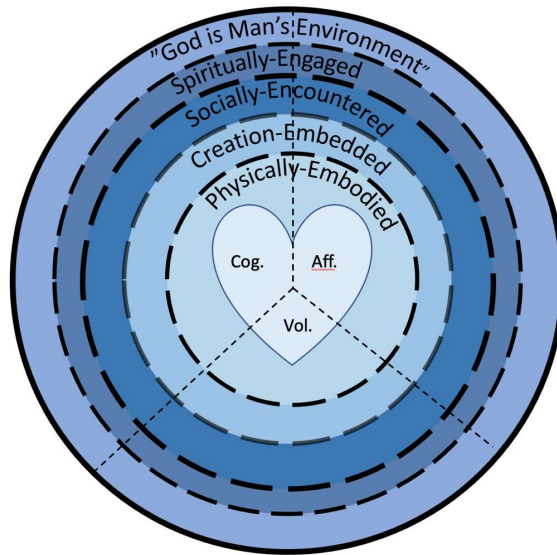
Post Traumatic Stress is a whole person response to traumatic events that encompasses the physical, mental, emotional, behavioral and spiritual being of those affected. It often results in significant disruption of social relationships including home, work, school, and church. It draws on anger, fear, sadness, shame, and guilt to disrupt family relationships, friendships, careers, and Christian service. Those affected will often compensate in ways that may compound the struggle they face. When addressed in a God honoring way it can be a tool in the hands of God for great good, helping the individual become more like Christ and equipping them for greater service in the Kingdom of God.



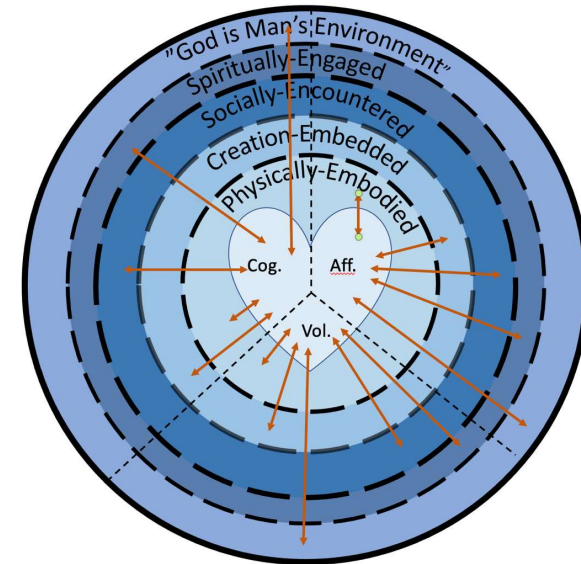
A whole person response



Proper Alignment
God's Original Design Plan

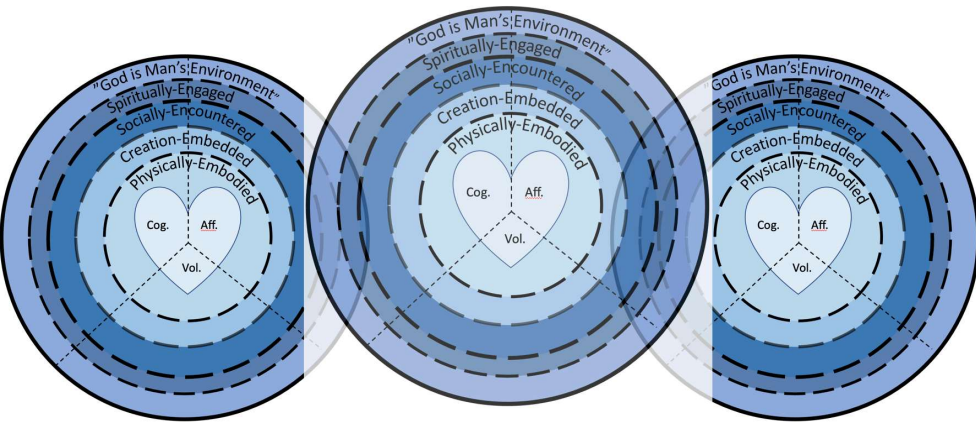


Relational Being



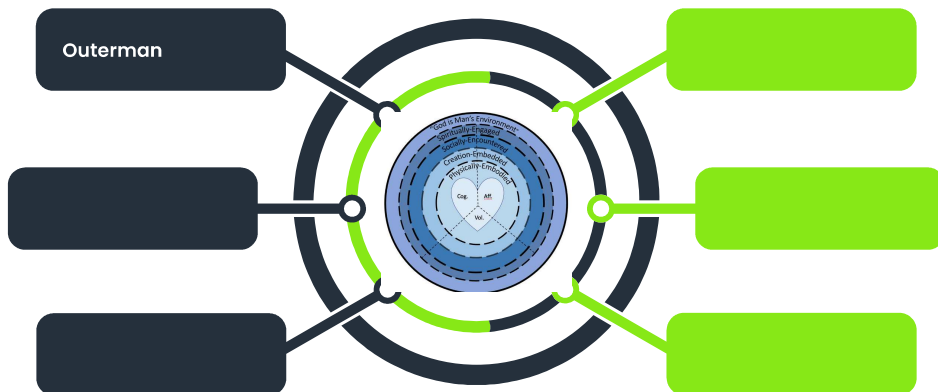
Existing in Time

Past Present Future



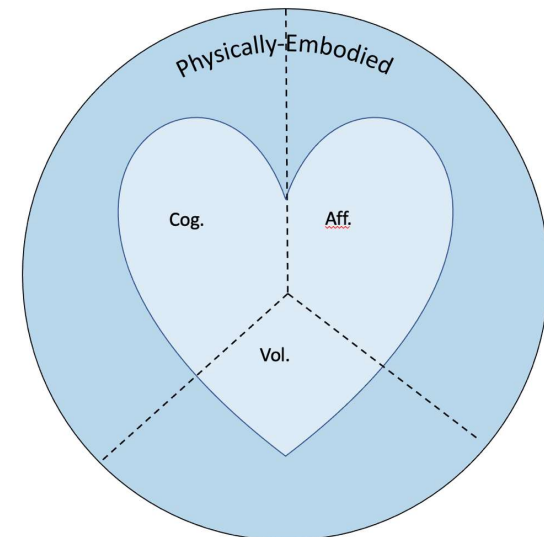
...physical,
mental,
emotional,
behavioral and
spiritual being...

Holistic Impact of PTS



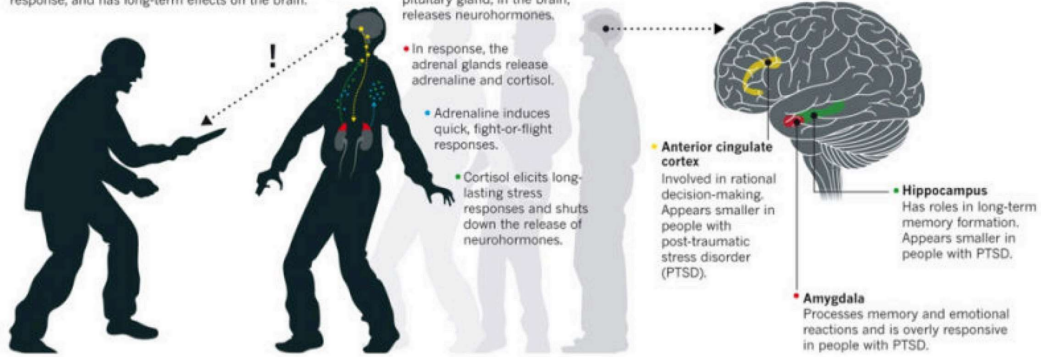
Self Outer Man

- Body
- Health
- Action

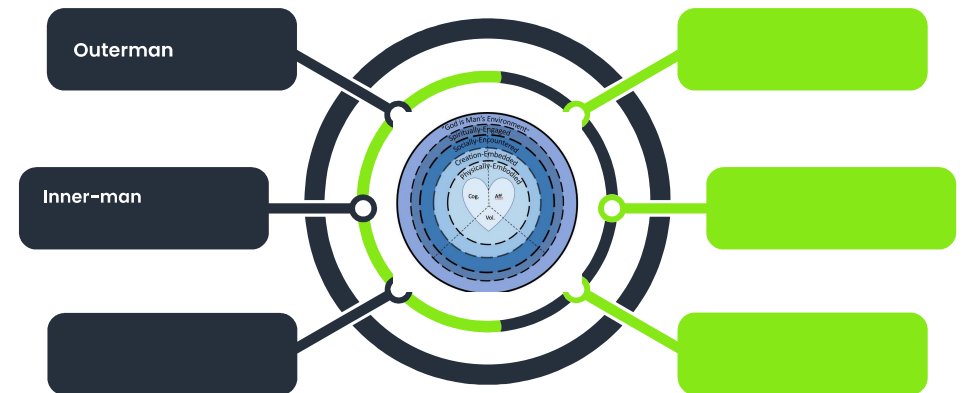


THE SIGNATURE OF STRESS

A traumatic experience elicits an immediate physiological response, and has long-term effects on the brain.



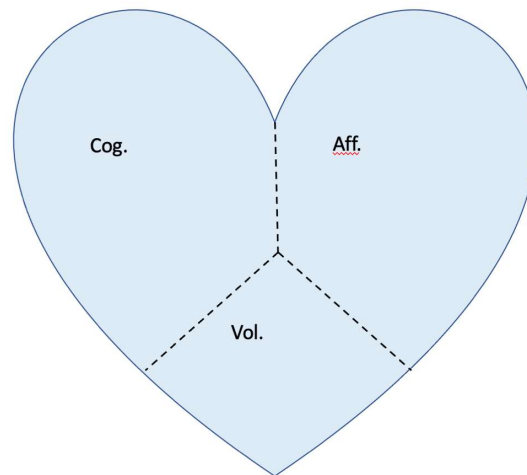
Holistic Impact of PTS



Self

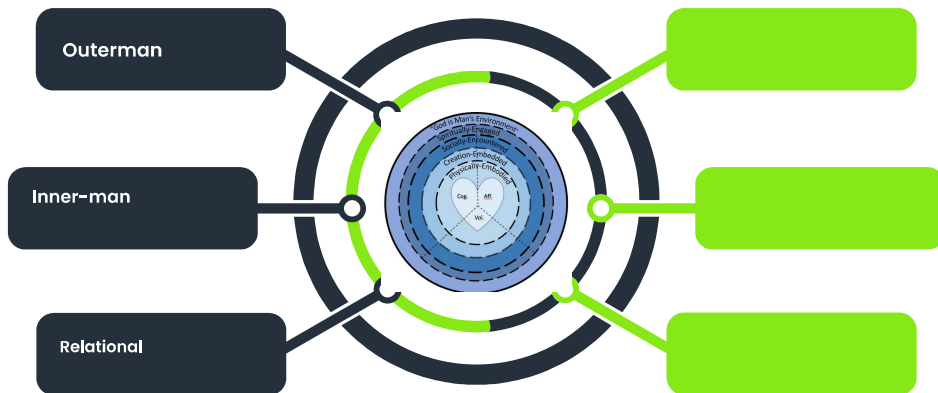
Inner Man

- Cognition
 - Thoughts, beliefs
- Affection
 - Emotions
- Volition
 - Choices, desires



	Cognition (Thoughts/Beliefs)	Volition (Choices/Desires)	Affection (Emotions)
God			
Others			
Myself			
Circumstance			

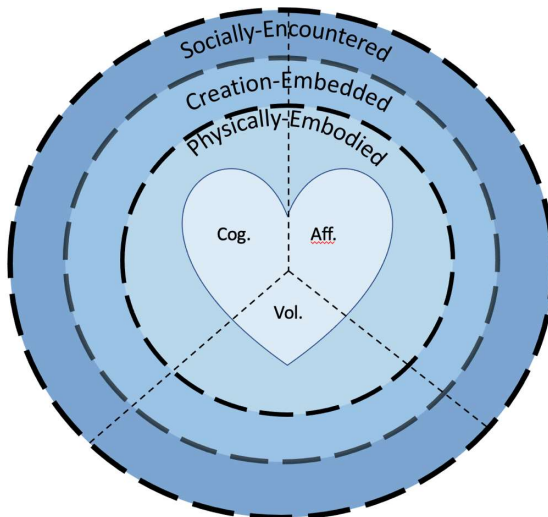
Holistic Impact of PTS



It often results in significant disruption of social relationships including home, work, school, and church. It draws on anger, fear, sadness, shame, and guilt to disrupt family relationships, friendships, careers, and Christian service.

Socially Encountered

- Other individuals
 - Family
 - Friends
 - Faith Community
 - Co-workers
- The World
 - People in general
 - Systems



PTS Throughout Human History

PTS Is a Human Problem

PTS Has Been Described Throughout Human History

Trauma In the Bible

- ☒ Murder In the First Family
- ☒ Worldwide Flood Destroys Almost Whole Human Race
- ☒ Murder of the Firstborn Israelites
- ☒ Sodom and Gamorah



Trauma In the Bible

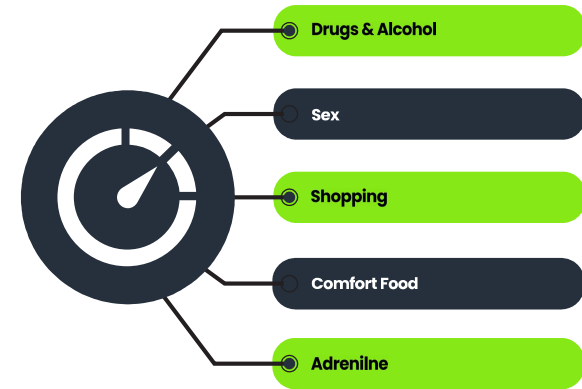
- ☒ Joseph
- ☒ David Vs. Saul
- ☒ Persecution of the Church, Paul
- ☒ Jesus



Those affected will often compensate in ways that may compound the struggle they face.



Common False Refuges

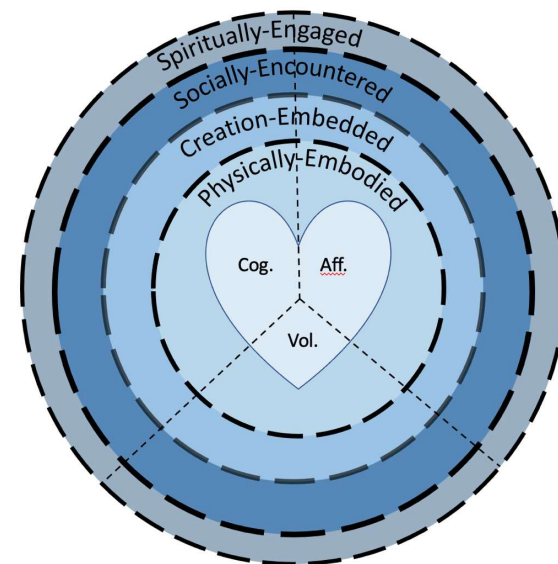




When addressed in a God honoring way it can be a tool in the hands of God for great good, helping the individual become more like Christ and equipping them for greater service in the Kingdom of God.

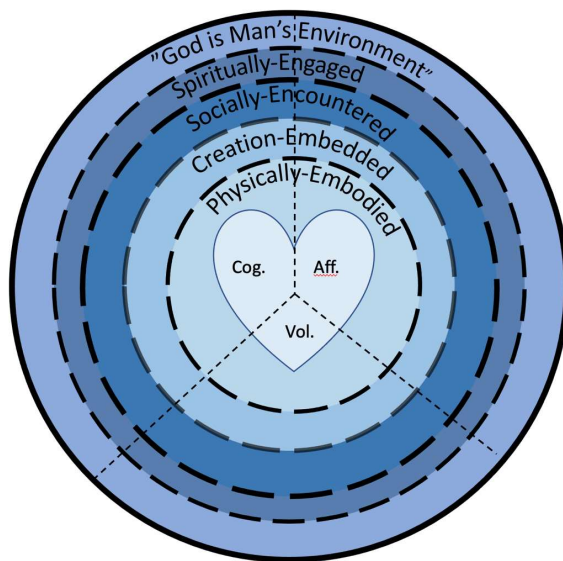
Spiritually Engaged

- Spiritual Enemies
 - Satan/demons
 - Schemes
- Spiritual Allies
 - Trinity
 - Angelic Hosts
 - Church
- Spiritual Resources
 - Scripture, prayer, worship, fellowship, etc.



Ultimate Reality God's Kingdom

- His Law
- His Creation
- His Providence
- His Person
- He is our primary relationship
- He rules all



James 1:2-3

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.



Romans 5:3-5

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.



Romans 8:28–30

And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.



From Post Traumatic Stress to Post Traumatic Sanctification



**Don't be
unaffected, be
rightly affected!**



**Recommended
Resources**





Books

- *I Have PTSD: Reorienting after Trauma*, Curtis Solomon
- *Helping Your Family Through PTSD*, Greg Gifford
- *A Painful Past: Healing and Moving Forward*, Lauren Whitman
- *Path to Resiliency*, Chad Robichaux
- *An Unfair Advantage*, Chad Robichaux
- *The Truth About PTSD* Chad Robichaux & Jeremy Stalnecker
- *Quieting A Noisy Soul*, Jim Berg
- *Putting Your Past in Its Place*, Steve Viars
- *God's Healing for Life's Losses*, Robert Kelleman
- *Evaluating the Legacy Program of the Mighty Oaks Foundation: A Mixed-Method Study*, Curtis Solomon, PhD
- *Transformation Bible Study Journal*, Curtis Solomon, PhD available from www.biblicalcounselingbooks.com



Mini-Books

- "Help! I've Been Traumatized by Combat," by Barrett Craig
- "Help! I'm Being Deployed," by Barret Craig
- "Post Traumatic Stress Disorder: Recovering Hope," by Jeremy Lelek
- "Bad memories: Getting Past Your Past," by Robert Jones
- "Trauma: Caring For Survivors," by Darby Strickland



Getting Help

The Mighty Oaks Foundation
<http://www.mightyoaksprograms.org>

Offers multiple programs including the Legacy Program, a weeklong program for veterans and first responders

Fallen Soldiers March
<https://fallensoldiersmarch.com/>
Connecting veterans to biblical counselors

Biblical Counseling Coalition
<https://biblicalcounselingcoalition.org/>
Find a biblical counselor
Thousands of free resources on hundreds of different counseling topics