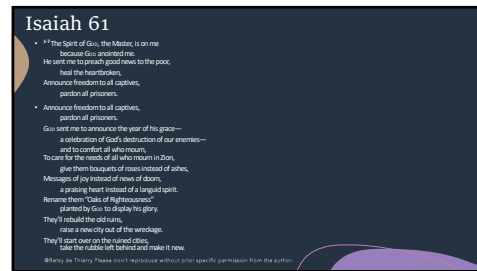
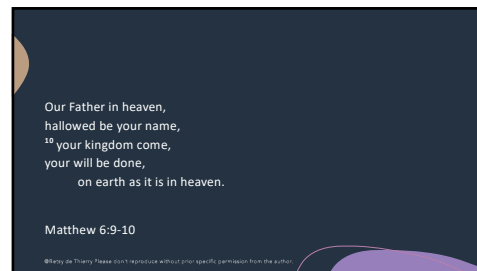




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If Jesus anthem is 'on earth as it is in heaven' the devils is 'on earth as it is in hell'.

John Mark Comer

Live No Lies




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4

Current context

- 1 in 3 diagnosed mental health conditions in adulthood are known to directly relate to adverse childhood experiences
- <https://mhc.nhs.uk/mhc/servi-ces/camhs/young-people/adverse-childhood-experiences-and-attachment/#--text=1%20in%203%20diagnosed%20men-tal%20health%20and%20their%20health>



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5

Definition of trauma

Trauma can be defined as any experience or repeated experience where the child has felt powerless and overwhelmed and that challenges that capacity to cope. The result of that powerlessness and overwhelm is that the child may not be traumatic for another, but the degree of impact of the trauma is usually determined by the child's ability to find comfort and reassurance from a safe and known adult in the aftermath of the experience.

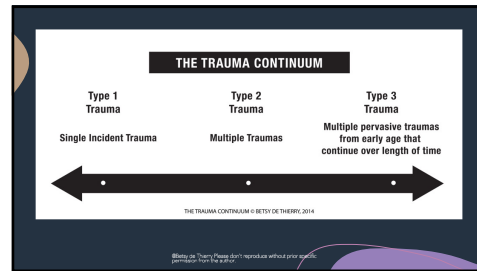
We recognize that many children are unable to find that emotional connection and safe space and that we need for extensive research, including the adult being responsible for it, to know or detect if that may happen. The trauma response doesn't occur in all children and we recognize that we can't make a blanket statement about these signs of trauma anytime, because we don't know what was going on for them.

de Thierry (2021), 211
The Simple Guide to Complex Trauma and Depression

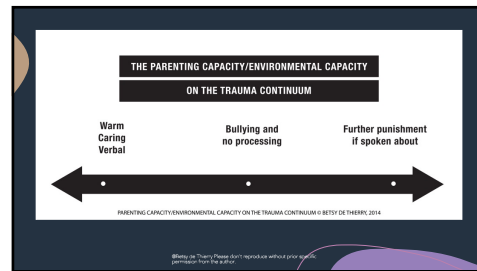


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Difference between Type I trauma and Type III

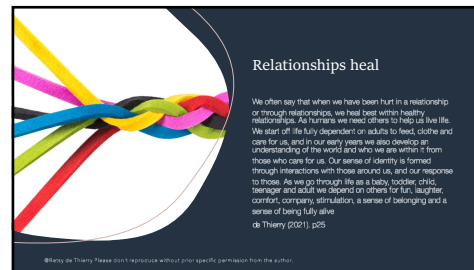
- Different needs require different approaches
- Most approaches are aimed at Type I trauma

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Compassion, kindness and empathy

A trauma-informed organisation or person is human focused. We recognise the frailty, strength and needs of all humans and recognise how to create cultures where people can have a sense of belonging and purpose and where they are valued as individuals with skills and strengths to share and weaknesses that need supporting.


de Thierry (2021), p91

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Philippians 3:13

Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. ~~Butness, life~~ ~~not consider myself yet to have taken hold of it.~~ ~~But one thing I do, forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize of God's heavenly calling in Christ Jesus....~~



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What has gone wrong in churches ?

- A lack of understanding in neuroscience, child development theory & trauma impact by people who lead.
- Judgement and shaming have often been normalized under 'holiness teaching'.
- Generational trauma and neglect has led to lack of relational skills to enable safe relational spaces.
- A lack of understanding of trauma symptoms and what helps reduce them.
- An oversimplification and lack of cultural context of Bible verses.
- Lack of understanding around emotions and distress.
- A lack of understanding of the trauma of poverty.
- A lack of understanding of how to work with the statutory authorities.

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Things that the church needs to understand

- If someone is shouting after their house is on fire we don't tell them to breathe and calm down and give them a Bible verse- we listen and take care of details and validate and feel the pain with them which they can pick up (that's being Jesus to the m)
- Don't tell people to just forgive and move on. It's on many levels and God needs to do surgery to help us forgive... but forgiveness starts not with denial but with recognition and acceptance of the pain.
- Don't just be thankful and move out of depression. Acknowledge it, put words to it and invite Jesus into it.
- Don't just love people and let them do anything to you etc. Boundaries are vital and we cannot make judgements on others simplified stories.
- The reason you can't reply when someone says "talk about it or tell me" and you are silent or you hear yourself speak and know that the words don't convey what you are feeling, is because the Broca's area of the brain is neurobiologically switched off. You can't speak.
- Every addict is not a sinner but a traumatised person in need of a saviour

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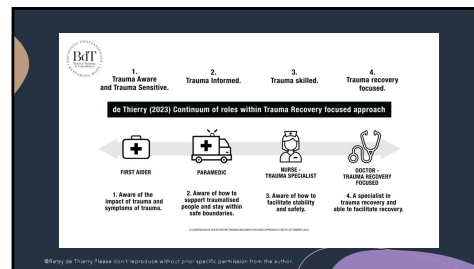
Core issues- the worst things to say...

- Grief – 'at least they are in heaven'
- Rape – 'why did you get yourself into that/ it takes 2 to tango.'
- Drugs/ drink – 'sin'
- Depression – 'the joy of the lord I my strength'
- Anxiety- 'Therefore I tell you, do not worry about your life... Matthew 6:25
- Trauma – 'everything happens for a purpose'

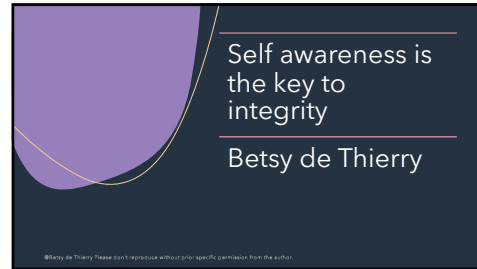
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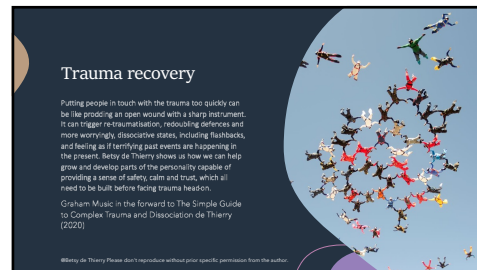
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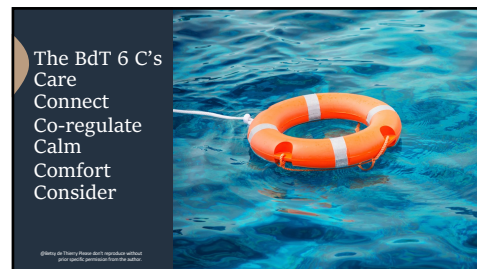
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