

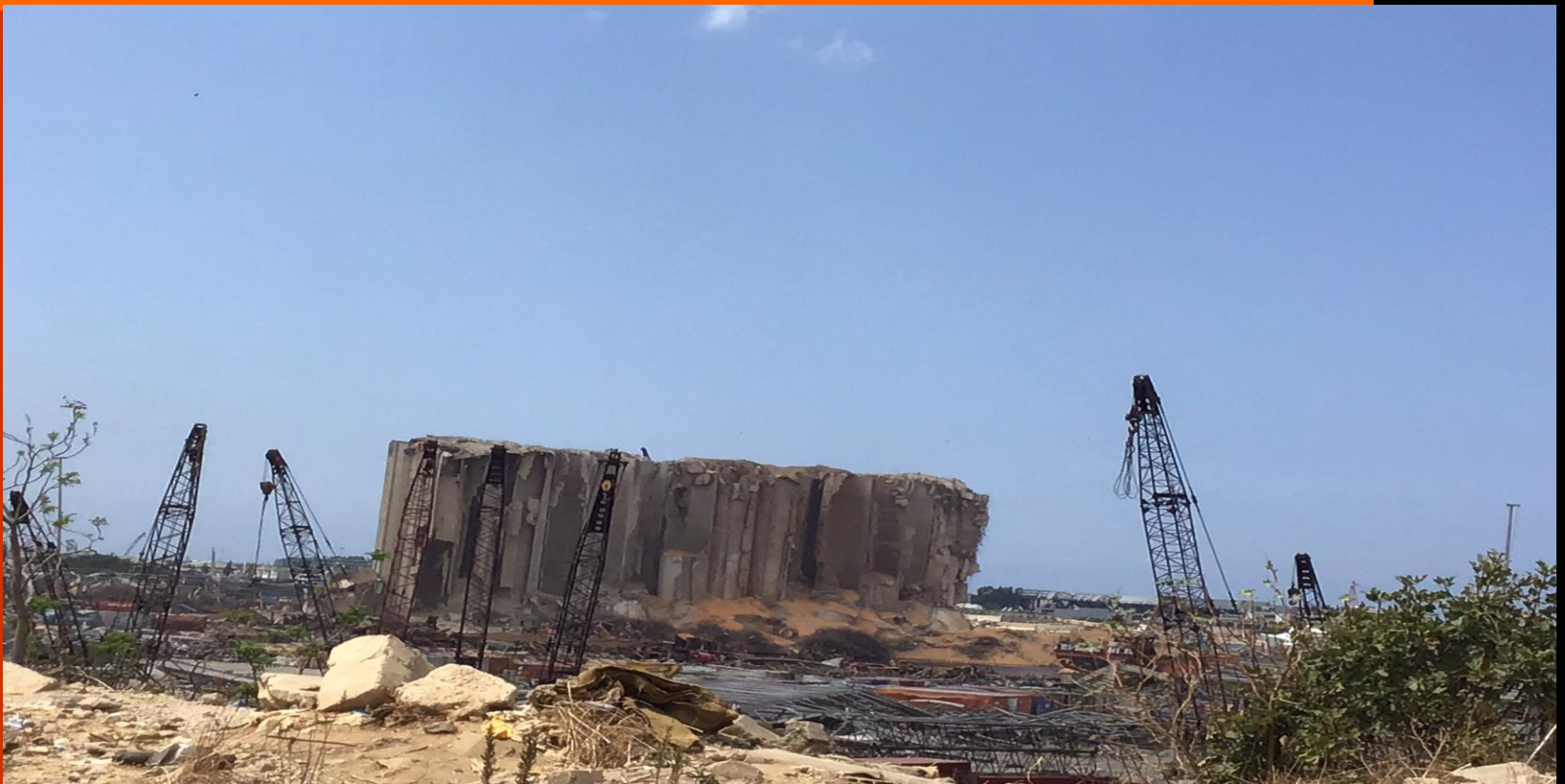
POST TRAUMA

**THE EMOTIONAL CONSEQUENCES
OF THE TRAUMATIC EXPERIENCE**

© Dr Julia Muir

**Christian Counselling
international Europe**

Beruit Port following 2020 Explosion



So much destruction!



Why?



Lives lost and hearts broken - again!



Lives changed forever by trauma!

- Civil War
- Terrorism
- Rockets
- Global condemnation
- Betrayal
- Lebanon – so much suffering

What have people experienced? What is their experience now?

- Remembering where they were
- Remembering what they felt
- Remembering what they thought
- Disbelief
- Overwhelming grief
- Anger
- Fear

Post Traumatic Stress

*A normal reaction to
an abnormal event*

Definitions of trauma:

- **The experience of life threatening experiences (actual or perceived)**
- **Life and death moments, accompanied by abandonment, isolation, hopelessness, shame and invisibility.**
- **A moment when an individual's internal resources are unable to cope with the perception of an overwhelming experience which cannot be referenced or categorised within the mind of the individual.**
- **It is the experience of something which, may be known theoretically but until it is encountered, is not affectively activated.**
- **The moment of trauma is a moment of crisis - it may affect an individual in all three areas of their lives - spiritually, psychologically, somatically**

Any life experience which produce the following can have the result of a PTSD:

- Overloaded mind, the incident is unable to be dealt with or incorporated into the mind
- The mind is altered in some way so that fear is more easily experienced
- The incident alters the way the world is seen - the world become illogical and out of control
- This means that life threatening illness, natural disasters, situational incidents and personal life crisis can produce the symptomology of PTSD.

There are four main types of PTSD symptoms. A diagnosis of PTSD requires the presence of all categories of symptomatic responses:

Re-experiencing the trauma: flashbacks, nightmares, intrusive memories and exaggerated emotional and physical reactions to triggers that remind the person of the trauma.

Emotional numbing: feeling detached, lack of emotions (especially positive ones), loss of interest in activities

Avoidance: avoiding activities, people, or places that remind the person of the trauma

Increased arousal: difficulty sleeping and concentrating, irritability, hypervigilance (being on guard), and exaggerated startle response.

Why do some people have stronger reactions than others to similar situations?

- The extent to which the event was unexpected, uncontrollable, and inescapable
- Perceived extent of threat or danger, suffering, upset, terror, and fear
- Source of the trauma (human-caused is generally more difficult than event of nature)
- Sexual victimization, especially when a sense of betrayal is involved
- Actual or perceived responsibility
- Prior vulnerability factors (early onset and extent of childhood trauma)
- Negative social environment (shame, guilt, stigmatization)
- Lack of appropriate spiritual and social/emotional support
- Concurrent stressful life events

Dealing with the pneumapsychosomatic being:

The person in need is only helped adequately if they are addressed as a full human being - that is spirit, soul and body.