

YOUR STORY BECOMES MY STORY

Vicarious (secondary) Trauma

It is said “that trauma is the occurrence of the unthinkable”
Cynthia Monahan

To work with and help others begin the healing process from trauma and traumatic experiences it is necessary for us the practitioners, the ‘healers’ to first acknowledge, grapple with, and heal from trauma and suffering in our own lives, on the premise that we cannot help others begin the healing process until we have begun to heal.

Dan Allender (Christian psychologist and author of many books) says, “*you can only take others as far as you yourself have traveled.*”

So I have entitled this session, **Your Story Becomes My Story.**

Our own stories and accepting our stories
Preparing our hearts to hear their stories
Some definitions of Trauma
The Spiritual perspective
Protecting our heart – spiritual warfare and self care
Some steps to healing and Staying Healthy.

These relate to US as the practitioners, NOT to the healing process for those we work with

We all have a story; we create our story.

How have we dealt with or not dealt with ‘the unthinkable – the trauma- in our own lives, in our own story. Determines how we relate to and how we deal with the story of others.

In this ministry you will hear and see ‘the unthinkable’ The unthinkable will manifest itself in the lives of the women in various ways, how will you react.

In this ministry we are dealing with people’s story.

To minister to the abused, the broken, the traumatized we first need to be healed and restored. We need to look at what we did to survive

Preparing our Heart

To offer healing to others we must address ourselves honestly and know and accept our own story. How have we have we dealt, how do we deal with it.

Denial... Suppression Compromise Acceptance

We react to the trauma of others in one (or more) of 4 ways:
Shock, Disbelief, Rejection, Acceptance

Definitions

Trauma may be defined as an event outside of the range of usual experience.

Secondary Trauma The effects of another's trauma on us – the counselor, the healer. Reactions may include detachment – disassociation – disengagement, we may become volatile, angry on their behalf, and exhausted

Four common characteristic of PTSD are:

Visualisation

Re-enactment

Fear

Loss of sense of a future

Compassion fatigue or soul weariness.

Trauma, primary or secondary affects us on 6 levels,

Our sense of self: world view, spirituality, emotional/feeling, interpersonal relationships) imagery. memory system.

The Spiritual perspective

Spiritual Warfare: Protecting ourselves

Steps to healing; Staying healthy.

Number 1 - a strong and healthy Relationship with God.

Knowing when you as the minister/counselor need help

*“ Finally brothers (and sisters), whatever is true,
whatever is noble, whatever is right, whatever is pure,
whatever is lovely, whatever is admirable –
if anything is excellent or praiseworthy –
think about such things.”*

Philippians: 4:8

Some resources.

The Bible: Isaiah 61 One of the best passages for the practitioner and for the client. This is what it is all about. Let it encourage you

Dan Allender, The Wounded Heart and many other titles

John Briere, Good materials on Secondary Trauma

Melissa Farley, (2000) Prostitution, Trafficking and Traumatic Stress. Haworth Maltreatment and Management Press, Birmingham, New York

Marjory F. Foyle (1987), Honourably Wounded. Stress among Christian Workers. Christian Research Publishers.

Judith Herman (1997), Trauma and recovery. New York, Basic Books

Dianne Mandt Langberg (2003), Counseling Survivors of Sexual Abuse. Xulon Press,

Barbara Whitmer, Good material on PTSD

Patricia Green Alabaster Jar e.V. Berlin patricia@rahabinternational.org