

○ Pastoral Issues – Pt 2

- Trauma
- Being surprised by our own reactions through Trauma
- Am I going mad? 
- I have to do the recovery work myself..
- People expect me to be over it.
- “I don’t want to talk about it”



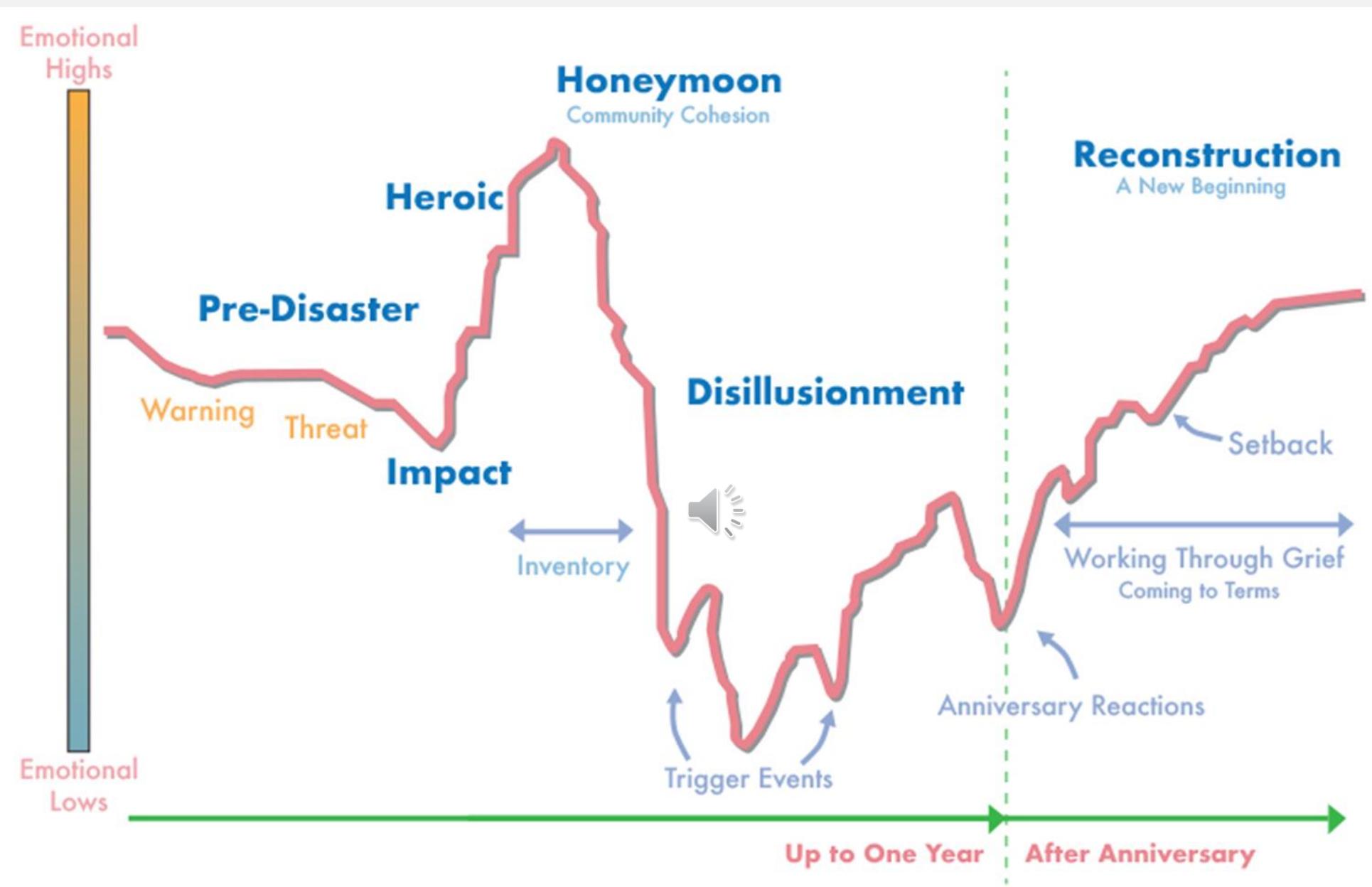
**Chaplaincy
during
Covid**

○ Chaplaincy and Trauma

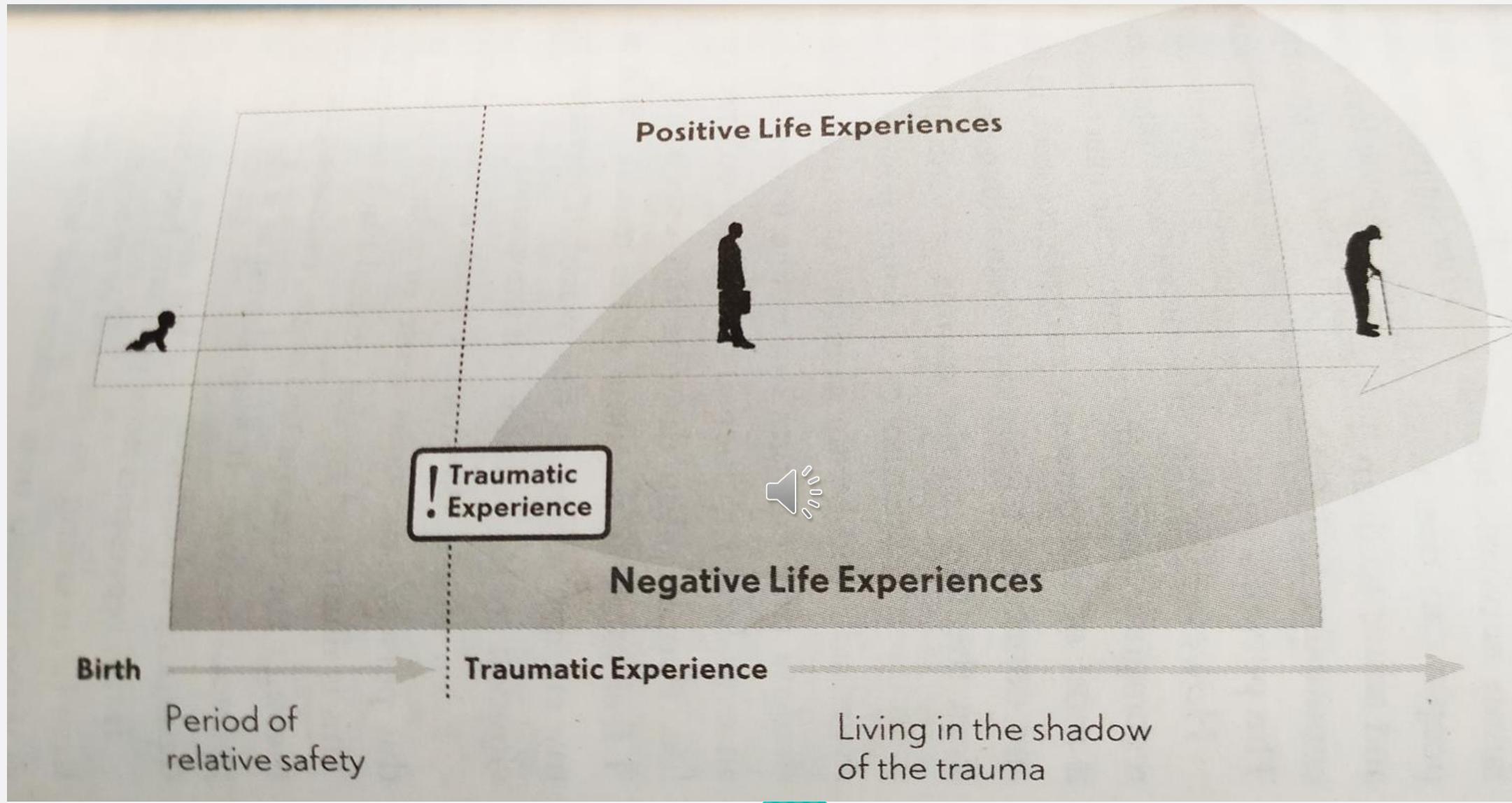
- What is Trauma?
- Some ways in which our bodies respond to Trauma
- How do people tend to cope after their Trauma
- Growing again after Trauma
- Professional Help
- Faith and Trauma
- Case studies



**Coping
after
trauma**



Community trauma

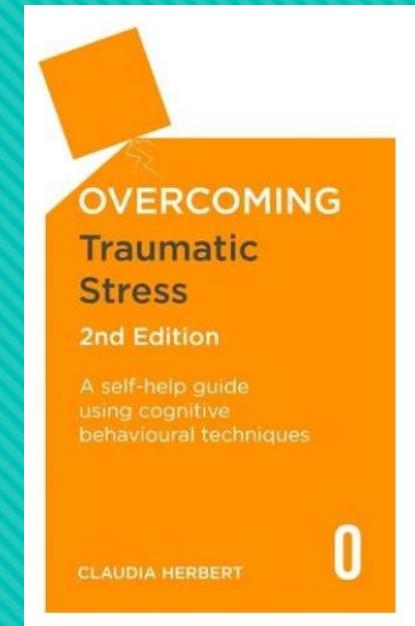


Trauma throws a shadow

- Can take a long time
- Re-integrating into life can be a struggle
- Stigma of 'still not coping yet'?
- Usual 'talking solution' may need to be delayed until emotion coping strategy sorted.
- Disruption on relationships – partner, family, work..



Shadow of Trauma

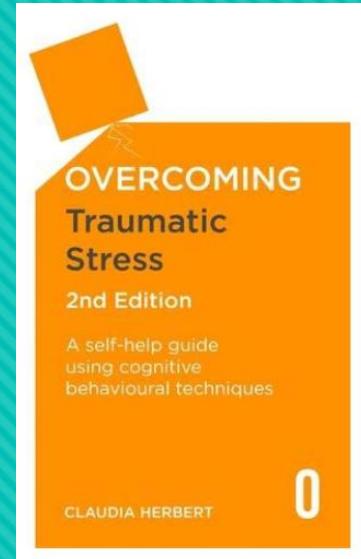


○ What is Trauma:

- When our normal ability to cope is overwhelmed.. loss of control
- Involve actual / threatened death; serious injury; personal violation.
- Events like accidents, disaster, intentional violence
- Individuals respond / perceive differently
- Sometimes after-effects can feel worse than how things were at the time



Coping after Trauma

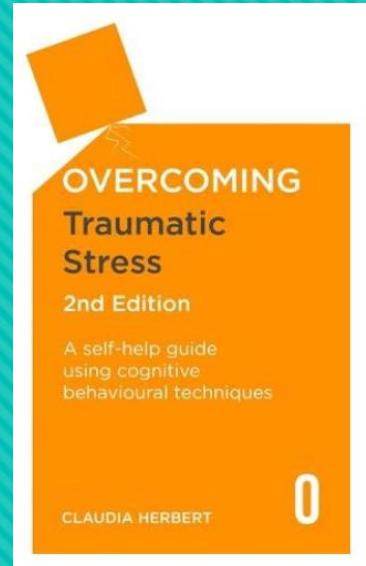


○ Some Trauma Reactions:

- Re-experience – memories or flashbacks; awake or asleep.
 - Avoidance of similar context, or ‘triggers’ of response
 - Avoidance of talking about it 
 - Changed mood, memory, outlook
 - Raised level of agitation
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- Can be soon after/months after
 - If suffering 4-6 wks after.. seek help



Coping after Trauma

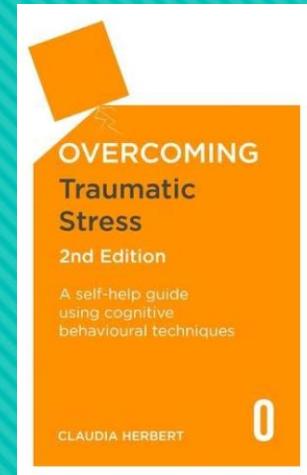


○ Things have changed:

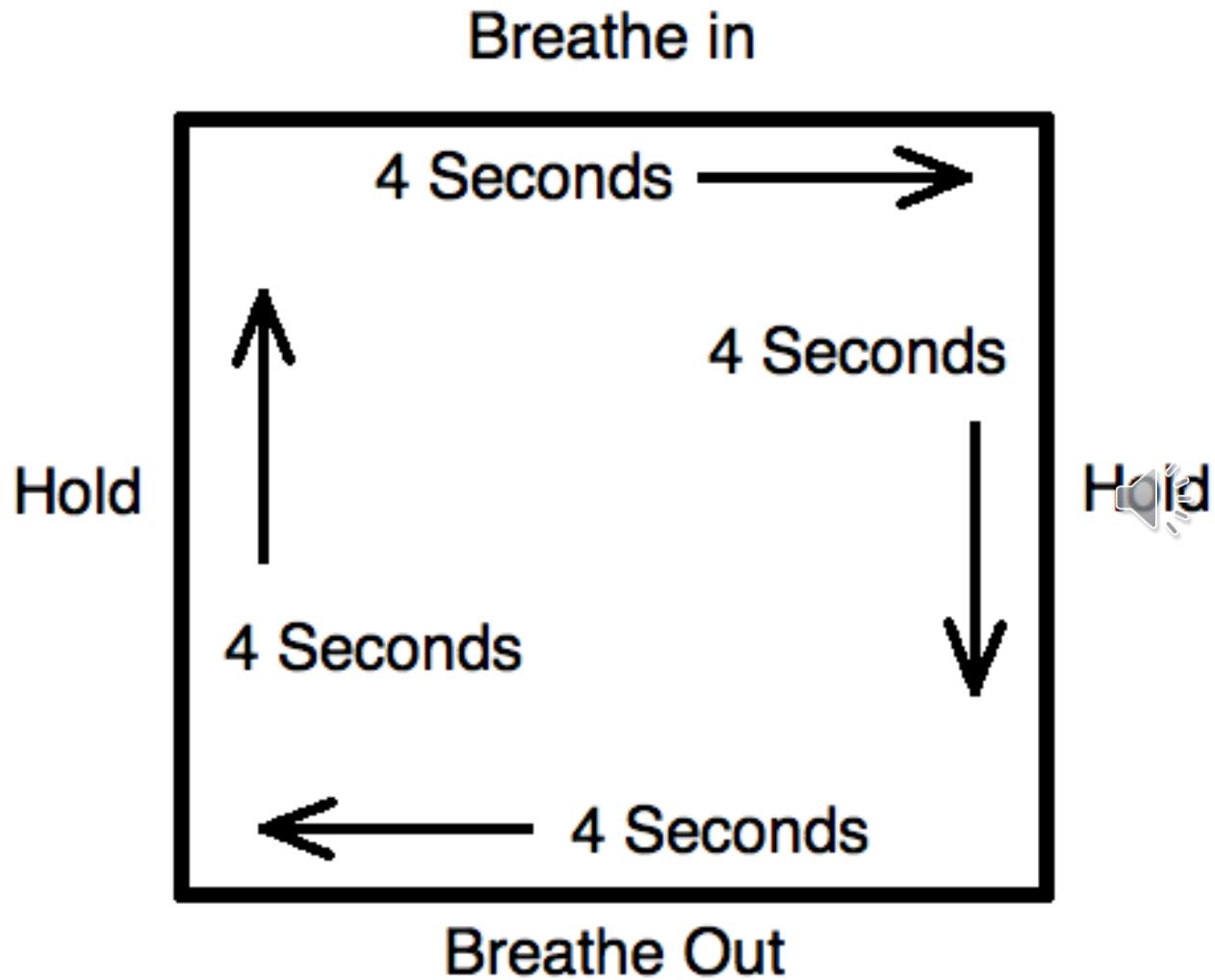
- You need to be safe now: physical safety, mental safety, spiritual safety.
- Find a safe place at home / a psychological /imaginary safe place
- Keep a journal: what happens, what triggers, what helps. 
- Assess the feelings/memories – are they getting better? “Things can get better” even if they feel ‘stuck’ now.
- Normal Relationships can be tricky: give space, time, respect, boundaries, listening, equality



Growing after Trauma



Breathing exercise in Panic Attack



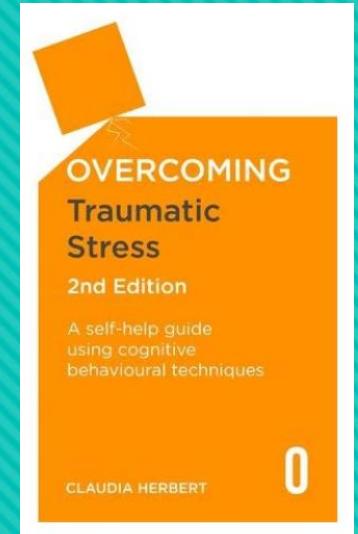
Day	Bedtime routine used:	Before I went to sleep I felt (indicate score by circling one from 1 = very tense to 5 = very relaxed)	I went to sleep at (time):	During the night I woke at (time):	Action taken to get back to sleep:	I stayed awake for (minutes/hours):	This morning I woke at:	When I woke up, I felt (indicate score by circling one from 1 = not rested at all to 5 = well-rested):	The following helped me with my sleep last night:
<i>Friday</i>		1 2 3 4 5						1 2 3 4 5	
<i>Saturday</i>		1 2 3 4 5						1 2 3 4 5	
<i>Sunday</i>		1 2 3 4 5						1 2 3 4 5	

Notice those strategies which seem to be helpful and those that don't have a positive effect on your sleep.
Discard the unhelpful ones and keep the helpful strategies. In this way, you can build up your own individualised sleep restoration programme.

Journaling, Measuring.. progress



Growing after Trauma

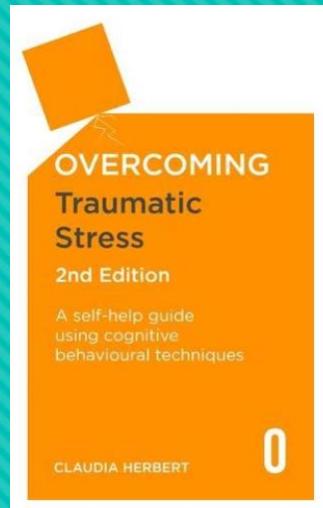


○ Attitudes to aim for:

- Inner language of compassion to yourself: how did you cope well in the past?
- See change as Growth: “commit to giving yourself another chance at life now
- See yourself outside of the trauma.. You are not your life's events: they have shaped you but you are more than that.



Growing after Trauma



- Beginning to retell the story, to see it in its context, to process the healing:
 - Practise the coping strategies – safe place etc before starting the work on telling the story, making sense of it. 
 - Forgiving yourself is: no longer allowing it to define you.
 - By making sense of it / how you responded you are regaining your personal integrity

- Making sense of it with Faith resources

- Bible stories of being overwhelmed
- Faith practice of peace, love, safety – a brake on anxiety, harshness, guilt
- Holistic care – care for the body
- Don't jump to hasty answers to 'where was God question': can you live the question instead?
- Being with someone in silent prayer?
- Just standing with them in it...



Growing after Trauma



Seeking Professional Help

- Concerns persist?
 - GP
 - UK Psychological Trauma Soc
www.ukpts.co.uk
 - British Assoc for Counselling & Psychotherapy www.bacp.co.uk
 - 'Overcoming Traumatic Stress' by Claudia Herbert
 - Tragedies and Christian Congregations:
www.tragedyandcongregations.org.uk





- 3 Stories:
- Discussion



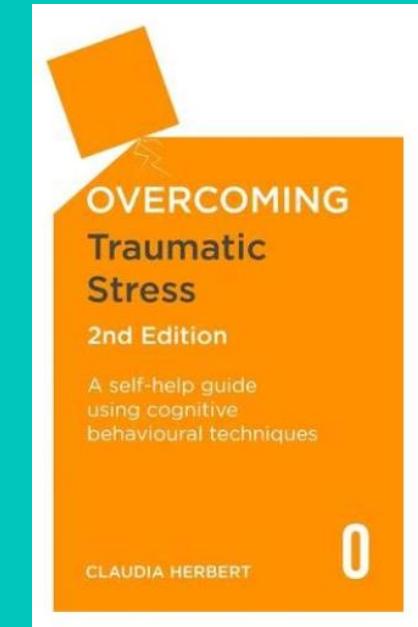
Trauma

It was as if the trauma had made me fall into a deep waterless well. It felt very dark and lonely down there and it took me a long time before I developed the courage to start climbing up its sides to get out of it.

When I first started the climb I felt that I had no knowledge of what was waiting for me at the top. The higher I was, the more I feared that that something at the top might make me fall down to the bottom again.

It was as if I had lost all trust in my ability to cope with what was out there for me in the world...

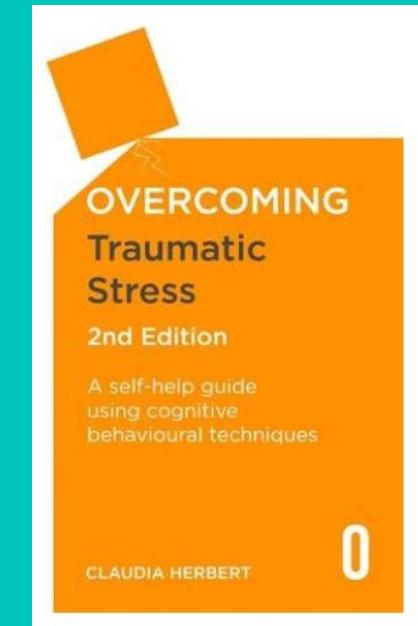
Story 1



.. Sometimes the fear even made me want to climb back towards the bottom of the well again. This was because if it came to another fall, it would not be quite so deep to go down.

At the same time I knew that I had to keep ascending, because the thought of staying at the bottom of this well, and continuing my life in the grip of the trauma, as it had been, was unbearable

Story 1 - cont

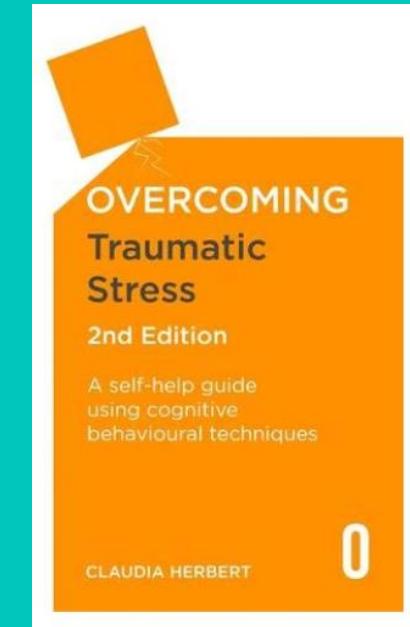


My sense of trust and safety has completely gone. The world around me has become completely unpredictable and I can never relax enough to feel safe now.

I notice that people in my family have become very cautious around me. They seem to avoid certain topics of conversation, and seem to talk about me behind my back.

I know that I often blow up at them over completely stupid things, which in the past I would have laughed about...

Story 2

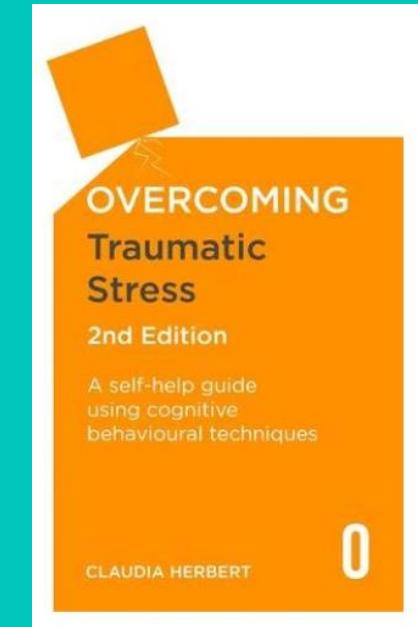


... I hate myself for it, but don't seem to be able to control it or stop it. It is as if suddenly a really black cloud completely grips hold of me and instills in me this capacity to destroy everything around me.

I sometimes even get a perverse sense of pleasure from this wish to destroy and dismantle. I find myself being sarcastic with people, who before the trauma I care about very much.

And I don't trust anyone any more. I sense danger everywhere and find myself checking what others have done to make sure that they have done it properly.

Story 2 - cont

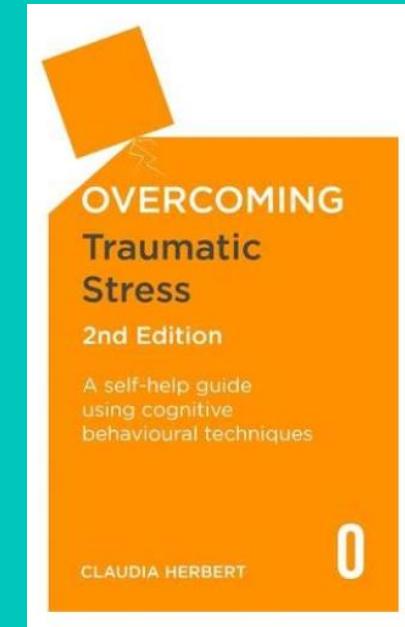


I had been caught in a gas explosion in a factory. I was one of the few to sustain only minor injuries, and immediately following the explosion I was responsible for rescuing others, in the collapsed part of the building. They needed pulling out before the fire reached them.

When emergency personnel arrived, they took over, concentration on those who seemed worse off.

Although very badly shocked and exhausted from my rescue attempts, I was put in a safe corner of a nearby building that served as a rescue centre. I was given little attention...

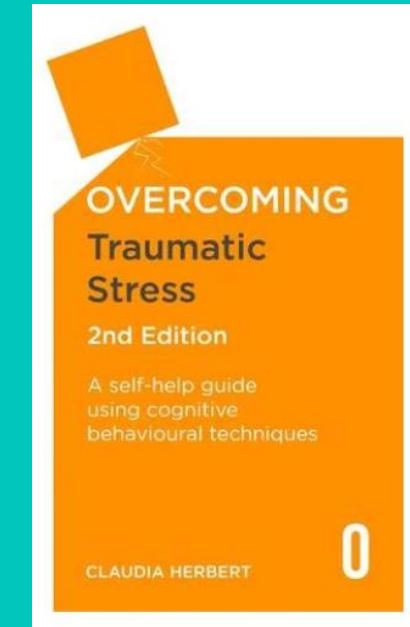
Story 3



...After examination and some minor wound care at my local hospital I was discharged. Members of my family were very pleased that I hadn't been hurt more seriously, and they kept saying to me how lucky I was to have got away with it so lightly.

My family seemed more concerned with my other colleagues, some of whom were also personal friends, who were still in hospital with severe physical injuries. Even the fire investigation officer, the police and my boss thanked me for my rescue attempts but disregarded my feelings during or after the trauma. They repeatedly emphasized how lucky I could count myself...

Story 3 - cont



...I secretly felt guilty about ‘having got away with it so lightly’ and ashamed about the thoughts and feelings about the trauma that kept intruding into my mind day and night, completely out of the blue. Even four weeks later I hadn’t had a single night’s peaceful sleep. I was having terrible nightmares and felt emotionally extremely distressed.

I felt very bad about these feelings as I thought I should be grateful that I was one of the lucky ones. Secretly I thought I was going mad and I hated myself for my weakness. I kept completely silent about my feelings because I felt I had no right to seek anyone else’s support, when most of my colleagues were so much worse off

Story 3 - cont

