PRESENT AGE MINISTRIES

TRAUMA-INFORMED CARE TIPS *for Parents*



WHAT IS TRAUMA?

TRAUMA is an occurrence in which someone sees or experiences a threat to their own (or someone else's) life or safety. Traumatic events may cause feelings of terror, fear, or helplessness, which can cause confusion, dissociation, and a loss sense of security or predictability.

(Psychology Dictionary Online)

COMPLEX TRAUMA

COMPLEX TRAUMA occurs as a result of repetitive, prolonged trauma involving harm or abandonment by a caregiver or other interpersonal relationships with an uneven power dynamic. This type of trauma is also known as Complex PTSD (Post Traumatic Stress Disorder).

COMMON EFFECTS OF TRAUMA

- Fatigue
- Headache
- Digestion problems
- Muscle tension/weakness
- Hyperventilation
- Increased heart rate
- Difficulty concentrating
- Difficulty making decisions
- Memory disturbances
- Flashbacks
- Worrying about the event
- Sense that things aren't real
- Changes in sleep pattern
- Changes in eating pattern
- Changes in other activities
- Decreased personal hygiene
- Withdrawal from others
- Not wanting to be alone
- Fear, panic, feeling unsafe
- Guilt
- Anger or irritability
- Helplessness
- Moodiness
- Depression
- Anxiety

HOW THE GIRLS SEE THEMSELVES

- She views herself as a sexual object for others.
- Her value and self-worth is based on the expectation she will be abused by others, which can result in risky sexual behavior.
- She often times does not see herself as a victim.
- She feels threatened or unsafe, which can lead to dangerous or violent behavior.
- She feels hopeless and has difficulty setting healthy goals.
- She may have suicidal thoughts or tendencies, feeling as though her life has no value.

REACTIONS TO TRAUMA



FIGHT	FLIGHT	FREEZE
Traumatic stress triggers; increased heart rate; quicker breathing; increased blood pressure.	Does not perceive to have the strength to fight.	Altered consciousness; body and mind numbs.
Results in quick movement.	Results in running away.	Results in no movement.

Cognitive beliefs are instantly formed as truth:
"It's not safe to..." | "I can't trust..." | "It's my fault..." | "I should have..."

HOW CAN I HELP?

- Spend quality time with your daughter.
- Offer support even if you haven't been asked. Tell her that you are sorry that the trauma occurred and that you want to understand and help.
- Offer realistic reassurance that they are safe.
- Respect requests for privacy.
- Do not take things personally. Your daughter may be angry or dealing with other emotions stemming from the traumatic experience.
- Encourage and support your daughter to make smaller decisions independently to cultivate a greater sense of control in her life, foster the healing process, and equip her to make better choices as life situations become more complicated.
- **PRAY**. Above all else, battle for your daughter in prayer.

TAKING CARE OF YOU

1. Create boundaries.
2. Know your limitations and ask for help.
3. Make sure you are grounded in your spiritual disciplines.
4. Do not operate in your own **strength.**
5. Regulate your stress – know the signs.
6. Avoid the numbing/ssturation points.
7. Express your emotions.
8. **Seek counsel.**
9. Pulling away from everyone is a sign of burnout.
10. Nurture relationships that bring joy.
11. Take care of your physical self, as well as your emotional self (exercise/diet).
12. Be patient – healing can be a lengthy process.
13. Be obedient to God's leading.
14. Have friends outside of the system.

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