

2023 HOPE FOR TODAY CONFERENCE
 COMPREHENDING TRAUMA AND HEALING
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What is trauma? When people think of trauma they think of people who have been exposed to: war, natural disasters, catastrophic accidents, abuse. These are some but a person does not always have to experience these to affect them.

Through trauma – you learned.....

The way people experience trauma can be grouped in two types:

- Little t Trauma and Big T Trauma

Big T what people consider as traumatic i.e.. Plane crash, sudden loss of a loved one. The pandemic.

Little t: personal – loss of a pet or a breakup (relational), interpersonal conflict, financial worries, infidelity, divorce, legal trouble.

An accumulation of smaller events can still be traumatic, in the small t.

Little t: are events that exceed our capacity to cope, it causes disruption in emotional functioning. (not life or bodily integrity threatening).

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AFFECTS OF TRAUMA

- Psychological/emotional – depression, anxiety, hypervigilance, self esteem, fearful these are some.
 - Biological (body, brain) – Brain (Model)
- - affects central stress response system – makes a person more reactive to stress and release of cortisol (Hormone- weight gain).
- Somatic response= physical symptoms impacted by psychological/emotional
 - Somatic comes from the Greek word - soma

AMYGDALA (PART OF THE BRAIN)

- Main function is to identify what we are experiencing is needed for survival
- God intended this area of the brain for survival
- Triggers release stress hormones to prepare us to fight, flight, freeze. Breathing increase, heart rate, blood pressure – vagus nerve (automatic nervous system)
- Recovery block- what happens to the body?
- -triggered- aroused, agitated
- Increases risk of misinterpreting situations and people- cycle of victim.
- Override over the prefrontal area. (brain has difficulty identifying what is the present and past)
- Addictions – alcohol/ drugs

IMPACT ON BRAIN AND BODY

- = judgement/ perception off
- Fight, flight , freeze, fawn response
- Constant state of hyperarousal , fear, anxiety. (affects physical health)
- Difficulty concentrating
- Memory fragmented

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SPIRITUALITY AND TRAUMA

- Trauma causes wounds – unhealed wounds / opened wounds lead to bitterness - opening doors to darkness.
- Spiritual bondage- stronghold
- Not all trauma end up in the deep dark.
- However trauma can affect the view of God- it is a journey of healing.
- Story:
- Generational Trauma of familial patterns can be healed. Renouncing generational curses, power of forgiveness
- Prayer, deliverance, being born again- fully giving life to Christ- power of the blood of Jesus, filled with the Holy Spirit.

- Then what? Community, accountability, continual growth, staying in the word with a community of believers.

HEALING

Ultimately God

He has given tools for therapists to use:

For the brain to be rewired: Emdr (an example of what I am trained in and use.

HEALING CONTINUED

Brain – releasing mood enhancers and creating new neuro-pathways naturally (neuroplasticity- to heal)

What is Neuroplasticity? Explanation-your brains God given ability to restructure/ rewire itself when it recognizes need for adaption> it can continue through life to develop and change towards healthiness.

- Exercise- breaking a sweat- releases endorphins- which lifts mood
- Laughing- releases the same endorphins – a laugh a day helps
- Dancing
- Creating new neuro-pathways (on your own) challenging thoughts
- gratitude list – daily (an attitude of gratitude) research proven
- New places, people- vacation – creates new connections in the brain
- Meditation on what? The word of God, self-compassion / breathing techniques (vegas nerve)
- Grounding – indoor/outdoor (nature walks/hiking) (sense, ice pack, exercise- to be in the present)
- Art
- Music- soothing, encouraging, worship.
- Talking to a counselor

Being around healthy motivated individuals and community. Connection / fellowship is key.

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