



Lamentations 1:20

SEE, O LORD,
THAT I AM IN
DISTRESS; MY
SOUL IS
TROUBLED

The Lord is my
rock and my
fortress and my
deliverer.

Psalm 18:2

Psalms 34:18

The Lord is near to
those who have a
broken heart, and
saves such as have
a contrite spirit.

GROWING IN HIM COUNSELING

In my distress I
called upon the
Lord, and cried
out to my God;
He heard my
voice from His
temple, and my
cry came before
Him, even to His
ears.

Psalm 18:6

What is Trauma?

“Trauma” is a word that has been used more and more frequently, but what is trauma? Trauma is a negative event in which a person is unable to make sense of. Two people can be in the same car accident where one of them leaves traumatized and the other doesn't. This is because one was able to make sense of the event and the other couldn't.

Additionally, there are big 'T' and little 't' traumas. Big 'T' traumas are what most people think of as traumas; rape, child abuse, murder, extreme violence, etc. Little 't' traumas can be just as damaging, but not as obvious. They include a breakup, fighting, parent's divorce, hearing of violence, minor accidents, etc.

The good news is that both Big 'T' and little 't' traumas can be treated and you can heal from both!

“We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair, persecuted, but not forsaken, struck down, but not destroyed.” 2 Corinthians 4: 8-9

How Your Brain Responds to Trauma

When a specific event occurs, your brain attempts to understand why it happened. If a negative event cannot be processed, it becomes a trauma. Your brain will then use future events to try to process this past “trauma” until it can make sense of it. When another situation occurs, your amygdala (alarm system) asks your hippocampus (memory-center, which does not retain accurate information) if you are in danger. The hippocampus searches its “database” for any information to determine if the event is unsafe and then reports back to the amygdala. If the amygdala and hippocampus decide you are in danger, several things happen simultaneously. Thirteen different chemicals flood your body (including cortisol for stress and adrenaline); your pre-frontal cortex (which allows you to think and reason) turns off; and you prepare to fight, run or freeze. These are all great responses if you are actually in danger. They would help you escape a burning building or run away from a bad situation. They are not helpful if you are in a safe place, but panicking due to a *perceived* threat. Unfortunately your brain will respond the same way to a perceived threat that it does to an actual threat. The good news is that you **can** learn to respond differently in these situations!

How to Respond to Trauma?

If you are experiencing a life threatening or mental health emergency, call 9-1-1 or go to your closest emergency room.

1. **Grounding:** Focus on your 5 senses to help you focus on the present moment rather than a past memory. Focus on things you can see (in detail), touch, hear, taste, and smell.
2. **Get Physical:** Go for a walk, exercise or do something else you enjoy that gets your body moving. Physical activity removes adrenaline and helps regulate your body.
3. **Go Outside:** Natural Vitamin D is very helpful for your mental health and being in nature is calming. Even sitting under a tree can help you regain composure.
4. **Journal:** Writing down your thoughts or what happened helps you to process the event making it less intense. It is a great coping skill and good to decompress.
5. **Talk with a Friend:** Sometimes we just need to talk with someone. If it is something you can process through without traumatizing someone else, a friend is a great source to find comfort.

**If your trauma has caused lasting distress,
seek professional help.**

Therapy can help you work through the trauma symptoms as well as process the actual event. You can learn to heal and move forward which can help you to enjoy the life God has given you! There are several modalities to work through trauma including EMDR, Splankna, as well as talk therapy.

Find a therapist who is trained in trauma and understands how the brain is impacted by traumatic events.

EMPATHETIC AND
COMPASSIONATE
GUIDANCE THROUGH
THE HOPE FOUND IN
JESUS

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We offer individual, group
and couples counseling for
ages 6 to adult.

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with Licensed Counselor

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Areas of Concern:

- Anxiety/Depression
- Trauma
- Grief and Loss
- Anger Management
- Marriage and Family
- Life Situations/Crisis
- Suicidal Ideation/
Attempts

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SCHEDULE AN APPT

VIRTUAL AND IN-PERSON
SESSIONS