

Trauma and PTSD

Trauma: a response to an intensely stressful event(s) that psychologically overwhelms you.

Traumatic Experiences

- Harmful or life threatening (assault, accident)
- Horror or violence (combat)
- Ongoing events or conditions (abuse)
- Imagined or anticipated trauma (fear)
- Childhood events (unresolved)

Symptoms

- Intrusive thoughts, flashbacks, or nightmares
- Triggers, emotional overwhelm
- Fight, flight, or freeze
- Hypervigilance
- Guilt or shame
- Confusion

Human Responses

- Post Traumatic Stress Disorder (PTSD)
- Dissociative Amnesia – repressed memory
- Dissociative Identity Disorder
- Borderline Personality Disorder
- Depression
- Anxiety Disorders

Prayer Strategy

- Pray for starting point (origin)
 - Dare to face it (trust)
 - Watch for flooding (overwhelm)
 - Could be the original or a representative event
- Interrogate the belief
 - What did you believe to be true?
- Ask God for closure
 - Spiritual transactions (forgiven, forgive, curses, vows, demons, strongholds)
 - Mind renewal (new insights or revelation)
- Healing timeline
- Confirm the healing (test for threads)