

Trauma Debrief Resources

Overview. This course includes multiple resources for trauma debrief.

"Trauma is a 'severe emotional shock having a deep, often lasting effect upon the personality' (Funk & Wagnalls Standard College Dictionary, copyright © 1977 by Harper & Row, Publishers, Inc.). Examples include natural disaster, violence, serious accidents, and abuse. People respond to trauma in different ways. Normal reactions to trauma include shock, anxiety, denial, guilt, anger, shame and grief. If the trauma is similar to any unresolved emotional wounds from the past, those may be triggered as well. Similar situations in the present can trigger unresolved past trauma. People who have been traumatized may also suffer from post-traumatic stress disorder." (Becoming Whole, page 74)

Additional resources are also available:

- Becoming Whole [PDF \(A4 for laptop computers\)](#), [PDF \(A6 for mobile devices\)](#), [MOBI \(Kindle\)](#) and [EPUB](#) – Chapter 11.
- Discover Wholeness Prayer through Discovery Bible Studies [Word file](#) [PDF \(A4 for laptop computers\)](#) and [PDF \(A6 for mobile devices\)](#) – Applications / Healing from Trauma.

Resources:

1. **Six Questions.** Following are six simple questions to ask someone who's experienced trauma. They allow space for people to remember what they felt and talk about their experience:

- Can you explain what happened as detailed as you can remember?
- What were you feeling in the middle of each of these events?
- Were there things that you regret doing or not doing?
- For married couples: What did you see in your spouse by the way they responded to the events?
- Who else can help you process and heal from this experience?
- What do you view God's role in healing you?

The goal is re-telling, connecting to feelings/emotions, each person hearing the viewpoint of the other in the same events. LISTEN, LISTEN.

To help you become familiar with these questions, take turns sharing with a friend about a traumatic event in each of your lives.

- If you've not experienced trauma, thank God for this and pray for those who have.
- Invite God into your traumatic memories and ask Him to continue His healing process.
- Pray for one another.

Keep these questions on hand for future reference.

2. Helping People Who Have Recently Experienced Trauma.

This resource is helpful for facilitators debriefing those who have recently experienced trauma. Download it in either A4 (laptop) or A6 (cell phone) format. Keep this resource on hand as a reference for future use.

To help you become familiar with this resource:

- Read through this resource and write down your observations.
- If someone you know has recently experienced a trauma, ask them if they would like your help to debrief those events.
- If you have recently experienced a trauma, ask someone to use this resource to help you process what happened.

3. Helping People Recover from Trauma.

This resource is useful for those seeking to help people who are still experiencing the effects of trauma which occurred more than six months ago. Download it in either A4 (laptop) or A6 (cell phone) format. Keep this resource on hand for future reference.

- Read through this resource.
- Together with at least one other person
 - Share whether or not you have experienced any of the symptoms in Section I.
 - Discuss Sections II.A-C.
 - Act out the role play in Section II.D and discuss the implications of unfinished business.
 - Discuss Section II.E.
 - Work through Section II.F. (the last section) of this document.
 - Answer the questions at the end of the document.
 - Pray for those who are still experiencing the effects of trauma.
- If you are still experiencing the effects of past trauma
 - Share this with someone and ask them to help you work through this resource.
 - Seek follow-up assistance as needed.

4. Helping Children Who Have Experienced Trauma.

This resource is for those who are helping children recover from trauma. It is available in both A4 (laptop) and A6 (cell phone) format.

Keep this resource for future reference. Share this resource with the parent or guardian of children who have experienced trauma.

To help you become familiar with this resource:

- Read through this resource.
- With at least one other person:
 - Discuss Part I.
 - Discuss the differences in the reactions of children of various ages, as described in Part II.
 - Brainstorm practical ways to implement the suggestions in Part III.
 - Discuss practical ways to avoid the pitfalls described in Part IV.

- Pray for the recovery of children affected by trauma.

5. Scriptures for Trauma Survivors.

Download this resource in either A4 (laptop) or A6 (cell phone) format.

- Study the scriptures in this resources.
- Use these scriptures to pray for trauma survivors.
- Share these scriptures with trauma survivors when/as God leads.

6. Closing.

- **Questions for Reflection**
 - What are your goals for using these trauma debrief materials?
 - What will help you reach those goals?
 - What concrete action steps do you choose to pursue? When do you plan to do them?
 - Is it worth the effort it will take? Can you do it, with God helping you?
 - Who will you ask to help you reach these goals? When do you plan to ask them?
- **A Blessing**
 - Rich blessings to you as you use these resources and grow in helping others debrief trauma!

7. Copyright information is unknown.