

# Trauma

**Psychological Trauma:** *a startling experience which has a lasting effect on mental life*

## Results of Trauma

(your top three coping)

- 1.
- 2.
- 3.

## Grief Process

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

## Healing Involves Time

- No instant fixes
- Growth, never “Get over it”

## Grief process is essential

- a. From months to years
- b. God will direct the process (Phil 1:6)

Rom. 8:37 *“But in all these things we overwhelmingly conquer through Him who loved us.”*