

TRAUMA

FACT SHEET

Definition

Trauma is an emotional response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, leading to feelings of helplessness, fear, and a sense of loss of control.

Contributing Factors

Factors influencing the impact of trauma include the severity and duration of the traumatic event, the individual's previous experiences and coping mechanisms, social support, and personal resilience.

Impact on Mental Health

Trauma can significantly impact mental health, leading to conditions such as post-traumatic stress disorder (PTSD), depression, anxiety, and substance abuse. Effective intervention and support are crucial for promoting mental health and recovery after trauma.

Coping

You can effectively cope with trauma by seeking professional help, such as therapy, joining support groups, practicing self-care activities, and engaging in spiritual practices such as prayer, reading scripture, and attending worship services.

Research Insights

Research about managing trauma reveals that evidence-based therapies such as cognitive-behavioral therapy (CBT) and eye movement desensitization and reprocessing (EMDR) are effective in treating trauma-related symptoms. Studies, such as those by Ai and Park (2005), indicate that spiritual practices can also play a significant role in trauma recovery by providing a framework for meaning-making and emotional healing.

What the Bible Says

The Bible offers comfort and guidance for dealing with trauma, emphasizing God's presence, strength, and healing power. Scriptures such as Psalm 147:3 ("He heals the brokenhearted and binds up their wounds") and Isaiah 41:10 ("So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand") highlight the assurance of God's support and healing in times of distress.

Reference

Wortmann, J. H., & Park, C. L. (2008). Religion and Spirituality in Adjustment Following Bereavement: An Integrative Review. *Death Studies, 32*(8), 703-736.