

Supporting Children Through Trauma

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Scriptures

O Lord, you protect and save me; your care has made me great. *Psalms 18:35*

Every child of God can defeat the world, and our faith is what gives us this victory.
John 5:4

Train a child in the way he should go, and even when he is old he will not turn away from it. *Proverbs 22:6*

Children are a gift from the LORD; they are a reward from him. *Psalms 127:3*

Food For Thought

- As you think back to when you were a child, what experience or situation did you find difficulty to deal with?
- Who were adults or an adult that was supportive or helpful to you during that time in your life? What actions or words did do??
- Who were adults or an adult that was NOT supportive or helpful to you during that time in your life? What actions or words did do??

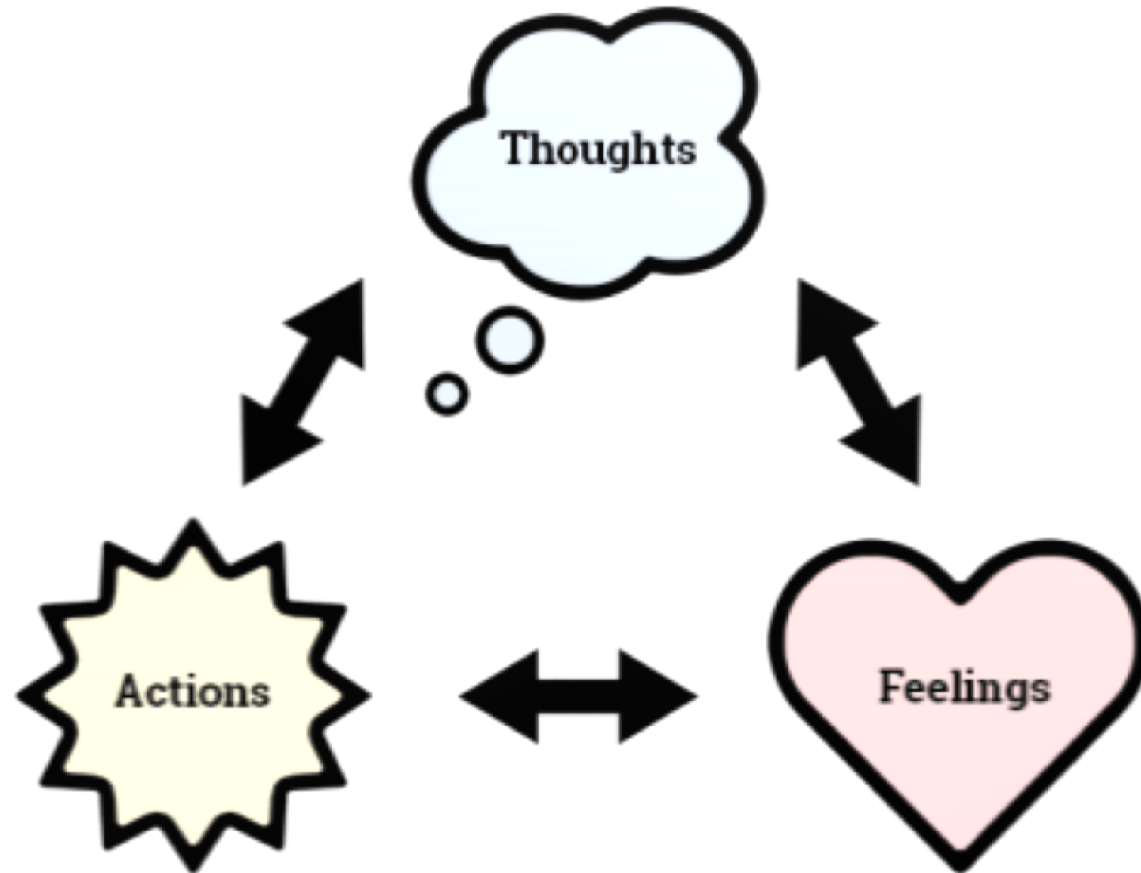
What is Trauma?

- Exposure to actual or threatened death, serious injury, or sexual violence.
- Disturbing or reoccurring memories and flashbacks
- Persistent avoidance of stimuli associated with the traumatic event(s), beginning after the traumatic event(s) occurred
- Negative alterations in cognitions and mood
- Marked alterations in arousal and reactivity associated with the traumatic event(s).
- Duration is more than a month.
- The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
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The Importance of Education

- What is Domestic Violence
- Types of Domestic Violence
- Ways to Educate:
 - Games - "How much do you know"
 - Trauma Jeopardy
 - Art – drawing, coloring
 - Music
 - Books – “

Cognitive Behavioral Triangle



Thoughts and Feelings = Actions/Behaviors

THOUGHTS

- What are Thoughts?
- Negative Thoughts
- Thought Stopping
- Thought Replacement
- Leads to Actions/Behaviors

FEELINGS

- What are Feelings?
- Feelings are "One Word"
- Feelings can produce physical symptoms
- Identifying Triggers
- Leads to Actions/Behaviors

Relaxation and Coping Techniques

- Breathing Techniques
- Grounding Skills – Senses
- Meditation
- Exercise
- Journaling

Tell Your Story

- Tell your Story
- Tell your Story Again – identify thoughts/feelings
- Desensitize
- Gain Power/Control

What's Next?

- Remember what you learned
- Resources
- Therapy
- Continue to talk and share your feelings