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PTSD & Disabilities:   
What Traumatized Families and Caregivers Need from the Church

Jolene Philo, presenter

1. What Is Trauma?

Trauma happens when an intense experience stuns a child like a bolt out of the blue; it overwhelms the child, leaving him altered and disconnected from his body, mind, and spirit.

~ Levine & Kline

A trauma is an event that has happened to a person that has had a profound and life-changing effect.

~ William E. Krill

1. What Is PTSD?

PTSD occurs when children or adults are unable to dispel strong emotions & energy caused by physical response to a traumatic event. Without intervention, the initial response may become trapped in the brain. When those responses continue to be triggered more than three months after the original event, it’s likely that the trauma has developed into PTSD.

1. Other Names for PTSD in Caregivers

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fatigue
* Secondary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stress
* Chronic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Four Ways PTSD Impacts Families with Special Needs and Disabilities

* Children of mothers with PTSD are at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ of developing PTSD.
* Parents diagnosed with depression are more likely to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their children.
* Children of depressed parents have a higher risk of developing \_\_\_\_\_\_\_\_\_\_\_.
* Parents of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ kids have a higher risk of developing PTSD.

1. What Trauma Does to the Brain

* Startle
* Thwarted Intention
* Freeze
* Altered State of Consciousness
* Body Sensations
* Automatic Obedience
* Self-Repair

1. What Trauma Does to the Body

* Muscular System:
* Respiratory System:
* Circulatory System:
* Endocrine System:
* Gastro-intestinal System:
* Reproductive System:

1. What Caregivers Need from the Church

* Be ready for \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ before they hit.
* Treat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_with the same seriousness and dignity as physical illness.
* Follow the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lead.
* Expect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ questions.
* Know that caregivers wrestle with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Realize extra \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is required.
* Be there for the long \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Remain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ even when caregivers don’t come to faith.
* Minister to on-going \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Offer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ help.

**Resources:**

***Books:***

Alcorn, Randy. *If God Is Good: Faith in the Midst of Suffering and Evil* (Multnomah, 2009)

Guthrie, Nancy, Jesus Speaks Into Your Sorrow (Tyndale, 2009)

Miller, Paul. *The Praying Life* (NavPress, 2009)

Philo, Jolene. *A Different Dream for My Child: Meditations for Parents of Critically or Chronically Ill Children* (DHP, 2009)

Philo, Jolene. *The Caregiver’s Notebook: An Organizational Tool and Support to Help You Care for Others* (DHP, 2014)

Philo, Jolene. *Does My Child Have PTSD? What To Do When Your Child Is Hurting from the Inside Out* (Familius, 2015)

***Online:***

[www.DifferentDream.com](http://www.differentdream.com)

[www.specialneedsparenting.net](http://www.specialneedsparenting.net)

[www.KeyMinistry.com](http://www.keyministry.com)

[www.irrisistiblechurch.com](http://www.irrisistiblechurch.com)

[www.snappin.org](http://www.snappin.org)