

R.I.S.E FROM TRAUMA-GET BACK TO LIFE

RISE from Trauma-Recognize, Implement, Stewardship, Empower

Presentation by

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WELCOME!

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**'THE GREATEST
DISCOVERY OF ALL
TIME IS THAT A
PERSON CAN CHANGE'
-AMETHYST
ROBERSON**



OBJECTIVES

RISE from Trauma-Recognize, Implement, Stewardship, Empower

GUIDED SELF-REFLECTION

MINDFULNESS

STOP, TAKE A FEW DEEP BREATHS, OBSERVE WHAT'S GOING ON, AND PROCEED WITH INTENTIONAL INCORPORATION OF WHAT YOU HAVE LEARNED TODAY.



“MANY TIMES, TRAUMA IN A PERSON DECONTEXTUALIZED OVER TIME CAN LOOK LIKE PERSONALITY. TRAUMA IN A FAMILY DECONTEXTUALIZED OVER TIME CAN LOOK LIKE FAMILY TRAITS, TRAUMA DECONTEXTUALIZED IN A PEOPLE OVER TIME CAN LOOK LIKE CULTURE AND IT TAKES TIME TO SLOW IT DOWN SO YOU CAN BEGIN TO DISCERN WHAT’S WHAT.”— RESMAA MENAKEM,



RISE FROM TRAUMA-RECOGNIZE, IMPLEMENT, STEWARDSHIP, EMPOWER



Causes emotional or psychological distress

Trauma can stem from a wide range of experiences, including abuse, neglect, accidents, natural disasters, or even the loss of a loved one.



Disrupts one's sense of safety and control

Traumatic events can shatter an individual's perception of the world as a safe and predictable place, leaving them feeling vulnerable and powerless.



Leads to ongoing negative impacts on mental health

The effects of trauma can persist long after the event, leading to conditions such as PTSD, anxiety, depression, and difficulty in relationships.

Recognizing the varied forms of trauma is the first step in the RISE journey, empowering individuals to address its impact and reclaim their resilience.

RECOGNIZING TRAUMA

TRAUMA IS A DEEPLY DISTRESSING OR DISTURBING EXPERIENCE THAT OVERWHELMS AN INDIVIDUAL'S ABILITY TO COPE, CAUSING FEELINGS OF HELPLESSNESS AND DIMINISHING THEIR SENSE OF SELF.

Types of Trauma

- **Acute Trauma**

A single, overwhelming event that causes immediate and severe emotional and/or physical distress, such as a car accident, natural disaster, or violent assault.

- **Prolonged Trauma**

Continuous or repeated exposure to traumatic events over an extended period, like living in an abusive household or experiencing long-term war or conflict.

- **Complex/Chronic Trauma**

Multiple, severe, and often interpersonal traumatic events that occur over time and have long-lasting effects, such as childhood abuse or neglect.

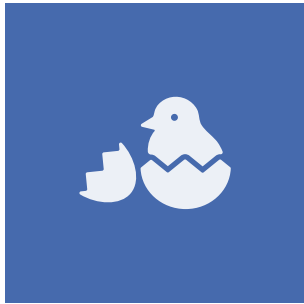
- **Secondary Trauma**

The indirect exposure to trauma through witnessing or learning about the traumatic experiences of others, often experienced by professionals who work with trauma survivors.

- **Intergenerational Trauma**

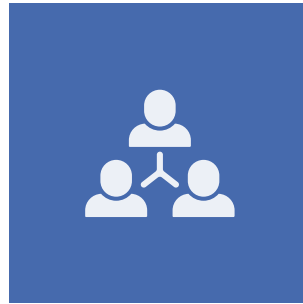
The transmission of trauma from one generation to the next, where the effects of trauma experienced by ancestors continue to impact their descendants, such as in the case of historical oppression or genocide.

TYPES OF EARLY TRAUMA



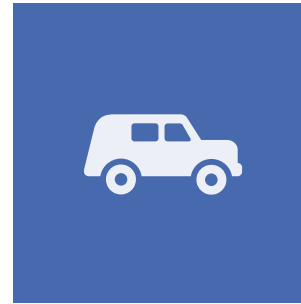
Abuse

Physical, emotional, or sexual abuse experienced during childhood



Neglect

Lack of basic needs, emotional support, or supervision during developmental years



Household Dysfunction

Growing up with parental mental illness, substance abuse, domestic violence, or incarceration



Separation/Loss

Experiencing the death of a parent, divorce, or abandonment during formative years

Understanding the different types of early trauma is the first step in the RISE process to heal and overcome their impact.-Dr. Mariel Buqué

TRAUMA FROM A CHILDS EYE"S

- **Neglect and Emotional Unavailability**

When parents are emotionally absent, it can leave a child feeling alone, unsupported, and lacking in the nurturing they need for healthy development.

- **Harsh Discipline and Abuse**

Physical, emotional, or sexual abuse from parents can have devastating and long-lasting impacts on a child's sense of safety and self-worth.

- **Overbearing or Controlling Behavior**

Parents who are overly rigid, demanding, or micromanaging can stifle a child's autonomy and sense of self, leading to anxiety and low self-esteem.

- **Parentification and Role Reversal**

When a child is forced to take on adult responsibilities or become the caregiver for their parents, it can rob them of a normal childhood and lead to resentment and burnout.

- **Favoritism and Scapegoating**

Showing clear preference for one child over another, or singling out a child as the problem, can deeply wound a child's sense of self-worth and belonging.

CHARACTERISTICS OF RELATIONSHIP TRAUMA

Characteristic	Description	Impact on Relationships
Abandonment Issues	Deep fear of being left alone, leading to clinginess or push-pull behavior.	Causes instability and insecurity in relationships, often leading to unhealthy attachment patterns.
Infidelity Trauma	Lingering mistrust and emotional pain from being cheated on.	Erodes trust and makes it challenging to fully invest in future relationships.
Gaslighting Effects	Persistent self-doubt and confusion from being manipulated to question one's reality.	Undermines self-confidence and the ability to trust one's own judgment.
Fear of Rejection	Avoidance of forming close connections due to fear of being rejected.	Prevents deep emotional connections and leads to loneliness or isolation.
Emotional Manipulation Trauma	Difficulty asserting personal boundaries after being emotionally controlled or manipulated.	Makes it hard to maintain a sense of self and autonomy in relationships.
Trust Betrayal	Inability to fully trust others, fearing they might betray or deceive.	Leads to constant suspicion and difficulty in establishing secure attachments.
Guilt and Shame	Overwhelming feelings of guilt or shame, often internalized from a partner's abusive behavior.	Contributes to low self-esteem and self-destructive behavior in relationships.
Dependency and Control	Struggling with co-dependency or excessive control due to past trauma.	Creates imbalanced power dynamics, either through excessive dependency or control.
Fear of Vulnerability	Reluctance to open up emotionally, fearing vulnerability will lead to being hurt again.	Inhibits true intimacy and emotional bonding with partners.
Cycle of Abuse	Repeatedly finding oneself in relationships that mirror past abusive dynamics.	Traps individuals in a repetitive cycle of unhealthy relationships.

LONG-TERM EFFECTS OF TRAUMA

Personal

Increased anxiety, depression, PTSD, difficulty with emotional regulation, physical health problems such as chronic pain or digestive issues, negative self-image, and challenges in forming and maintaining healthy relationships.

Professional

Decreased productivity, absenteeism, difficulty concentrating, heightened stress levels, and potential career setbacks due to the psychological and emotional toll of trauma.

Relational

Strained or damaged relationships with family, friends, and romantic partners, communication breakdowns, trust issues, and challenges in establishing and maintaining healthy boundaries.

Spiritual

Feelings of disconnection from one's faith or belief system, loss of meaning or purpose, and a sense of spiritual isolation or abandonment.

Financial

Financial instability due to medical expenses, missed work, legal fees, or the inability to maintain steady employment, leading to increased debt, poor credit, and difficulty achieving financial goals.



***IF YOU WANT TO STIR
UP ALL YOUR
UNRESOLVED
CHILDHOOD TRAUMA-
CHANGE-AMETHYST
ROBERSON***

Types of Emotional Wounds

Abandonment

Negative characteristics:

Feelings of loneliness, insecurity, and fear of being left behind.

Resourceful ways: Develop self-reliance, build a support network, and practice self-compassion.

Betrayal

Negative characteristics: Difficulty trusting others, feelings of anger, and a sense of vulnerability.

Resourceful ways: Acknowledge the pain, set boundaries, and focus on self-empowerment.

Injustice

Negative characteristics: Feelings of resentment, a sense of unfairness, and a desire for revenge. **Resourceful ways:** Seek validation, advocate for change, and practice forgiveness.

Rejection

Negative characteristics: Low self-esteem, sensitivity to criticism, and difficulty with social interactions.

Resourceful ways: Cultivate self-acceptance, build resilience, and practice assertiveness.

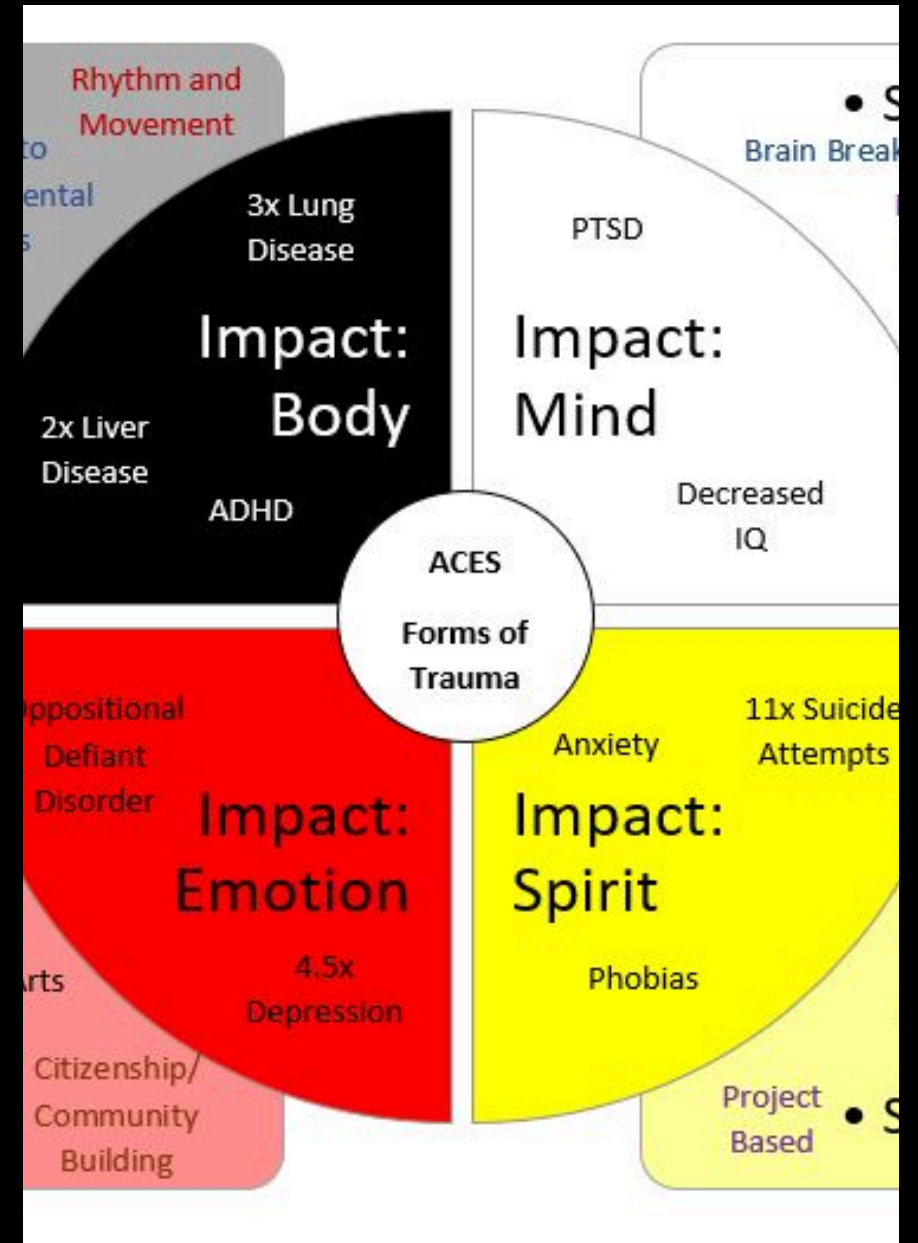
Domination Wound

Negative characteristics: Feelings of powerlessness, a need for control, and difficulty with boundaries. **Resourceful ways:** Develop autonomy, practice self-assertion, and seek counseling if needed.

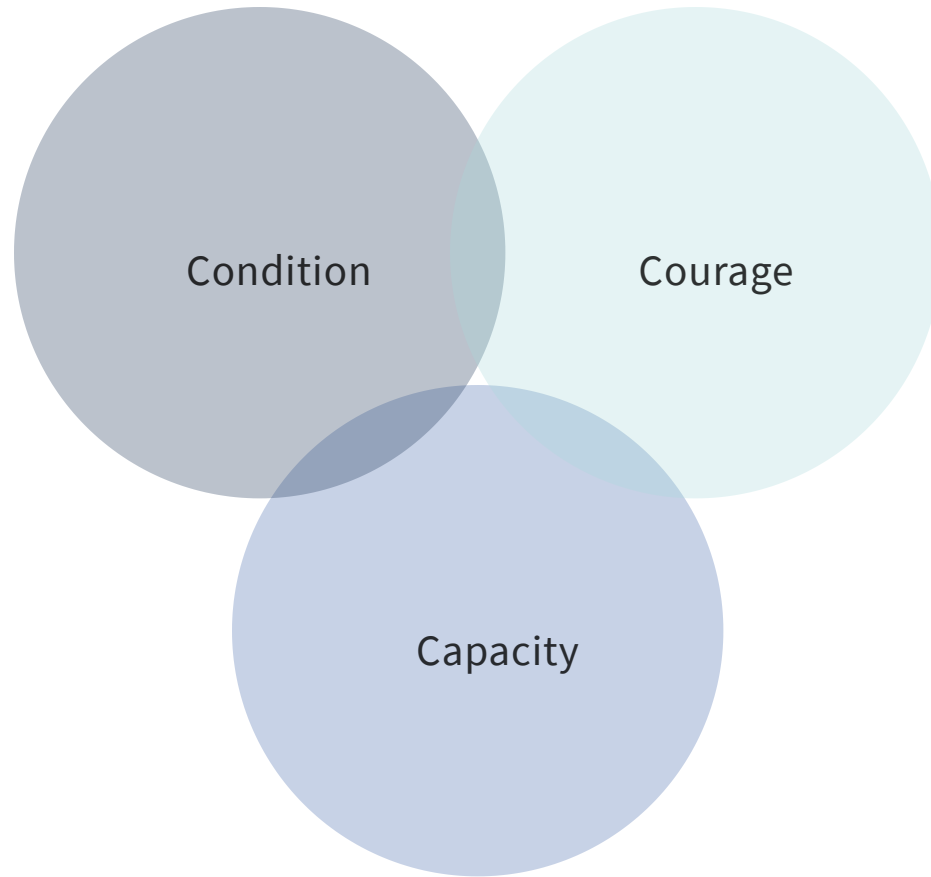
Humiliation

Negative characteristics: Shame, embarrassment, and a fear of being vulnerable. **Resourceful ways:** Acknowledge the pain, practice self-compassion, and surround yourself with supportive individuals.

**TRAUMA CAN PROFOUNDLY
SHAPE OUR DESIRES,
ABILITIES, REASONS, AND
FUNDAMENTAL NEEDS.**



THE 3'C TRAUM AFFECTS



BEING STUCK IN TRAUMA LOOKS LIKE



Fight

The fight response is the body's way of mobilizing resources to actively confront or defend against a perceived threat. This can manifest as aggression, anger, or a strong determination to overcome the challenge.



Flight

The flight response involves the impulse to avoid or escape from a perceived threat. This can lead to behaviors like running away, hiding, or withdrawing from the situation.



Freeze

The freeze response is a state of immobilization, where the individual becomes unable to move or respond effectively in the face of a threat. This can be a protective mechanism to avoid detection.



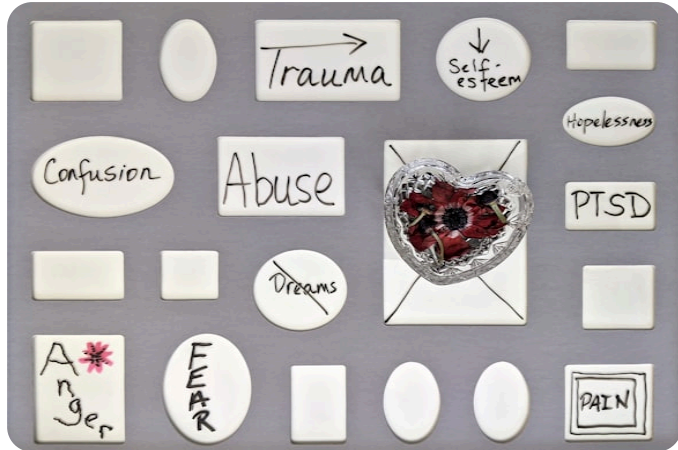
Fawning

The fawning response involves attempts to appease or please the perceived threat in order to avoid conflict or harm. This can manifest as people-pleasing, excessive compliance, or a reluctance to assert one's own needs.

Understanding the four common trauma responses - fight, flight, freeze, and fawning - can help individuals become more aware of their own patterns of coping and develop strategies to manage them effectively in their journey towards healing and growth.

IMPLEMENT, STEWARD, EMPOWER SELF AND OTHER-TRAUMA

Defining



Addressing Trauma

Trauma is a deeply distressing or disturbing experience that overwhelms an individual's ability to cope, causing feelings of helplessness and diminishing their sense of self.



Role of God's Word

The Word of God is powerful and quick, able to bring instant clarity and healing, complementing evidence-based practices for true healing. (Tropoin)



Scripture Reference

Hebrews 4:12 - "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

Rise Above Trauma



Rising from Trauma

Rising from trauma means rising from perversion, undisciplined living, and lack of discernment, emphasizing the role of discipline and discernment in exposing the lies underlying trauma.



Letting Go of the Past

Stop dwelling on past traumas and discipline your mind to let them go, focusing on the present and the future.



Scripture Reference

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?"

APPLY COMPASSIONATE RESPONSES TO NEGATIVE THOUGHTS: PRACTICING STEWARDSHIP IN YOUR LIFE

Response	Description	How It Manifests in Daily Life
Reframing Thoughts	Focus on what can be learned from the experience rather than what went wrong.	Asks, 'What is this situation teaching me?' instead of dwelling on failure.
Practicing Self-Compassion	Acknowledge humanity and remind oneself that everyone makes mistakes.	Says, 'It's okay to make mistakes; I can learn and grow from this.'
Mindful Pause/Notice	Take a moment to breathe and assess the situation calmly before reacting.	Pause before responding, ensuring a thoughtful and measured reaction.
Gratitude Shift	Consciously shift focus to what you are grateful for in the situation.	Reflect on positives, saying, 'I'm grateful for the opportunity to learn from this.'
Positive Affirmations	Replace negative self-talk with positive affirmations.	'I am capable and worthy of success,' to reinforce self-worth.
Seeking Perspective	View the situation from a different perspective, as if advising a friend.	Asks, 'What would I tell a friend in this situation?' to reduce self-criticism.
Engaging in Self-Care	Engage in a self-care activity to reset the mindset after a difficult moment.	Takes a walk, meditates, or does something enjoyable to refresh.
Embracing Growth	Remind yourself that challenges are opportunities for growth.	Reflects, 'This is an opportunity to learn and improve,' rather than feeling defeated.
Reaching Out for Support	Seek support from a friend, mentor, or therapist for perspective and encouragement.	Calls a trusted person for guidance and reassurance.
Practicing Forgiveness	Practice self-forgiveness and move on without holding onto guilt.	Reminds oneself, 'I am doing my best, and it's okay to move forward.'

SCRIPTURES FOR HEALING TRAUMA & EMPOWERING OTHERS

Scripture	Verse	Application
Psalms 34:18	The Lord is close to the brokenhearted and saves those who are crushed in spirit.	Reminds individuals that God is near during times of deep pain and offers comfort.
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.	Encourages strength and courage, knowing that God provides support during the healing process.
2 Corinthians 12:9	But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'	Highlights that God's grace is enough, and His power is most evident in our struggles.
Psalms 147:3	He heals the brokenhearted and binds up their wounds.	Offers reassurance that God is actively involved in the healing process, both emotionally and spiritually.
Romans 8:28	And we know that in all things God works for the good of those who love him, who have been called according to his purpose.	Provides hope that even traumatic experiences can be used for a greater purpose in God's plan.
Matthew 11:28	Come to me, all you who are weary and burdened, and I will give you rest.	Invites those suffering from trauma to find rest and peace in Christ.
Philippians 4:13	I can do all this through him who gives me strength.	Encourages reliance on God's strength to overcome the challenges of trauma.
Joshua 1:9	Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.	Inspires confidence in God's constant presence and support in difficult times.

THERAPEUTIC APPROACHES FOR HEALING TRAUMA

Therapeutic Approach	Description	Benefits
Somatic Healing	Focuses on the connection between mind and body, releasing trauma stored physically.	Helps release physical tension and emotional pain.
Inner Child Work	Reconnecting with and healing the wounded inner child.	Facilitates understanding and healing of deep-seated emotional wounds.
Intergenerational Healing	Addresses trauma passed down through generations within families.	Breaks cycles of trauma, promoting healing across family lines.
Cognitive Behavioral Therapy	A structured approach that helps change negative thought patterns and behaviors.	Effective in reducing symptoms of PTSD and anxiety.
EMDR (Eye Movement Desensitization and Reprocessing)	Utilizes guided eye movements to process and integrate traumatic memories.	Helps reduce the emotional charge of traumatic memories.
Narrative Therapy	Encourages individuals to re-author their life stories from a place of strength.	Empowers individuals to change their relationship with trauma.
Faith-Based Counseling	Integrates spiritual beliefs with therapeutic practices.	Provides a sense of purpose and hope through faith.
Mindfulness-Based Therapy	Involves practices that cultivate present-moment awareness and acceptance.	Reduces anxiety and helps individuals stay grounded.
Trauma-Informed Yoga	Combines physical postures, breathing, and meditation to address trauma.	Supports both physical and emotional healing.
Group Therapy	Involves therapeutic sessions with others who have experienced similar trauma.	Provides support, reduces isolation, and builds community.

THERAPEUTICS APPROACHES

- **Journaling**
Write down your thoughts, feelings, and experiences to process and release the emotional impact of trauma.
- **Mindfulness Practices**
Engage in meditation, deep breathing, or sensory awareness exercises to ground yourself in the present moment and cultivate inner peace.
- **Creative Expression**
Explore art, music, or dance as a means to express and work through the trauma in a safe and cathartic way.
- **Social Support**
Reach out to trusted friends, family, or support groups to share your journey and receive empathetic understanding and validation.
- **Therapy**
Consider working with a mental health professional, such as a therapist or counselor, to address the trauma through evidence-based treatments like cognitive-behavioral therapy.

G.R.A.C.E.: A PATH TO HEALING FROM RELATIONSHIP TRAUMA

Aspect	When Affected by Trauma	When Healed (G.R.A.C.E.)
Growth Mindset (G)	Avoids taking risks for fear of failure.	Embraces growth opportunities and learns from mistakes.
Resilience (R)	'I can't trust others; they will let me down.'	'I can build trusting relationships and bounce back from challenges.'
Affirmation (A)	'I'm not good enough, and I have to prove my worth.'	'I am worthy of love and respect just as I am.'
Compassion (C)	'I'm sorry, it's my fault, I'll do better.'	'I understand my worth, and I am not responsible for others' actions.'
Empowerment (E)	Overextends themselves to please others, avoids conflict.	Sets healthy boundaries and confidently expresses needs.

*This data was generated for the purpose of creating a slide based on the provided prompt.

RESETTING THE PARASYMPATHETIC NERVOUS SYSTEM TO APPLY THE G.R.A.C.E. MODEL

What is the Parasympathetic Nervous System (PNS)?

The PNS is part of the autonomic nervous system that promotes relaxation, digestion, and healing. It counteracts the "fight or flight" response, bringing the body back to a state of calm.

Signs of Dysregulation

Anxiety, chronic stress, difficulty relaxing, digestive issues, poor sleep, emotional dysregulation. These symptoms indicate that the PNS is struggling to bring the body back to balance.

Ways to Reset the PNS

Deep Breathing: Practice slow, deep breaths (inhale for 4 seconds, hold for 4, exhale for 6). Meditation and Mindfulness: Engage in daily practices to calm the mind and body. Progressive Muscle Relaxation: Tense and release each muscle group to reduce tension.

Ways to Reset the PNS (continued)

Physical Activity: Engage in moderate exercise like walking or yoga. Adequate Sleep: Ensure enough restful sleep to support the body's recovery processes. Spending Time in Nature: Natural settings help calm the nervous system.

Ways to Reset the PNS (continued)

Social Connection: Positive interactions can activate the PNS and improve mood. Healthy Nutrition: A balanced diet supports gut health and the PNS. Hydration: Keep the body hydrated to support nervous system function. Grounding Techniques: Practice exercises like walking barefoot on grass to calm the nervous system.

Recap

RISE Model for Trauma Recovery: Amethyst Roberson's RISE model—Recognize, Implement, Steward, Empower—provides a structured approach to addressing and healing from trauma, emphasizing the importance of recognizing trauma's varied forms as the first step towards reclaiming resilience.

Types and Effects of Trauma: The document details various types of trauma, particularly early trauma from abuse, neglect, and household dysfunction, and explores the long-term effects on personal, professional, relational, and spiritual aspects of life, including conditions like PTSD, anxiety, and depression. **Therapeutic Approaches:** Several therapeutic methods are discussed, including somatic healing, inner child work, intergenerational healing, cognitive behavioral therapy (CBT), EMDR, and trauma-informed yoga, highlighting the importance of integrating spiritual beliefs with therapeutic practices.

G.R.A.C.E. Model: The G.R.A.C.E. model—Growth Mindset, Resilience, Affirmation, Compassion, Empowerment—is introduced as a path to healing from relationship trauma, emphasizing the need to reset the parasympathetic nervous system to promote relaxation and recovery.

Practical Strategies and Support: The document concludes with practical strategies for managing trauma responses, fostering resilience, and encouraging individuals to seek support from trusted friends, mentors, or therapists, while also incorporating mindfulness practices and compassionate responses to negative thoughts.

LET'S STAY CONNECTED

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Thanks for your participation.



Amethyst Roberson

Healing | Empowerment | Restoration

More Info