

ISAAC
TRAINING

ISAAC Trauma-Informed Ministry

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Defining Trauma

- **Trauma is the mental, emotional and physiological overload effect from a deeply disturbing, distressing or horrifying event.**
- **Trauma is defined as an unresolved emotional experience.**

- **In general, an incident becomes traumatic when it is not properly processed and integrated, leading to a persistent emotional "charge.'**
- **Notably, most people recover from traumatic incidents, especially with the empathic support of family, friends, and, when needed, supportive professionals.**

Types of trauma

Type 1 and Type 2 traumas:

- Incidents such as a road traffic accident and one-off assaults (mugging, rape, attack) are examples of Type 1 traumas.
- Type 2 traumas include multiple incidents and more complex/continuing events (usually of a relational nature), such as ongoing abuse in childhood or domestic violence.

Small-t and Large-T traumas:

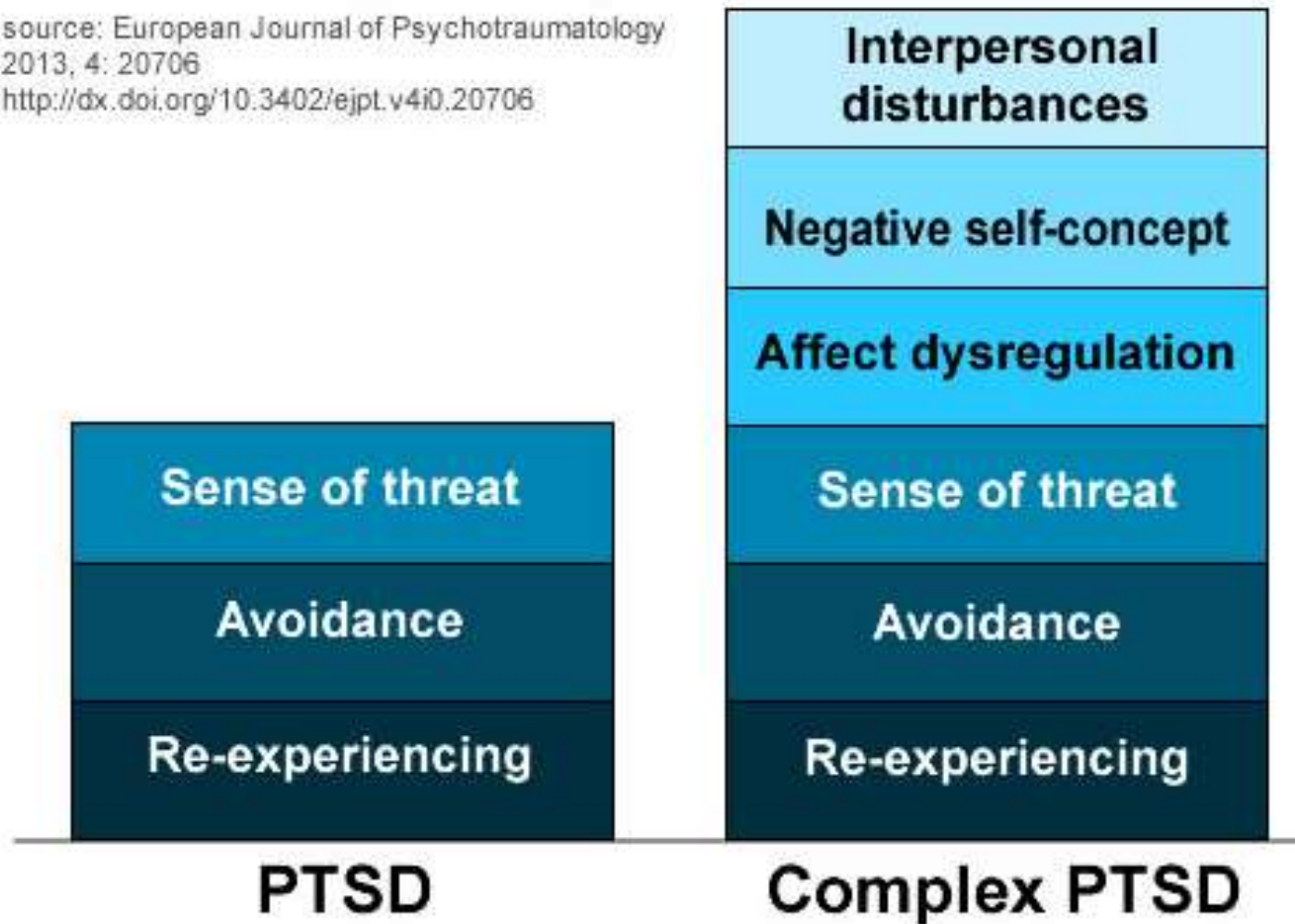
- **Small-t traumas:** experiences that don't ordinarily qualify someone for a PTSD diagnosis but are still considered traumatic, e.g. racial discrimination, verbal abuse, a divorce, a medical crisis, losing a pet
- **Large-T traumas:** events commonly associated with PTSD, including serious injury, sexual violence, or life-threatening experiences

- **PTSD** is a mental health disorder that develops after exposure to a traumatic event. The traumatic event may be experienced directly, witnessed, or happen to someone else close by.

Some examples of traumatic events are:

- **Serious accidents.**
- **Military combat.**
- **Natural disasters.**
- **Personal assaults.**
- **Abuse.**

source: European Journal of Psychotraumatology
2013, 4: 20706
<http://dx.doi.org/10.3402/ejpt.v4i0.20706>



There is more to trauma than PTSD.

- **Not all trauma presents with PTSD.**
- **Many mental health problems, e.g. anxiety, depression, substance use, and physical health problems, e.g. obesity, heart disease, and autoimmune conditions, can be understood to be an expression of unresolved trauma**
- **Diagnostic challenges:**
 - **There may be little or no obvious connection to the trauma in the client's narrative**
 - **Traumatic memories are distressing to recall and, therefore, typically provoke avoidance**

Trauma & Addiction

Trauma and Addiction Connection

- **Drugs & alcohol often help reduce the sensation of overwhelm that post-trauma changes create. Some people struggling to manage the effects of trauma in their lives may turn to drugs and alcohol to self-medicate.**
- **PTSD symptoms like hypersensitivity to loud noises or sudden movements, depression, social withdrawal and insomnia may seem more manageable through the use of sedating or stimulating drugs, depending on the symptom.**
- **However, addiction soon becomes yet another problem in the trauma survivor's life. Before long, the “cure” no longer works and causes far more pain to an already suffering person.**

Every “Bad” Behaviour Begins With a Good Intention

- **Identifying the good intention behind addiction behaviour opens the door to healing.**
- **The more an addict learns to achieve the “good intention” outcomes in healthy ways, the less he/she will need their addiction to manage post-traumatic stress.**

What do we do with trauma?

Trauma treatment & Prayer

What does anyone suffering from trauma need?

- Stay **safe**
- Escape memories
- Soothe pain
- Be in **control**
- Create a world one can tolerate
- Treat oneself the way one feels he/she deserves
- Redefine who they are

Not to-do list

Do no harm

- **Give Advice**
- **Confront.**
- **Take control.**
- **Dismiss or minimise.**
- **Speed up the process.**
- **Compares to others**
- **Go deeper, beyond what you know.**

To-do list

- **Provide safety.**
- **Empower.**
- **Be patient.**
- **Allow negative emotions.**
- **Process thoughts and feelings.**
- **Boundaries.**
- **5 R's: Rhythmic, Repetitive, Relational, Rewarding, and Relevant. [Dr. Bruce Perry](#)**

How do we deal with past trauma spiritually?

- **Connecting with one's soul and developing a sense of self can be powerful tools for healing past life trauma.**
- **Connecting with God, the power and the support from outside of self.**
- **Connecting with God and our souls can help us better understand our past lives and release negative emotions or beliefs.**

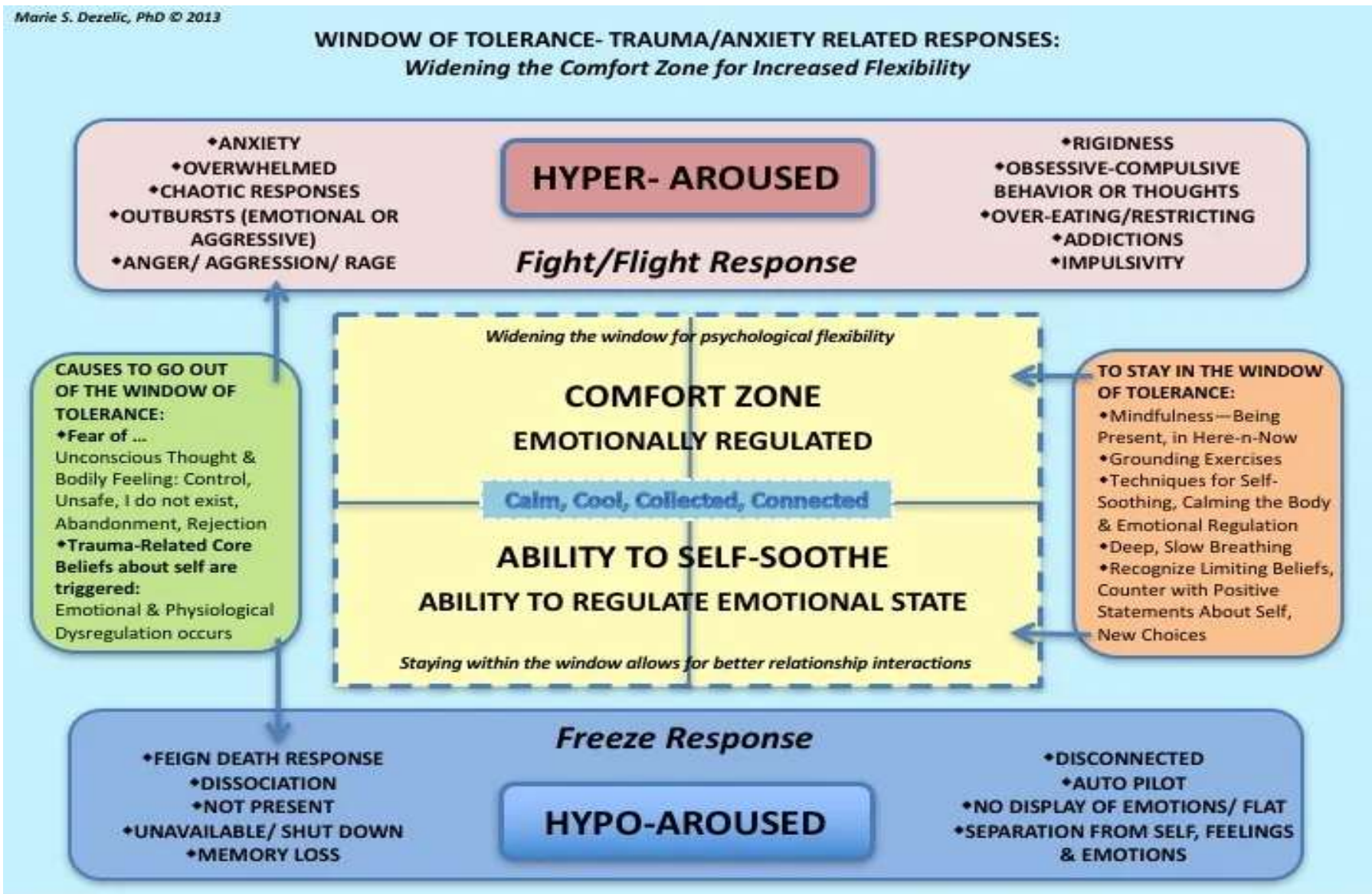
3 phases intervention

1. **Stabilisation** and safety
2. **Disclosure** and working through the traumatic material and psychotherapy on an individual basis
3. **Rehabilitation** and reintegration within society; normalising activities of daily living and maintenance achievements. Forward looking.

1. Stabilisation

- **Safety, risk management**
- **Support**
- **Skills training**
- **Grounding techniques**
- **Anger management**
- **Anxiety management**
- **Assessment for therapy**
- **Medications**

2. Processing



3. Rehabilitation

- Maintenance of achievements
- Forward-looking
- Future planning
- Post-traumatic growth

POST-TRAUMATIC GROWTH IS THE PHENOMENON OF GROWING AFTER A TRAUMATIC EVENT

According to research, one is significantly more likely to experience post-traumatic growth (**66%**) after a traumatic event than to develop post-traumatic stress disorder (**25% of adults; 50% of children**).

THE FIVE DOMAINS OF POST-TRAUMATIC GROWTH



NEW
SENSE OF
POSSIBILITIES



NEW
VALUE IN
RELATIONSHIPS



GREATER
LIFE
APPRECIATION



INCREASED
PERSONAL
STRENGTH



DEEPENED
RELIGIOUS OR
SPIRITUAL BELIEFS

Thank you,

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For inquiries about addiction or life-controlling issues