

FAITH IN THE MIDST OF TRAUMA

by: Mike Tataglia

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Unrecognized Loss And Chaplaincy -

Unrecognized loss can be devastating. One of the issues that irritate the devastation is the fact those who are grieving do not receive the support they need, since the support is absent for the one suffering, they may bottle up the feelings that could lead to resentment. This is termed as "disenfranchised grief", if left unattended or unrecognized other symptoms can occur such as; physical illness, anxiety/depression, addiction and possible relationship problems.

I chose this because what seems to be the level of frequency of disenfranchised grief. It can be a common situation to find someone and what is troublesome is the level of pain and suffering that accompanies. Many of everyday life issues, problems and struggles have to do or are related to issues such as miscarriages, loss of friendship, work place changes and church fall outs, all of these have potential loss and woundedness.

When encountering such a person, I would first administer emotional first-aid and begin the journey of validating their loss. Assuring them that they have valid reasons for grieving and let's explore why this is important, valuable as well as considering it from the Biblical perspective. Once we would establish these issues, I would give them the "approval" they may be looking for to enable them to grieve without shame feeling the need to justify the value in the loss they are experiencing.

Roles For Recovery -

Building a spiritually strong marriage and family is hard work. In the early days as I looked ahead I had naive thoughts and ideals of how easy marriage would be if I only handled my marriage and wife Biblically. Although I strive to do that every thing each day, life is difficult and many challenges arise, but praise the Lord that He has given us His Word to contend and resolve all of life's issues. The chief issue is to build a solid foundation for marriage based on the Word of God, nothing else can substitute for keeping Christ in the center of marriage as well as giving Him His rightful place and becoming the central theme for all of life.

I chose this concept because of what I believe is the level of importance. Families are eroding and Traditional marriage continues to be under attack, marriage is hard enough without the negative external influences that persuade and instruct to flee. I would encourage one who is struggling with his marriage to start at the basics; back to their reasons for him stepping into the covenant. Encourage him to stay true to his commitment and count the cost of leaving or giving into fidelity. Then give him practical steps for be proactive rather than reactive to keep a healthy marriage.

First step, would be to stay away from isolation and be intentional in building toward oneness with his wife. Inerwoven through all of this would be to remind him and hold him accountable that jsut becuae he may be in a crisis or experiencing trauma that isnt usually a good reson for leaving his wife and children. Finally, remind him and his wife to forgive each other, reconcile and live accordingly to the Word regarding these issues and do what he can as the spiritual leader to pray together even when they dont want to. This will develop a good spiritual discipline.

Crisis Response in Work And School -

The role of Crisis Response within the workplace is crucial; many in the workplace are not designed to deal with crisis. There are even thoses who believe that they are equipped becuae of their amount of controlled training, but when the real thing happens that isnt controlled they find that they also freeze up and are in need of help of another responder.

The responder is crucial in the sense that one can recognize when and how to communicate effectivly, to aid in support by doing what they can to assist the employer meet the needs of the employees. In addition, not overlooking the needs of the managers and assess the needs form an individual perspective as well as a systemic perspective. I work in a facility where we have many employees within an office setting that includes areas that simulate college dorm living.

I would designate a room(s) for counseling and follow through for those dealing with the current trauma and set a schedule for additional crisis counseling. If needed, oraganize and conncet them with professional care if needed. I would e-evaluate teh building to ensure better security and tweak the egress plan in the event of the next disaster of emergency that would require the implementation of an action plan that would also include a three-step midel of psychological first aid.

Crisis Response To Violent Acts -

The causes of domestic violence are many; some of the reasons may stem from cultural barriers, language barriers or post natural disaster. Teh violence is about control, that control doesn't necessarily require a physical element. Domenstic violence can also rear its ugly head in the arena of emotion, verbal and spiritual abuse. Even the church isnt exempt form such an act, its only hidden better.

I chose this topic because of its frequency and the shame that follows it. Shame can and will surface for both parties involved. The shame will come from the victim because they may feel they should have better choices or left earlier and the self-esteem suffers greatly because they may believe they deserve such treatment. The abuser may already be dealing with shame depending on the context of the abuse, once he realizes and understands the magnitude of his behavior, he may feel the shame of causing such damage.

Types of first response for domestic violence can start with a phone call or a face-to-face conversation. As a Christian responder, prayer is critical in the midst of meetings, treatment and remedies. Arriving on the scene; I would assess the situation and take control if necessary until the proper authorities arrive. Once they arrive, my focus would be wherever the immediate need is, being careful not to take sides. I would take the proper steps to protect the victim by separating the individual from the abuser to allow for de-escalation. Domestic violence situations are complex and there isn't a hard-core formula or resolution that's so easily, each case is custom and would need to be handled within legal parameters giving room for the history of those involved.

Trauma: A Biblical Response -

Dealing with questions about God during a crisis is to be expected, and the many questions go unanswered or if they are answered they still may leave the individual perplexed. As a responder we are to be careful not to assume too much or minimize the struggle the individual is facing. We need to validate their concerns and encourage their questions; the Lord is not and will not be intimidated by such questions.

Many people may allow themselves to be stuck in the rut of asking questions, which is why I chose this topic; I see this daily. If not careful, the individual will become so stunted in their growth, they can lose hope for any change or any improvement. Any improvement they look to may include the Lord and the person may begin to look elsewhere for answers and purpose.

We can use accounts within the Word to help them relate to others and also let them know that we are attempting to empathize with their situation, struggles and crisis of belief. I would help the person wrestle with their unbelief all the while begin to develop an accurate backdrop of understanding of God. The underlying goal here would be to guide them back to hope in Christ and allowing themselves to heal at their own pace, but not excluding Christ in their recovery; he is the one who is author of their healing.

