

Post Traumatic Growth

Learning how to not just GO through trauma but GROW through trauma

A Two-Hour Seminar that Blends the Bible & the Science on overcoming PTSD



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PTSD Vs. PTG

Post-Traumatic Stress Disorder (PTSD)

Some PTSD symptoms include:



Nightmares.



Flashbacks.



Avoiding reminders of the event.



Forgetting important aspects of the traumatic event.



Unable to experience positive emotions.



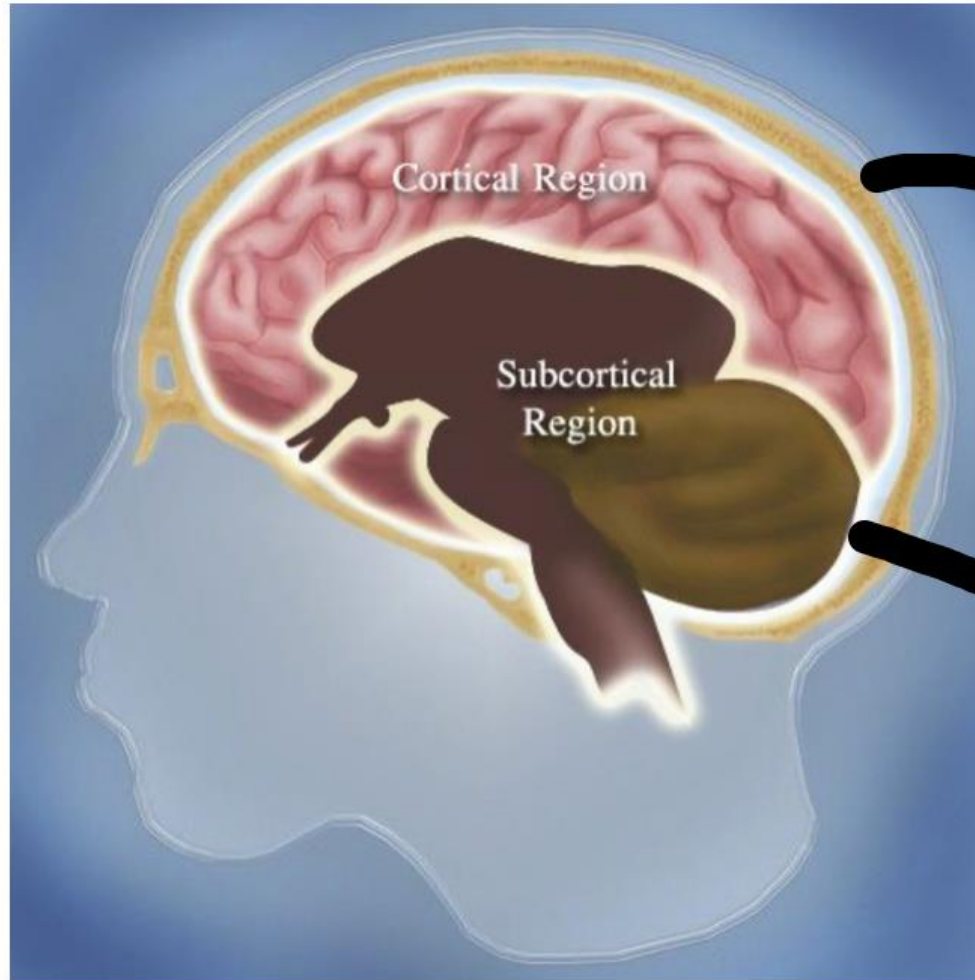
Irritability and angry outbursts.



And he arose, and rebuked
the wind, and said unto the
sea, Peace, be still. And
the wind ceased, and there
was a great calm. And he
said unto them, Why are
ye so fearful? how is it that
ye have no faith?

Mark 4:39-40

How Does Trauma Affect the Brain?



The Analyst
(Cortex)

The Animal
(Sub-Cortex)

THE FIVE DOMAINS OF POST-TRAUMATIC GROWTH



**NEW
SENSE OF
POSSIBILITIES**



**NEW
VALUE IN
RELATIONSHIPS**



**GREATER
LIFE
APPRECIATION**



**INCREASED
PERSONAL
STRENGTH**



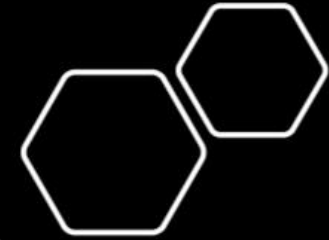
**DEEPENED
RELIGIOUS OR
SPIRITUAL BELIEFS**

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.

Romans 5:3-4

The promise for every believer is that we would not just go through trauma but grow through trauma.

Joseph



Betrayed
Beaten
Enslaved
Falsely accused
Imprisoned

Yet, a Victor,
Not a Victim.

But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive. Now therefore fear ye not: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them.

Genesis 50:20–21

Formula for Post-Traumatic Growth

- Faces it
- Frames it
- Forgives it
- Flourishes

1. FACE IT

*“But as for you,
you thought
(planned and
perpetrated) evil
against me....”*

Genesis 50:20





Types of Avoidant Behavior

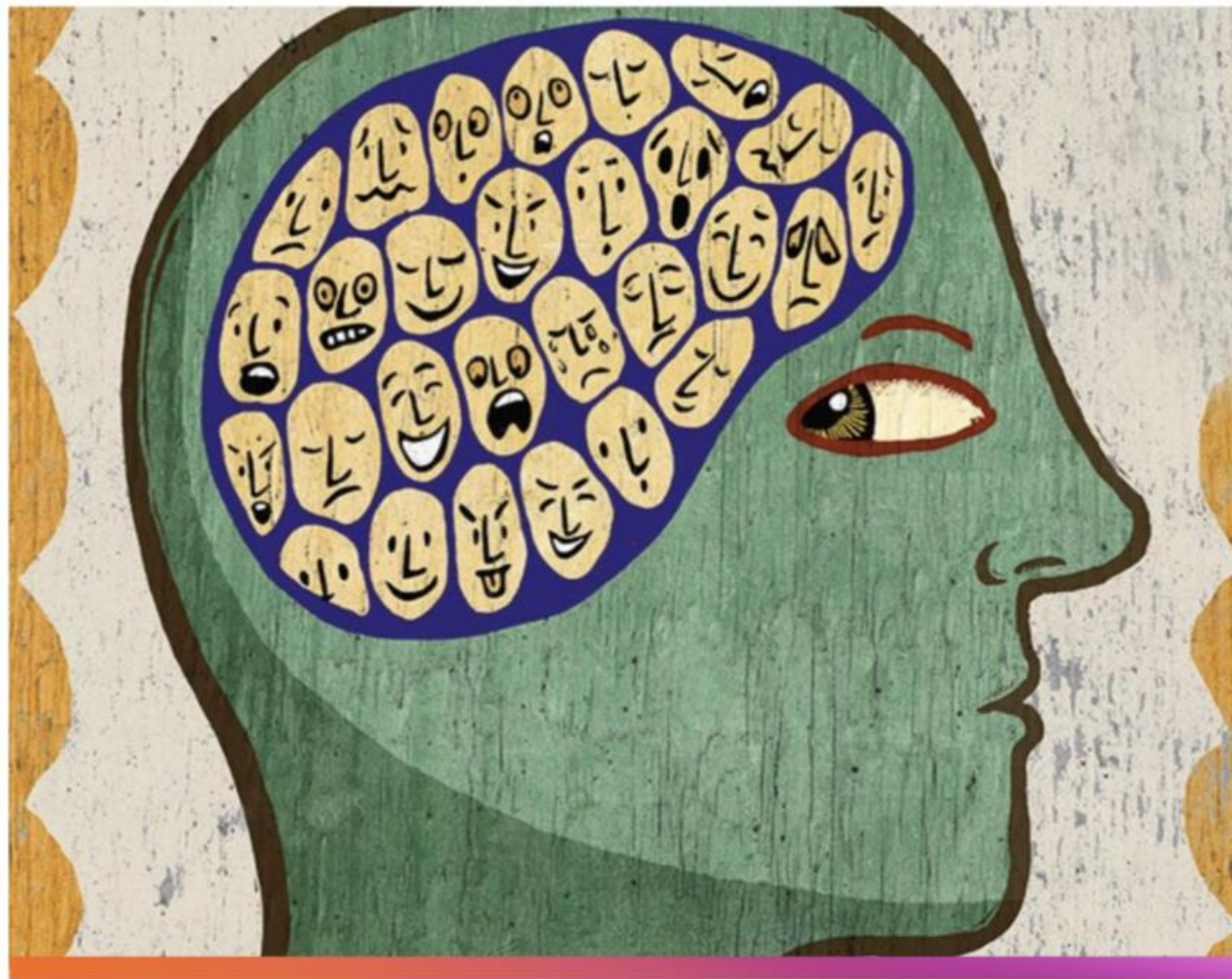
- **Cognitive Avoidance**
- **Circumstantial Avoidance**
- **Chemical Avoidance**

An ornate, rectangular gold frame with intricate carvings and scrollwork, set against a black background. The frame is centered and contains the text.

2. Frame It

**“...but God meant it for good to bring to
pass the saving of many lives”**

Genesis 50:20




- Our **experiences** don't cripple us as much as our **explanations**.

- What you go through doesn't affect us as much as what goes through you.

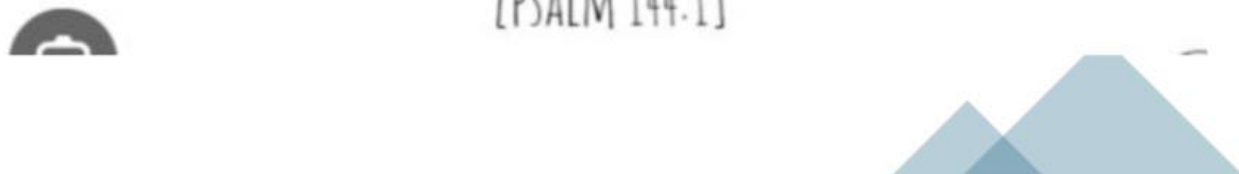
WE OVERCOME THE **DEVIL**
BY THE **BLOOD** **LAMB**
OF THE
AND BY THE WORD OF OUR
TESTIMONIES!
 REVELATION 12:11

Is your past
a tragedy or
a testimony?





PRAISE BE TO THE *lord*
MY ROCK, WHO TRAINS MY HANDS
FOR *war* AND MY
FINGERS FOR *battle*



[PSALM 144:1]

3. Forgive it

**“...Fear not for
I will nourish
you and your
little ones”**

Genesis 50:21

