

TIPS FOR HELPING SOMEONE AFTER TRAUMA

Trauma is an "imprint" from an overwhelming experience like abuse, accidents, neglect, loss of a loved one, or witnessing violence. It overwhelms a person's ability to cope and ruptures their sense of safety and trust.

1. Acknowledge the Trauma:

Healing begins with the courage to acknowledge the trauma. It's about giving voice to the pain and recognizing its impact. It's saying, *"Yes, I was traumatized. Yes, I was hurt. Yes, I experienced that."*

2. Practice Compassion:

Our approach must be free of judgment. We need to create a safe space where individuals feel supported, heard, and seen. It's crucial to remind them that they are in control and can set the pace of the healing process.

3. Validate the Harm:

We must validate their feelings and responses to trauma. Trauma is often accompanied by significant shame, *"Why do I keep responding this way?"* It's important to emphasize that their reactions are normal and understandable given their experiences.

4. Build Resilience:

Empowerment is key. Celebrate every small step forward. Help them regain a sense of control by allowing them to choose what to share and when. Think of it as giving them the 'accelerator and brake' in their healing journey.

5. Foster Community:

Healing thrives in community, not isolation. Encourage connections with support groups, counseling, or church communities. It's essential to combat the urge to withdraw and help them see they're not alone in their struggle.

Remember, our goal isn't to solve their trauma but to empower them on their journey to healing.

Mike Foster
hello@mikefoster.tv