

407 - Trauma

I. Introduction

"The deep fear behind every loss is that we have been abandoned by the God who should have saved us. The transforming moment in Christian conversion comes when we realize that even God has left us.

We then discover it was not God, but our image of God that abandoned us.... Only then is change possible."

- Craig Barnes

A. Psychological Trauma

B. Types of Trauma

C. _____ of Trauma

II. Post Traumatic Stress Disorder (PTSD) and Post-Abortion Syndrome (PAS)

A. How it Develops

1. The person experiences an event that is _____

2. The event is seriously _____

B. Symptoms of Trauma

1. The traumatic event is persistently _____ in at least one of the following ways:

2. _____ the experience

3. Persistent _____ of activity associated with the trauma

4. Persistent symptoms of increased _____ as indicated by at least two of the following:

III. Post Abortion Syndrome (PAS)

The likelihood of a woman developing PAS increases in direct proportion to the trauma of the abortion event.

A. Symptoms of PAS

B. Risks of Abortion

1. Physical Side Effects
 - a. Heavy Bleeding
 - b. Infection
 - c. Incomplete Abortion
 - d. Sepsis
 - e. Anesthesia
 - f. Damage to the Cervix
 - g. Scarring of the Uterine Lining
 - h. Perforation of the Uterus
 - i. Damage to Internal Organs
 - j. Death
 - k. Preterm Birth of Future Children
 - l. Abortion and Breast Cancer

2. Emotional and Psychological Impact

3. Spiritual Consequences

c. Siblings of the Aborted Child ¹

1. Replacement/Substitute Child:

2. Bound Child

3. Haunted Child

¹ Ney, Philip. "A Consideration of Abortion Survivors,"

IV. How Trauma is Fostered

1. _____ Reactions
2. Defense _____
3. _____ Grief Process

V. Grief Process

A. Denial

B. Anger

C. Bargaining

D. Depression

E. Acceptance

VI. Mentor's Role

A. _____ Denial

1. Conscious or Unconscious denial:

Suppression

Repression

2. Goal is to _____

3. If can't remember _____

B. Assist the person in facing _____

C. Teach them about the _____

D. Teach them their _____

E. Letter writing

F. Forgiveness

VII. Abuse

A. Definition of Sexual Abuse:

B. Statistics

1. Incest
2. Neighborhood Molestation

C. Impact of Sexual Abuse

Third Grade Teacher

Dear Third Grade Teacher,

You found me daydreaming today.
Usually I work real hard,
Finish on time,
Read lots of books,
Write poems that rhyme.
and act like a very good girl.

You scolded me . . .again . . .
because I was daydreaming
You didn't know that yesterday
when no one else was home.
Daddy made me lie on the couch
with all my clothes off.
He just sat in his big chair
and looked at me,
Smiling a smile I can't understand.
I was ashamed
Embarrassed and afraid.

Today I couldn't remember
my "times eight's." And I
spent the April afternoon
daydreaming.
You didn't understand.

From *Secret Shame: I Am A Victim of Incest*

VIII. Categories of Sexual Abuse

A. _____ Sexual Abuse

B. _____ Sexual Abuse

1. _____ Sexual Abuse

2. _____ Sexual Abuse

3. _____ Sexual Abuse

IX. Damaging Results of Sexual Abuse

A. Powerlessness

B. Betrayal

C. Ambivalence

1. Two Levels of Ambivalence

a. _____ ambivalence

b. _____ ambivalence

D. Fear and Anxiety

E. The Extent of Damage Varies With:

1. The relationship with the _____
2. Severity of _____ of the abuse
3. Use of _____
4. _____ of victims and abuser
5. Reactions of _____ when told

X. Symptoms, Signals and Effects

A. Early Childhood

1. _____ Signals
2. _____ Signals

B. Adolescent and Adult Symptoms

1. _____ Signals
2. _____ Signals

XI. Healing

A. A _____ Place

B. The _____ Life

C. Honest Acknowledgement of _____

1. Satan's weapons:

2. Godly Responses:

D. The BECOMERS Nine-Step Recovery Program (*See Attachment*)

XII. Conclusion on Abuse

A. Misconceptions of Dealing with Abuse

B. _____ by the Abuser

C. Healing Involves _____

D. We are _____ in Christ.

XIII. Conclusion on Trauma

A. Traumatic Experiences Are Too Much to _____

B. Trauma's Devastation is _____

1. Affects Every Aspect of Our _____

2. Person Becomes _____

3. Person Becomes _____

C. Healing is Possible Through God's _____

Appendix A

Pre-interview Written Abortion History

(To be filled out by patient as part of routine pre-counseling questionnaire.)

1. Have you ever had an abortion? ____ yes ____ no
2. If yes, what type? ____ vacuum aspiration ____ saline ____ D&C ____ other (if other, specify type _____)
3. Where did the abortion take place? ____ doctor's office ____ hospital ____ abortion clinic ____ other
(specify) _____
4. How many abortions have you had? ____ one ____ two ____ three ____ other
5. Which abortion did you just describe? _____
6. Date(s) of abortion(s):
 - B. _____ month ____ date ____ year
 - C. _____ month ____ date ____ year
 - D. _____ month ____ date ____ year
 - E. _____ month ____ date ____ year

In the most recent procedure:

Did you remain hospitalized? ____ If yes, how long? _____

Did the abortion cause other medical problems? ____ yes ____ no

Did the abortion cause noticeable emotional or psychological problems? ____ yes ____ no

Taken from The Morning After by Terry Selbey
Baker Book House

Abortion Procedures

Manual Vacuum Aspiration: up to 7 weeks after last menstrual period (LMP)

This surgical abortion is done early in the pregnancy up until 7 weeks after the woman's last menstrual period. A long, thin tube is inserted into the uterus. A large syringe is attached to the tube and the embryo is suctioned out.

Suction Curettage: between 6 to 14 weeks after LMP

This is the most common surgical abortion procedure. Because the baby is larger, the doctor must first stretch open the cervix using metal rods. Opening the cervix may be painful, so local or general anesthesia is typically needed. After the cervix is stretched open, the doctor inserts a hard plastic tube into the uterus, then connects this tube to a suction machine. The suction pulls the fetus' body apart and out of the uterus. The doctor may also use a loop-shaped knife called a curette to scrape the fetus and fetal parts out of the uterus. (The doctor may refer to the fetus and fetal parts as the "products of conception.").

Dilation and Evacuation (D&E): between 13 to 24 weeks after LMP

This surgical abortion is done during the second trimester of pregnancy. At this point in pregnancy, the fetus is too large to be broken up by suction alone and will not pass through the suction tubing. In this procedure, the cervix must be opened wider than in a first trimester abortion. This is done by inserting numerous thin rods made of seaweed a day or two before the abortion. Once the cervix is stretched open the doctor pulls out the fetal parts with forceps. The fetus' skull is crushed to ease removal. A sharp tool (called a curette) is also used to scrape out the contents of the uterus, removing any remaining tissue.

Dilation and Extraction (D&X) (partial-birth abortion): from 20 weeks after LMP to full-term

This procedure takes three days. During the first two days, the cervix is stretched open using thin rods made of seaweed, and medication is given for pain. On the third day, the abortion doctor uses ultrasound to locate the legs of the fetus. Grasping a leg with forceps, the doctor delivers the fetus up to the head. Next, scissors are inserted into the base of the skull to create an opening. A suction catheter is placed into the opening to remove the brain. The skull collapses and the fetus is removed.

RU486, Mifepristone (Abortion Pill) Within 4 to 7 weeks after LMP

This drug is only approved for use in women up to the 49th day after their last menstrual period. The procedure usually requires three office visits. On the first visit, the woman is given pills to cause the death of the embryo. Two days later, if the abortion has not occurred, she is given a second drug which causes cramps to expel the embryo. The last visit is to determine if the procedure has been completed. RU486 will not work in

the case of an ectopic pregnancy. This is a potentially life-threatening condition in which the embryo lodges outside the uterus, usually in the fallopian tube.

If an ectopic pregnancy is not diagnosed early, the tube may burst, causing internal bleeding and in some cases, the death of the woman.

Suggested Letter to unborn Child

Dearest child,

I don't know how to begin writing this letter to you. I hope it's OK to think of you as a girl, because I always believed in my heart you were. You know, I only had your two brothers after I was pregnant with you, and I always wanted a daughter. I would have named you Dawn, and when I picture you, I see you with blue eyes, just like mine . . .

Baby Dawn, what can I say to tell you how sorry I am that I don't have you to hug or to dress or to put ribbons in your hair? I was so young and frightened when I found out you were growing inside of me. I allowed some foolish people to talk me into killing the only daughter I ever had, and I have to live with that for the rest of my life.

I'm so happy you're with Jesus now. For a long time now, Heaven has seemed like a real scary place because I was afraid of seeing you again, but lately I've begun to understand that you understand and have forgiven me. I can't wait to hold you one day.

Goodbye, my precious daughter,

A Pre-born Child's Conversation With Their Heavenly Father

Father God, when is my mommy going to be here?

Soon. My child, soon.

Can you tell me how long?

**There is no measure of time with me my child. She is busy
right now doing the work I've given her to do.**

When all that is done, she'll be here.

Is she going to know me when she gets here?

Yes, my child, I'll let her know.

What does she look like, Father God?

**Why she looks a lot like you my child. The same color hair,
the same eyes, the same nose; you resemble her a lot.**

What do you think she's going to do when she sees me?

**She will run to you, take you in her arms, and love you just as
any other loving Mother would do.**

Father God, why has she never held me in her arms before?

Why she never had the chance to do so, my child.

Why did she never have the chance, Father God?

I don't remember, my child.

Heb. 8:12 – “For I will be merciful to their unrighteousness and their sins and their iniquities I will remember no more”

The BECOMERS Nine-Step Recovery Program

- Step One: I recognize that I am powerless to heal the damaged emotions resulting from my sexual abuse, and I look to God for the power to make me whole.
- Step Two: I acknowledge that God's plan for my life includes victory over the experience of sexual abuse.
- Step Three: The person who abused me is responsible for the sexual acts committed against me. I will not accept the guilt and shame resulting from those acts.
- Step Four: I am looking to God and His word to find my identity as a worthwhile and loved human being.
- Step Five: I am honestly sharing my feelings with God and with at least one other person to help me identify those areas needing cleansing and healing.
- Step Six: I am accepting responsibility for my responses to being sexually abused.
- Step Seven: I am willing to accept God's help in the decision and the process of forgiving myself and those who have offended me.
- Step Eight: I am willing to mature in my relationship with God and others.
- Step Nine: I am willing to be used by God as an instrument of healing and restoration in the lives of others.

Taken from: *Helping Victims of Sexual Abuse* by Lynn Heitritter & Jeanette Vought

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