



I. Six Practices for Trauma and Crisis Response

A. _____: is the ability and skill to _____ the _____ of a person who has experienced a crisis.

1. Don't only assess the person based on the impact and needs of the critical incident, but also observe response: in relationships with others, self, and God, as well as emotional and mental responses and impact.

B. _____. The dilemma with perceiving the problem is you need the person to share with you their assessment of the problem. Redirecting and use of questions and feedback (solution focus) can assist in determining, but this is something they need to agree to discuss and work on with you. You can only help as much as they are willing to admit and work on.

1. Because we tend to blame, we can hold ourselves captive from healing when we don't identify the problem that we need to work on.
2. As a coach or lay counselor, you cannot change the fact that the person experienced their trauma/crisis. The events have transpired, now it is about healing and strengthening so you can move forward!

Philippians 3:13-14 NKJV Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.

3. Keep in mind that every problem has the potential to promote you...

- a. Psychological resilience – the ability to _____ a traumatic setback.
 - i. We are designed by God to heal: physiologically and psychologically.
- b. What people do in the aftermath of trauma can determine how well they recover
 - i. Healthy ways to cope: _____, _____, _____, and social support.
 - ii. Unhealthy ways to cope: _____, _____, _____.
- c. Post-traumatic growth: sometimes people grow spiritually and psychologically more from adversity.

C. _____ Assistance

Acts 3:6-8 ESV But Peter said, "I have no silver and gold, but what I do have I give to you. In the name of Jesus Christ of Nazareth, rise up and walk!" ⁷ And he took him by the right hand and raised him up, and immediately his feet and ankles were made strong. ⁸ And leaping up, he stood and began to walk, and entered the temple with them, walking and leaping and praising God.

1. You will be surprised how much your listening ear and words of encouragement can mean to someone going through crisis. Don't allow the enemy to intimidate you by their storm, but instead offer them the practical help as well as the spiritual.
2. Your local church and ministries within it have a plethora of support, from community to groceries that can help someone who has experienced crisis to heal.

D. _____. During your session allow your client to share their story. This is an intimate conversation that requires your focus and patience. Helping someone process is them acknowledging what happened and how they have been impacted by it.

1. Counselor Challenges:
 - a. Being triggered by their story yourself or trying to compare your response to their response in a similar situation.
 - b. Over-spiritualizing things
 - c. Being impersonal, distant, or making light of the circumstances.
2. Coaches and Counselors Should:
 - a. Create a safe place for clients to discuss the crisis/trauma.

- b. Not try to force the conversation, but instead, working with pieces shared to help client process internally which will prepare them to share externally and receive help that is needed.
- c. Understand some people will not have to talk very much, nor go back to the conversation to fully process.
 - i. Avoid _____ by not asking details or seeking information unless they are needing to share something.

E. It is important to restore _____ to the individual after crisis. Hearing how others have gone through a similar event and healed gives hope that their story will be used to help someone else heal as well.

Revelation 12:11 NLT And they have defeated him by the blood of the Lamb and by their testimony. And they did not love their lives so much that they were afraid to die.

F. _____ for the journey to healing and wholeness needs to be realistic. Don't simplify the process by saying God will simply take it all away... God can heal, but the enemy loves to try to come back and remind. He is the accuser of the brethren and though he has no authority over you, he will try to gain access.

1. After your coaching / counseling session are finished the client should be assisted with determining long term community and care.
2. Time frames differ for everyone, and though it may take longer than hoped, don't allow your client to get stuck, but teach them how to take small steps and sometime to simply hold their ground gained.
3. When do you refer?
 - a. If grief is complicated or symptoms get worse.
 - b. If there are thoughts of suicide.
 - c. If they are being harmed or might harm others.

II. The Crisis of Suicide

A. Understanding the crisis of Suicide (*stats from afsp.org based on CDC Data & Statistics Fatal Injury Report for 2020*)

1. Most studies put suicide as the 10th – 12th leading cause for death in Americans.
2. _____ American died by suicide in 2020
3. In 2020 there was an estimated _____ million suicide attempts.
4. In 2020, men died by suicide 3.88x more than women. The highest at-risk group for suicide are middle aged white males with 69.68% of all suicide deaths in 2020, in the U.S.
5. Fastest growing at risk group are children ages _____.

B. High Risk Indicators:

1. Substance abuse
2. _____
3. Isolated, not connected, absence of _____
4. Suicidal ideation: including desire to die and accessibility to take lethal action.
5. Exposure to _____ and/or _____
6. Victims of physical and/or sexual abuse
7. _____
8. Prolonged stress
9. Chronic pain and/ or illness
10. Family history of suicide, or a personal history of attempting suicide.

C. Suicide Intervention Overview

1. Receiving mental health care from lay persons and professionals alike can foster mental and emotional healing that strengthens the individual and provides coping mechanisms against negative responses to trauma/crisis.

2. Having community, and a sense of belonging or purpose is vital to keeping people from detaching mental and emotionally from life.... which is the precursor to attempting suicide for those already contemplating it.

Psalms 122:1 NLT I was glad when they said to me, "Let us go to the house of the Lord."

Deuteronomy 7:6 NLT For you are a holy people, who belong to the Lord your God. Of all the people on earth, the Lord your God has chosen you to be his own special treasure.

3. ACT MODEL

a. A- _____

- Don't be afraid to ask someone if they are thinking about killing themselves if the concern arises.
- Do not allow yourself to be embarrassed about what they will think if you miss judged, prelude the question with a statement on your concern for their well-being overriding any embarrassment, because they are so valuable.
- Asking will not put thoughts of suicide into someone's mind that weren't there already.

b. C- _____

- Listen to their story and express empathy
- Do not shame or dismiss them or their feelings

c. T- _____

- Confidentiality takes a backseat to safety
- Get help from supervisor or professional

D. How to support people who have lost a loved one due to suicide.

1. Do not tell friends and family the person who committed suicide is in hell or has sinned against God. This is unnecessary conversation, and only God determines. Preaching at them and trying to prove doctrinal points will further injure the loved ones left behind.
2. Do not only talk about how they died or what they did... but show sympathy and talk about who they were.
3. Do not avoid friends or family that have lost someone due to suicide.
4. Do be patient and listen to them without trying to have an answer for everything.
5. Recommend grief and survivors groups but let them know you will be there for them, and you are not passing them off.
6. Help them find hope, and faith in God, who loves them!
7. Remind them of their purpose and sense of belonging
8. Help them find joy again and offer them grace and forgiveness in their healing process.

Isaiah 61:1-3 NLT The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed.² He has sent me to tell those who mourn that the time of the Lord's favor has come, and with it, the day of God's anger against their enemies.³ To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for his own glory.

Talk about suicide; before, when and after it happens. Expose it and offer a hand and heart of help to those struggling with thoughts of suicide.