

# Overcoming Childhood Trauma

Thank You for Being Here!



***Chaplain Rick Johnson***





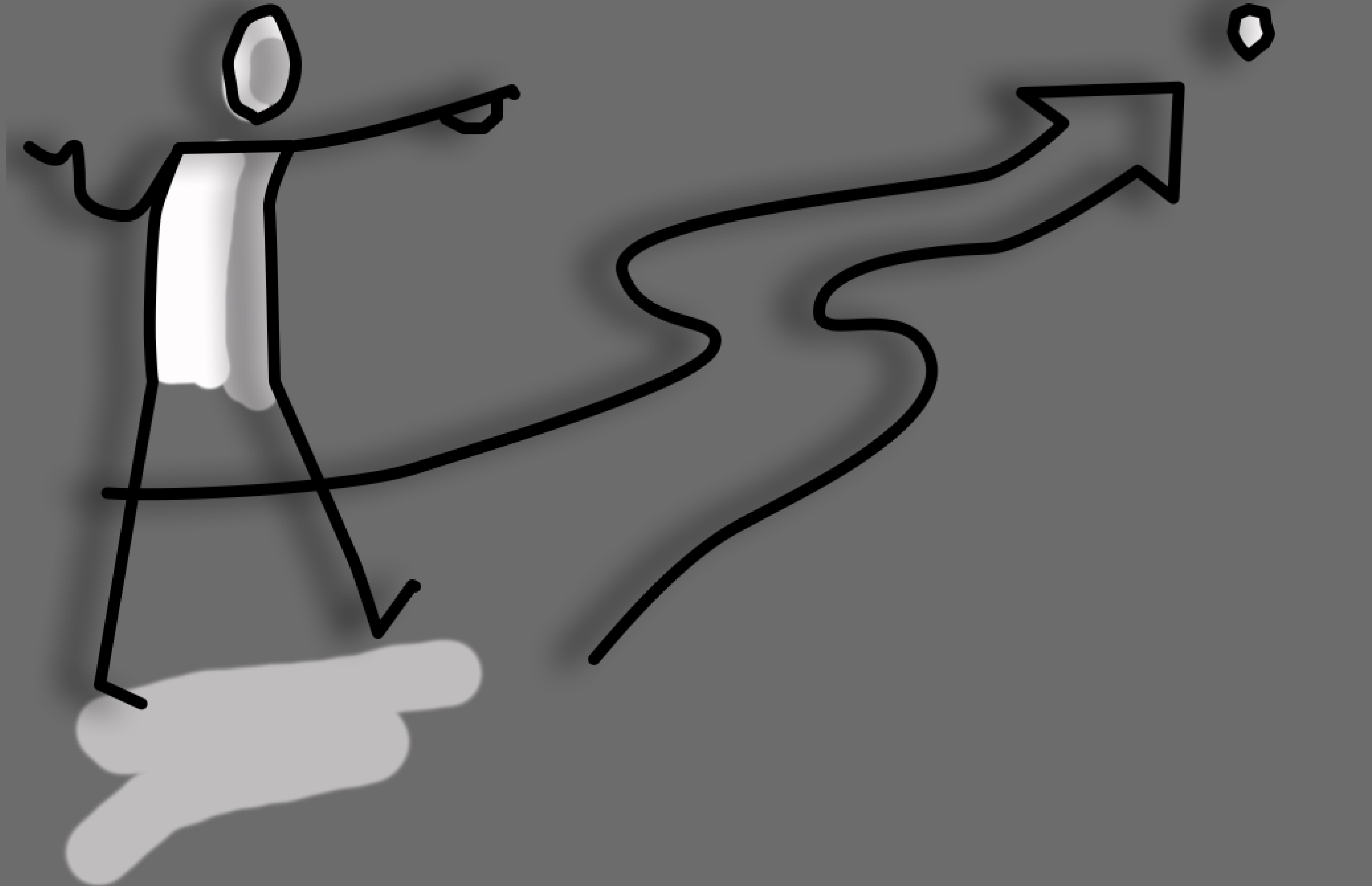
# Pacific Youth Correctional Ministries

*Steve Lowe*

Founder and Executive Chaplain



# Workshop Goals





# Introduce Yourself



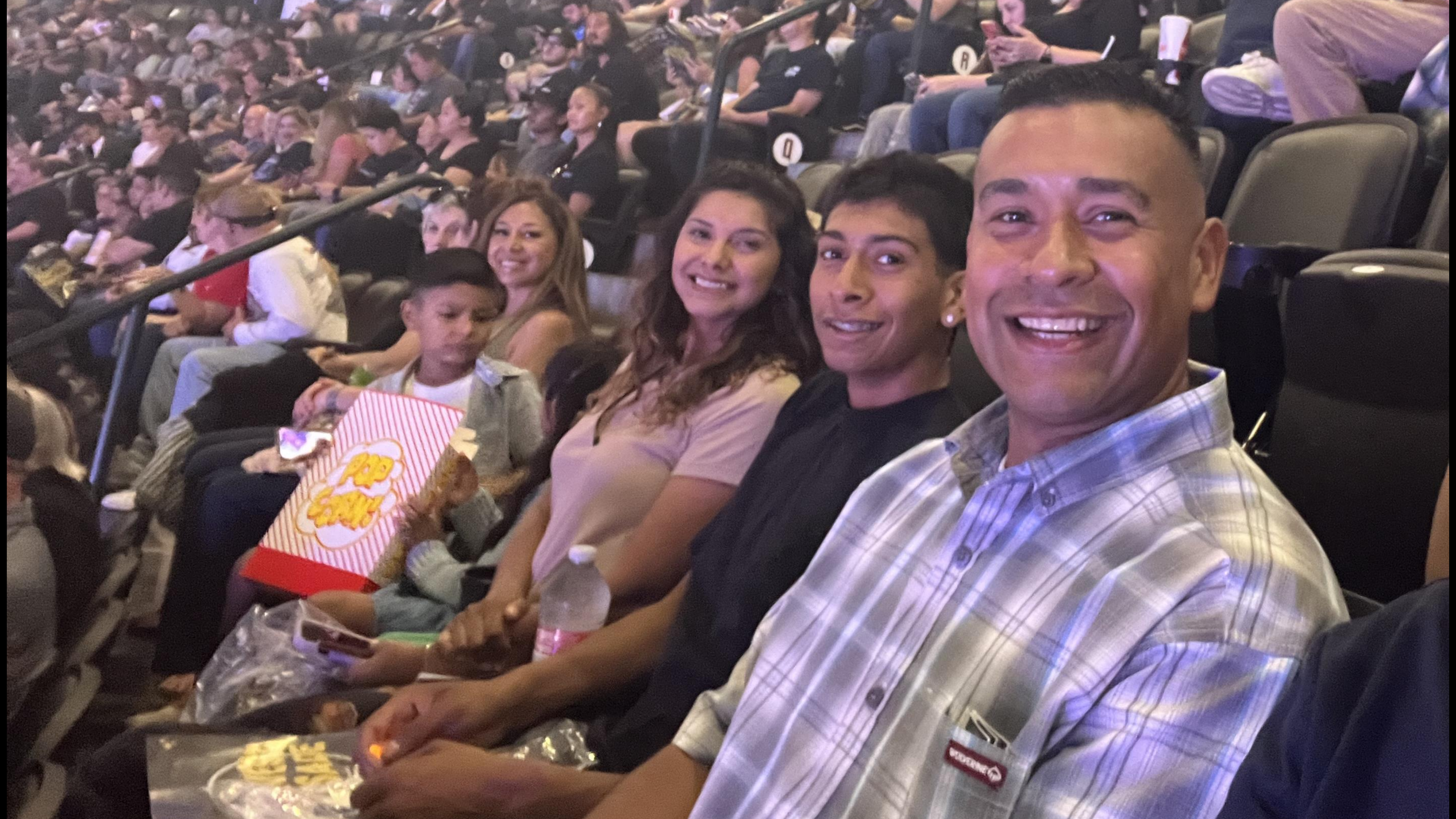
# *Voices* FROM *Within*

**6<sup>TH</sup> ANNUAL ESSAY CONTEST  
AND VISUAL ARTS EXHIBITION**

**THEME FOR 2023:**

*Through My Eyes...*

**THURSDAY, OCTOBER 19, 2023**





@therubenjay



@moxyannemusic

**YOU'RE MY  
BEST FRIEND**

- LIFE, FRIENDSHIP, & TAGOS -



**MULTIMEDIA MOUTH**



Rick Johnson

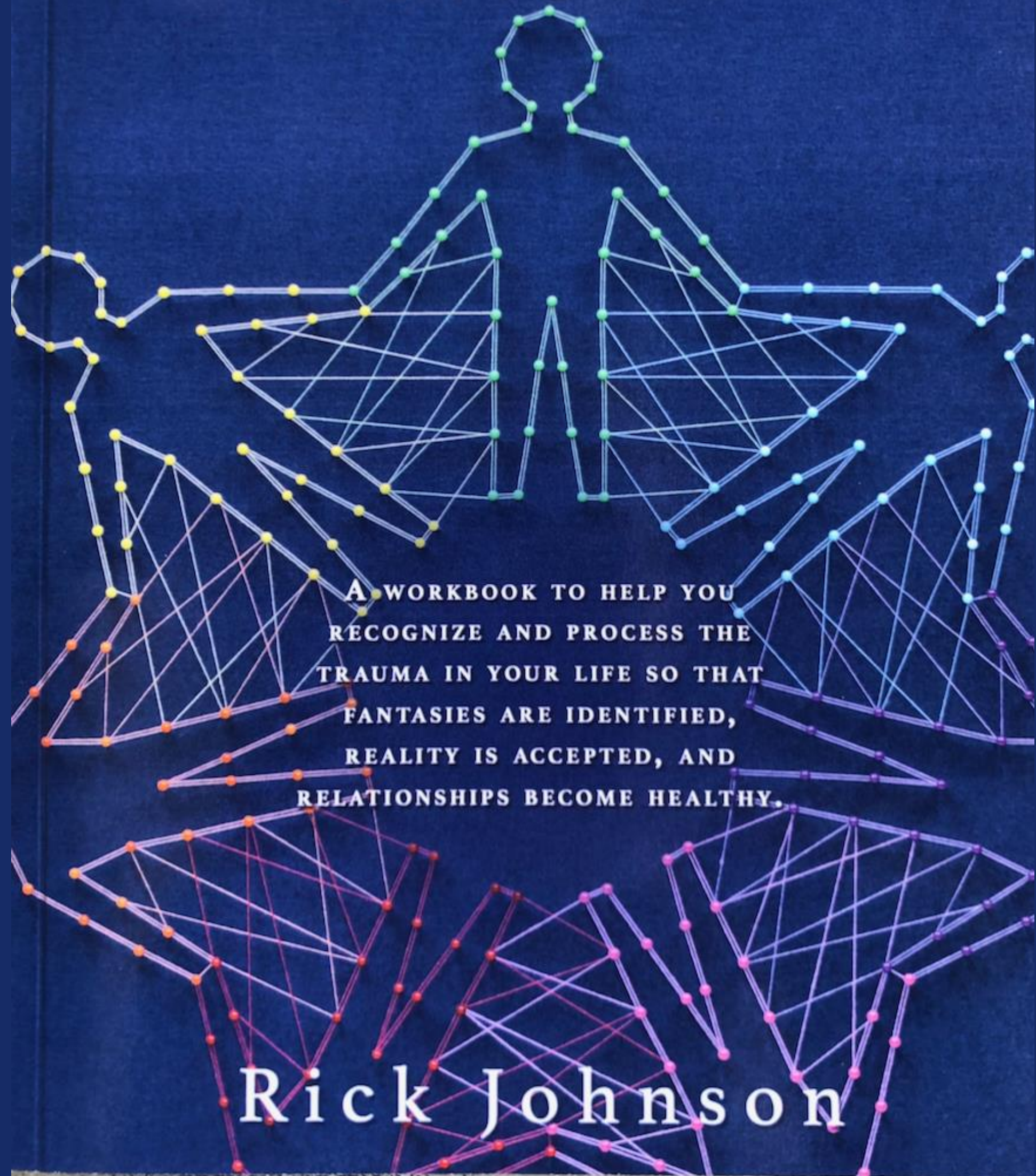
**MULTIMEDIA MOUTH**



**YOU'RE MY  
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# OVERCOMING CHILDHOOD TRAUMA



A WORKBOOK TO HELP YOU  
RECOGNIZE AND PROCESS THE  
TRAUMA IN YOUR LIFE SO THAT  
FANTASIES ARE IDENTIFIED,  
REALITY IS ACCEPTED, AND  
RELATIONSHIPS BECOME HEALTHY.

Rick Johnson

The reason you are interested in this book is either because you have experienced childhood trauma or want to help someone who has. This is not a book to read but a journey to complete. I didn't write it to help you understand childhood trauma but to help you do something about it. More is shared about the solution to trauma rather than the problem.

The workbook is designed to help you identify your trauma and make sure you are processing it biblically. You will be surprised at how God's Word will apply directly to the personal areas of your life. I called this a workbook for a reason. It takes work to admit and face your negativity, fantasies, bitterness, anger, doubt, self-pity, and self-centeredness.

Overcoming the effects of childhood trauma are possible as you trust in the promises of God and properly apply his wisdom to your life.



Rick is on staff with Pacific Youth Correctional Ministries and has been working with troubled youth since 1981. He is an ordained minister and certified correctional chaplain. Each week he conducts church services, bible studies, and one on one counseling sessions at three probation facilities and provides aftercare within the community.







*The*  
**Comprehensive Resource Model  
for the Treatment of Complex PTSD**

Developed by Lisa Schwarz, M.Ed.  
Copyright 2007

**5 Live Workshop Demonstrations Featuring:**

- Resource Grid work
- Attunement/Attachment Ego State work
- Somatic Dissociation (Fibromyalgia)
- Core Self/In-Utero Processing I
- Core Self/In-Utero Processing II

**The Comprehensive Resource Model (CRM) is a neuro-biologically based trauma treatment model which facilitates targeting of traumatic experiences by bridging the most primitive aspects of the person and their brain, to their purest, healthiest part of itself.**

# Jeremiah 6:14

**They dress the wound of my people  
as though it were not serious.**



**Trauma is the feeling  
of helplessness and  
fear created by events  
that threaten your  
safety and security.**



# TRAUMA TRIGGERS



HILARY SWANK

# FREEDOM WRITERS

THEIR STORY.  
THEIR WORDS.  
THEIR FUTURE.



"AN INSPIRING, UPLIFTING MOVIE  
WHICH PULLS NO PUNCHES."

-JEFFREY LYONS, ABC'S REEL TALK





# **MEASURING TRAUMA**





**Deuteronomy 28:34**

**The sights you see will  
drive you mad  
(insane).**



**To be insane means  
to be in a state of  
mind that prevents  
normal perception.**



A silhouette of a tree bending in the wind against a cloudy sky at sunset or sunrise. The tree is on the right side of the frame, leaning towards the left. The sky is filled with dramatic, layered clouds, with a bright light source behind them, creating a golden glow. The foreground is dark, suggesting a grassy field.

Do You Bend or Break?

**RESILIENCE**

# COPING SKILLS





EXPECTATIONS

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VS.

REALITY

# SERENITY PRAYER

God, grant me the serenity to  
accept the things I cannot  
change, courage to change the  
things I can, and wisdom to  
know the difference.





# Five Stages of Grief



# *Ecclesiastes 3:1 - 8*

**For everything there is a season,  
a time for every activity under heaven.**

**A time to be born and a time to die.**

**A time to plant and a time to harvest.**

**A time to kill and a time to heal.**

**A time to tear down and a time to build up.**

**A time to cry and a time to laugh.**

**A time to grieve and a time to dance.**

**A time to scatter stones and a time to gather stones.**

**A time to embrace and a time to turn away.**

**A time to search and a time to quit searching.**

**A time to keep and a time to throw away.**

**A time to tear and a time to mend.**

**A time to be quiet and a time to speak.**

**A time to love and a time to hate.**

**A time for war and a time for peace.**

YOU MIGHT HAVE A VICTIM MENTALITY IF....











***God's Medicine is Love***



# I John 4:18

There is no fear in love. But perfect love **drives out** fear, because fear has to do with punishment. The one who fears is not made perfect in love.







# Adopted For Life

Russell Moore

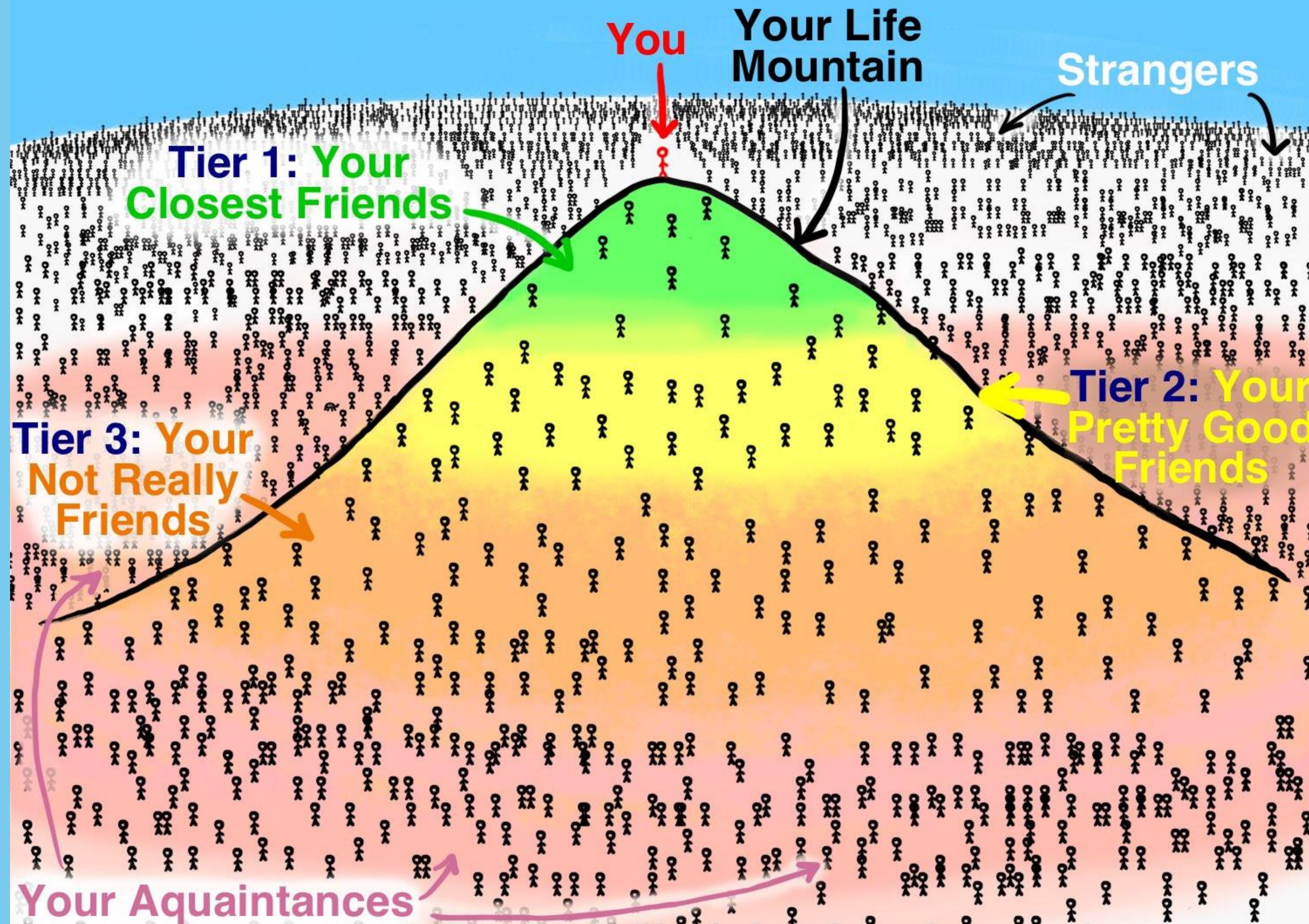


**Your Own Family**

**Biological Family**

**Church Family**

**Spiritual Family**



## **I Corinthians 13:4-5**

**Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.**



# **I Corinthians 13:6-7**

**Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.**



**A healthy relationship is one where love is expressed through:**





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**A healthy relationship is one where love is expressed through:**



**Trust**

**Honesty**

**Communication**

**A healthy relationship is one where love is expressed through:**



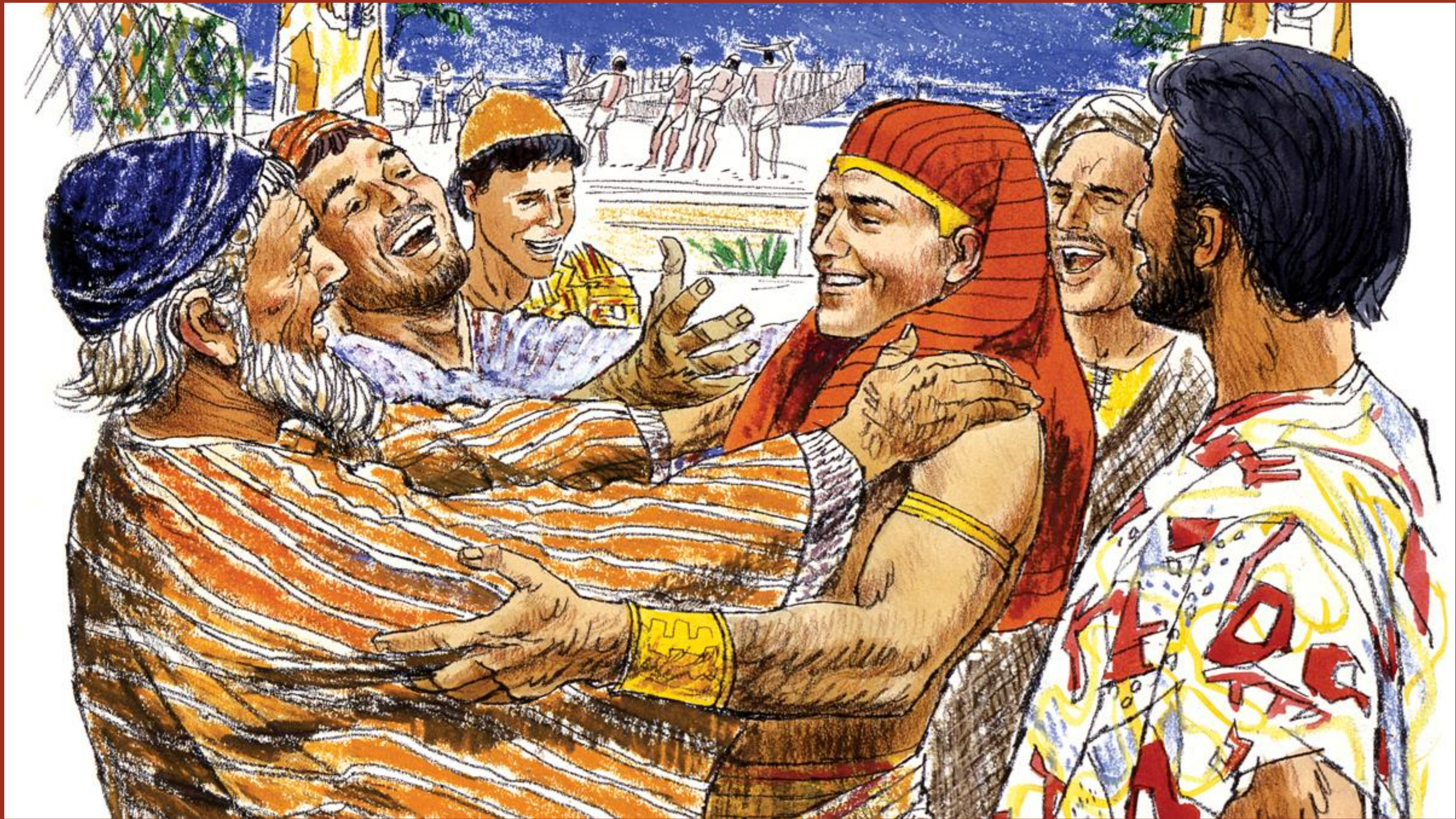
**A healthy relationship is one where love is expressed through:**



## **II Timothy 3:10-11**

**You, however, know all about my teaching, my way of life, my purpose, faith, patience, love, endurance, persecutions, sufferings....**





# G O O D

Comforts Us

so that we may

Comfort Others

2 Corinthians 1:4





Thank You

The image features the words "Thank You" written in a bright yellow, cursive script. The text is centered on a solid teal rectangular background. Below the text is a thick, white, hand-drawn brushstroke underline that spans the width of the words. The entire graphic is set against a larger, solid yellow background.

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