

SESSION 3: UNDERSTANDING TRAUMA

SUGGESTED DISCUSSION QUESTIONS

- What is something you learned that you were not aware of before?
- Describe a time you might have focused more on why your child was behaving a certain way instead of what was causing them to behave that way.
- Andy describes individual trauma as an event we perceive as harmful. Describe some different types of traumatic events and determine if those events were accidental or intentional. (e.g. falling off a ladder is accidental, slander is intentional)
- What are some accidental traumatic experiences you can relate to? How has it affected you?
- How did it impact you when you heard Andy say, “The only way a person is going to heal from interpersonal trauma is through healthy relationships.”?
- Describe a time when your child acted out in a way that made it difficult for you to not take it personally.
- What expectations did your parents have that led you to believe you had to earn their approval or love?
- What are some threatening scenarios that our kids face daily?
- How is it possible to believe we love someone we have never met?
- How can we relate to our children at a “heart” level?
- What do you think will happen if you react to your child with logic instead of relating to your child where they are at emotionally?

TAKE AWAYS

If you are recognizing you or your child have wounds that need healing from a traumatic event, this is your opportunity to:

- Determine to the best of your ability what traumatic event took place and how it impacted you and/or your child.
- Get the appropriate help for yourself, it is never too late to heal a wound. The right person can help you face your trauma and help restore any damage, like a good surgeon who heals a fractured bone.
- Get the appropriate help for you child. If your child is disconnected because of trauma and has isolated from you, a trained professional will be a safe person for your child to come out of isolation.