

Clergy chat: Trauma-Informed Pastoral Care for Domestic Violence



Presented by :
The Rev. Dr. Valori Mulvey Sherer
November 17, 2021

Domestic Violence: A Few Facts

- Nearly 20 people per minute are physically abused by an intimate partner in the US.
- The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.
- 19.3 million women and 5.1 million men in the United States have been stalked in their lifetime.
- Over 84% of Native women experience violence during their lifetimes.
- The 20th century was one of the **most violent** periods in human history
 - ~ World Health Organization
- 63% of all boys, ages 11-20 who are arrested for murder, **have killed the man who was assaulting their mother**
- **children growing up in violent homes** had a six times greater likelihood of attempting suicide, 74% greater chance of committing crime against a person and were 24 times as likely to have committed rape.

~ NCADV

~ University of Massachusetts, Boston



Trauma Resource Institute

www.traumaresourceinstitute.com

www.communityresiliencymodel.com

Community Resiliency Model®© **INTRODUCTION**



Written by Elaine Miller-Karas of the Trauma Resource Institute

TRAUMA RESOURCE
INSTITUTE©2017



Trauma/Stress Cumulative Developmental

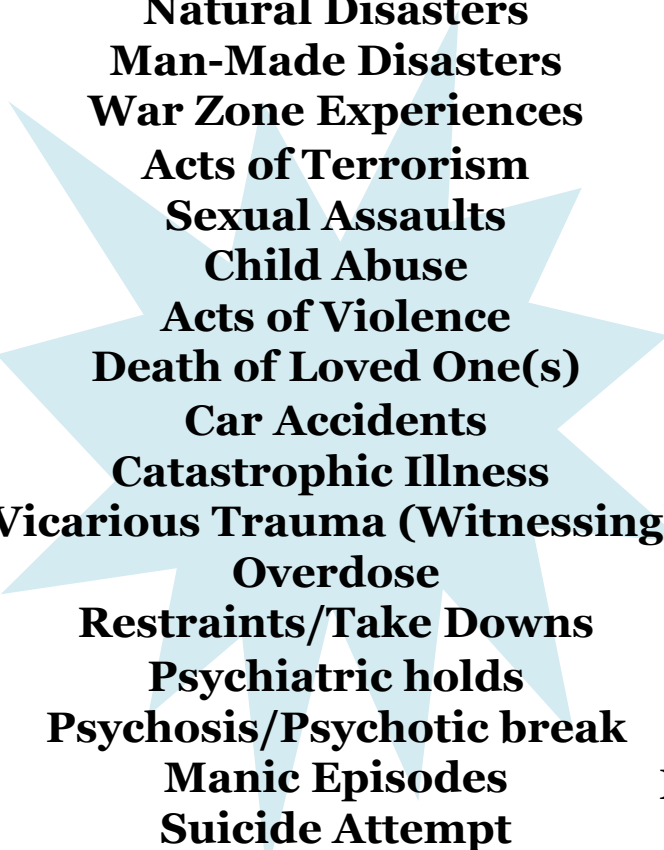


**Too little or
Too much for
TOO LONG**

**The nervous system
becomes dysregulated**

Perception is key

Big “T” Trauma



Natural Disasters
Man-Made Disasters
War Zone Experiences
Acts of Terrorism
Sexual Assaults
Child Abuse
Acts of Violence
Death of Loved One(s)
Car Accidents
Catastrophic Illness
Vicarious Trauma (Witnessing)
Overdose
Restraints/Take Downs
Psychiatric holds
Psychosis/Psychotic break
Manic Episodes
Suicide Attempt

Little “t” Trauma



Dog Bites
Routine Surgeries
Falls
**Invasive Dental or
Medical Procedures**
Minor Car Accidents
Medication Side Effects
Multiple Med Regimens

“C” Trauma

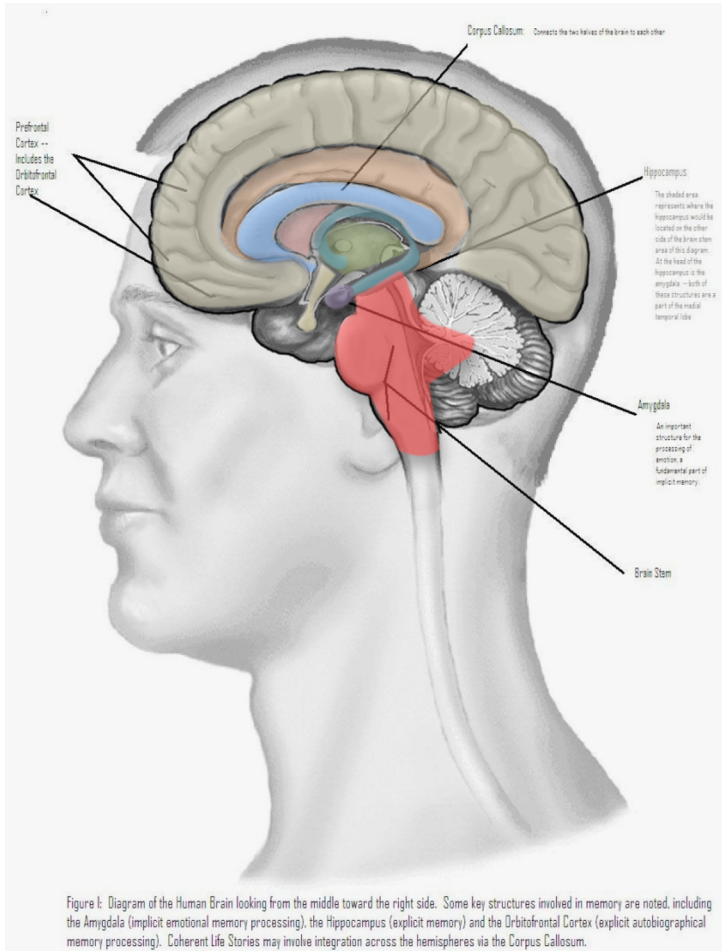


Racism
Poverty
Homo/Trans phobia
Bullying
Oversaturation in Media
Domestic Violence
Child Abuse
Multiple Deployments
Vicarious Trauma (Witnessing)
Multiple Hospitalizations
Sexism
Colonialism
Overdoses
Homelessness
Stigmatization
Multiple Diagnoses
Micro Aggressions
Incarceration
Gravely Disabled
Immigration Challenges
Historical Trauma

When the nervous system becomes overwhelmed, people can lose the capacity to stabilize and regulate themselves

Organizing Principle: Three Parts of The Brain

Education about how the body and brain work



Cortex: Thinking

Integrates input from all 3 parts.
Cognition, beliefs, language, thought, speech.

Limbic Area: Emotional

Assesses risk.

Expression and mediation of emotions and feelings, including emotions linked to attachment.

Survival Brain: Instinctual

Carries out "fight, flight, & freeze."
Unconscious.

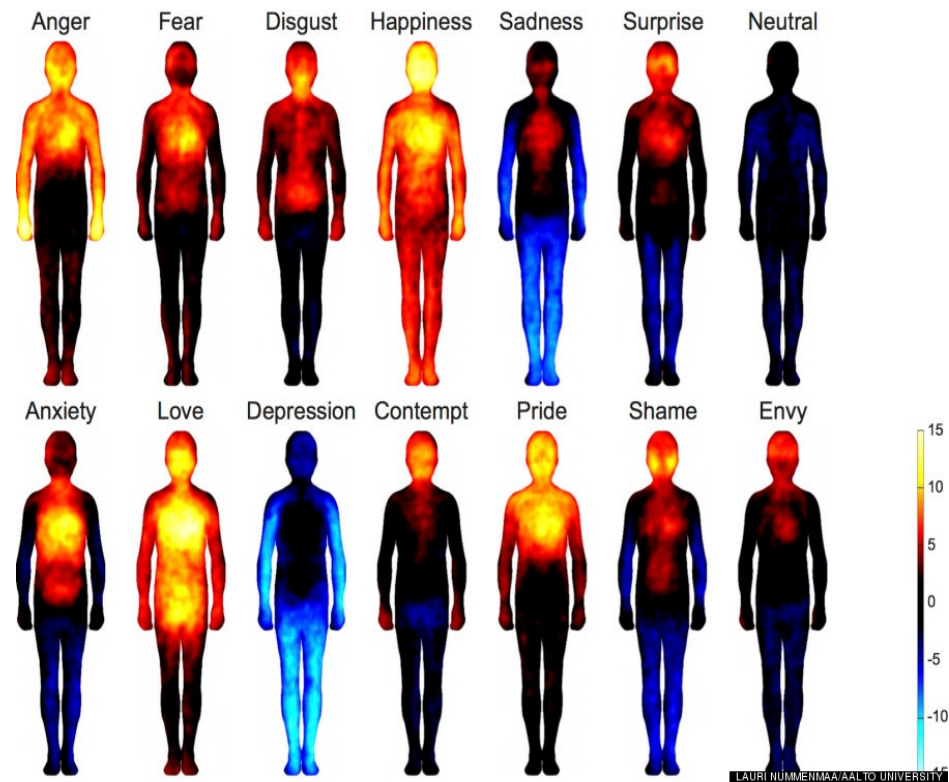
Digestion, reproduction, circulation, breathing - responds to sensation.

CRM Doorway

Developing the Language of Sensation

TRAUMA RESOURCE INSTITUTE©2017

- ❖ A sensation is a *physical experience* in the body.
- ❖ Sensations originate in billions of receptors distributed in every part of the body.
- ❖ Life experiences, including our thoughts and feelings, have a corresponding sensation within the body.



Yellow shows regions of increased sensation while blue areas represent decreased feeling in these composite images. Image created by Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari Hietanen.

Physical

Numb/Fatigue

Physical Pain

Rapid heart rate

Breathing problems

Tight Muscles

Sleep Problems

Stomach Upset

Hypervigilance

Emotion

Rage

Fear

Grief

Guilt

Shame

Apathy

Anxiety

Avoidance

Depression

Thinking

Paranoid

Nightmares

Dissociation

Forgetfulness

Poor Decisions

Distorted Thoughts

Suicidal/Homicidal

Trauma & Stress

Common Reactions

Behavior

Isolation

Tantrums

Self-Injury

Addictions

Eating Disorders

Abusive Behaviors

Spiritual

Hopelessness

Loss/Increase of Belief

Deconstruction of Self

Relational

Angry at others

Isolating

Missing Work

Tracking Nervous System Release



- ❖ A biological process that happens automatically when your body releases stress energy and comes back into balance.
- ❖ Sensations can include trembling, tingling, yawning, stomach gurgling, burping, warmth, cooling down.
- ❖ If you notice any of the sensations of Release, continue to be aware of them. Noticing the sensation will help reset the nervous system.

Mirror Neurons: Hardwired for Empathy

- ❖ A part of the brain responds when a person experiences pain
- ❖ When you watch a person experiencing pain, your neurons (brain cells) will respond similarly
- ❖ “If I empathize with your pain, I need to experience it myself. That’s what the mirror neurons are doing, allowing me to empathize with your pain—This is the basis of all empathy.”
VS Ramachandran, UC San Diego
- ❖ Individuals can begin to experience what is called “vicarious trauma” because of witnessing and listening to the trauma story of others.

Movements and Gestures

Self-Calming



Release



Movements and Gestures

TRAUMA RESOURCE INSTITUTE©2017

Joyful and Powerful



Protection



Universal Spiritual Gestures



Skill 5: Help Now!

- Would it be helpful to go for a walk together?
- Sometimes it helps to get the energy of anxiousness out by pushing against the wall with our hands or pushing our back against the wall. Do you want to do it with me?
- Can I get you a drink of water?
- Sometimes it can help to look around the room, and see what catches your attention? Is there a color you like for example?
- When I am not feeling like my best self, I have found it helpful to remember a time in my life that was better than this moment.
- If I am really anxious, sometimes it helps me to count down from 20, would you like to try it with me?
- I found this app called iChill and I listen to it when I am down or too anxious. You might want to think about using it when you are stressed or down.

Forgiveness

Safety concerns MUST be observed.

Emotional readiness must be respected.

“To forgive is not just to be altruistic. It is the best form of self-interest. It is also a process that does not exclude hatred and anger. These emotions are all part of being human. You should never hate yourself for hating others who do terrible things: the depth of your love is shown by the extent of your anger.

However, when I talk of forgiveness I mean the belief that you can come out the other side a better person. A better person than the one being consumed by anger and hatred. Remaining in that state locks you in a state of victimhood, making you almost dependent on the perpetrator.

If you can find it in yourself to forgive, then you are no longer chained to the perpetrator.”

You can move on, and you can even help the perpetrator to become a better person too. ~Desmond Tutu

<https://www.theforgivenessproject.com/stories-library/desmond-tutu/>

The Rite of Reconciliation of a Penitent

Brings us to forgiveness and sets us free from blame and hatred - of self and of another.

DV Resources

NATIONAL

**National Coalition Against
Domestic Violence (NCADV)**
<https://ncadv.org/>

The Bureau of Justice Statistics
<https://bjs.ojp.gov/>

For books and resources:
[https://www.domesticshelters.org
/resources/books](https://www.domesticshelters.org/resources/books)

LOCAL

**Missouri Coalition Against
Domestic and Sexual Violence
(MCADSV)**
[https://www.mocadsv.org/contact-
us/](https://www.mocadsv.org/contact-us/)

Shelters & Service Providers in MO:
[https://www.domesticshelters.org/
help/mo](https://www.domesticshelters.org/help/mo)



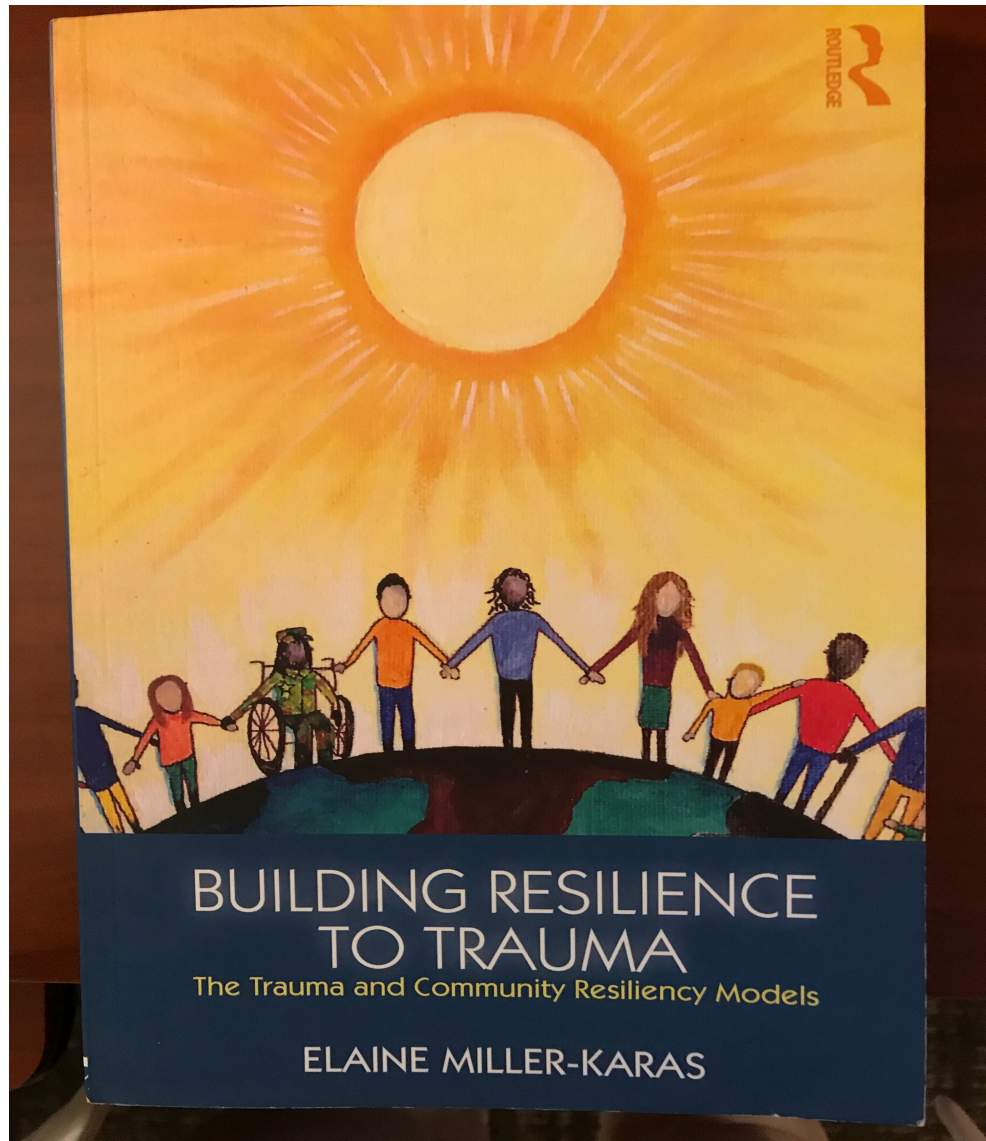
iChill



www.ichillapp.com

www.traumaresourceinstitute.com

Building Resilience to Trauma



Available on
Amazon