



After Trauma Healing, What's Next?: How to Sustain Resilience in Trials

❖ Don Allsman

❖ Charles Anderson



Completion Global *Innovation for the Great Commission*

*National ministry empowering people affected by
incarceration to become more effective disciplemakers
(inside, outside, beyond)*



EPIPHANY: LIFE CHANGE

Thesis

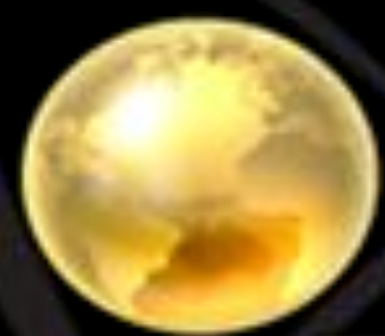
Every prisoner experiences trauma, and Trauma Healing programs are successfully moving them toward wholeness and resilience. But after healing comes, the enemy continues bringing trials, so the incarcerated need tools to sustain resilience going forward.

Objectives

- **Goals, processes, and options for Trauma Healing ministry**
- **Practical steps to sustain resilience, grow in mental wellness, and resist the devil in spiritual warfare after Trauma Healing ends**

Trauma Healing Programs

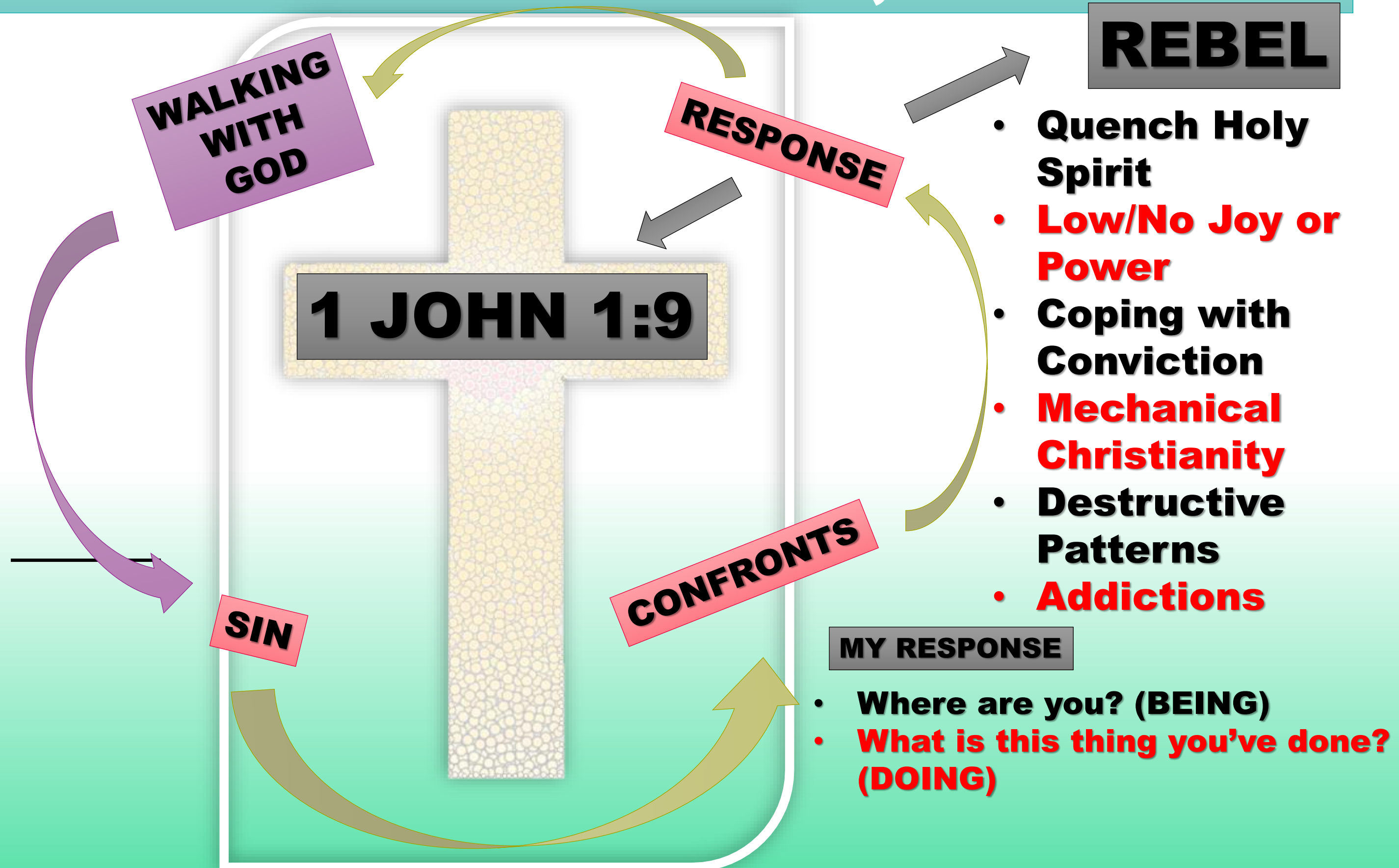
1. American Bible Society
2. World Impact
3. Reboot Recovery
4. Epiphany Life Change



EPIPHANY LIFE CHANGE

SPIRITUAL STEWARDSHIP |

GENESIS 3:9,13



The background is a white canvas covered with numerous colorful paint splatters and dots in shades of red, orange, yellow, green, and blue. A large, semi-transparent teal circle is positioned on the left side of the image. Inside this circle, the word "JOURNEY" is written in a bold, black, sans-serif font. Below the word, there is a short horizontal line, and further down, the phrase "Into his father's heart" is written in a smaller, black, sans-serif font.

“JOURNEY”

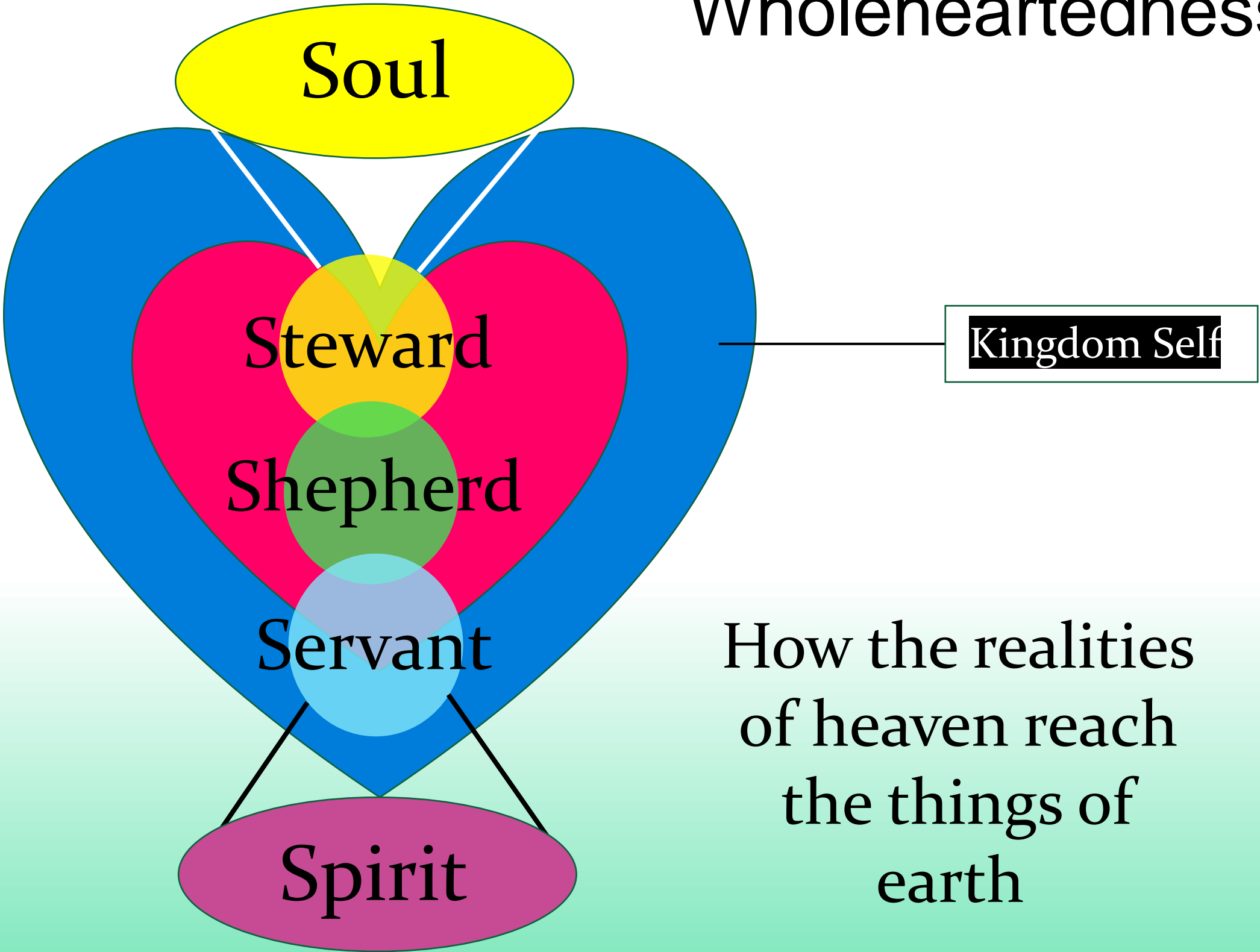
Into his father's heart

FOUNDATIONAL PARTS

The parts of the heart which operate closest to current life and are most likely to be found first, are the Kingdom Self & the three Foundational Parts:

- 1. Kingdom Self /** True Self or Original Self
- 2. Steward**
- 3. Shepherd**
- 4. Servant**

Wholeheartedness



Kingdom Self

How the realities
of heaven reach
the things of
earth

The Kingdom Self:

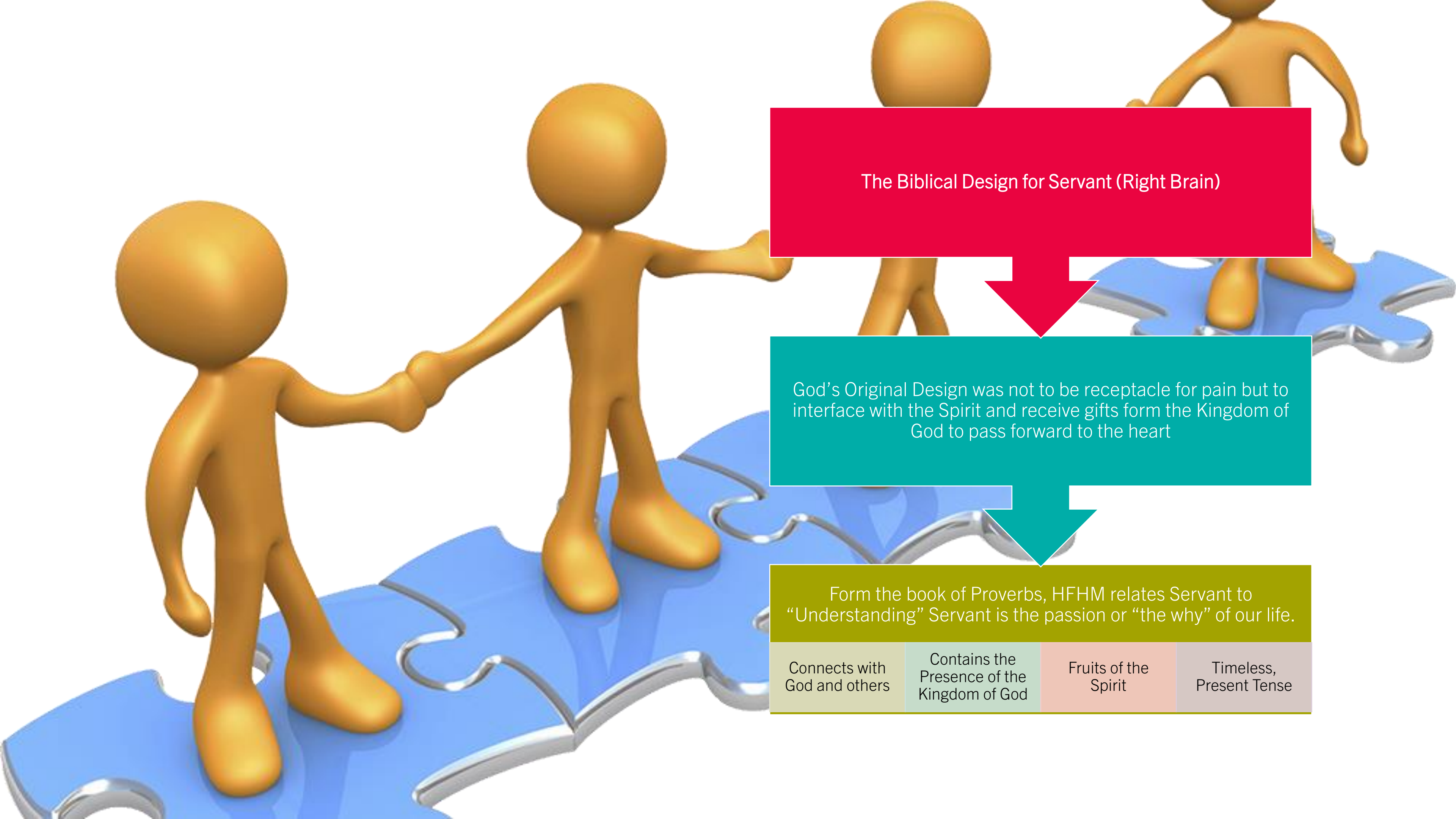
- Light, Peace, Power, Presence, Provision
- The Image of Jesus
- Releasing The Kingdom of God
- The wholehearted essence of the person
- God's original blueprint of you



Servant:

Used as a dumping ground for pain and trauma





The Biblical Design for Servant (Right Brain)

God's Original Design was not to be receptacle for pain but to interface with the Spirit and receive gifts from the Kingdom of God to pass forward to the heart

From the book of Proverbs, HFHM relates Servant to "Understanding" Servant is the passion or "the why" of our life.

Connects with
God and others

Contains the
Presence of the
Kingdom of God

Fruits of the
Spirit

Timeless,
Present Tense

Shepherd:

*Works to keep Steward
and Servant apart for
daily functioning and
survival, usually through
covenants*



THE BIBLICAL DESIGN FOR SHEPHERD (RAS. AMYGDALA)

God's Original Design was not to be a lone guard over all the trauma but to be a guide and a protector of the Servant-Steward relationship in covenant with Jesus.

From the book of Proverbs, HFHM relates shepherd to "Knowledge". Shepherd knows "what" to do and is equipped to know the Word of God intuitively.

1Peter 2:25 (AMP)

For you were continually wandering like {so many} sheep, but now you have come back to the Shepherd and Guardian of your souls.


Steward:

Stays as far away from trauma, primarily through denial, to prevent overwhelming trauma from rendering us incapable of doing life



THE BIBLICAL DESIGN FOR STEWARD (LEFT BRAIN)

God's Original Design was to manifest the Kingdom of God and make the invisible Kingdom fruits and gifts visible. Steward's role is to express the nature and image of God and show who the Father is to the world. (if you have seen me, you have seen the father.)



From the book of Proverbs, HFHM relates Steward to "Wisdom". Steward knows "how" to live life in honor of God.

The Redeemed Heart

When a person knows what God wants them to do, how God wants them to do it, and why God wants them to do it, they are a powerful person, living from a whole heart.



Wisdom
“How”

Understanding
“Why”

Knowledge
“What”



WHAT A BROKEN HEART LOOKS LIKE

Brokenness creates double-heartedness and double-mindedness

“A part of me wants to go and a part of me doesn’t.”

“I know it in my head, but I just don’t know it in my heart.

“I know what to do but I can’t do it no matter how hard I try.”

“I raise my hands in church, and then on Monday I’m depressed.”

“I look like one person around a group of people but look like a different person around another group of people.”

“I am emotionally younger than my chronological age.”

THE EFFECTS OF BROKEN HEARTEDNESS

A broken heart shatters our world.

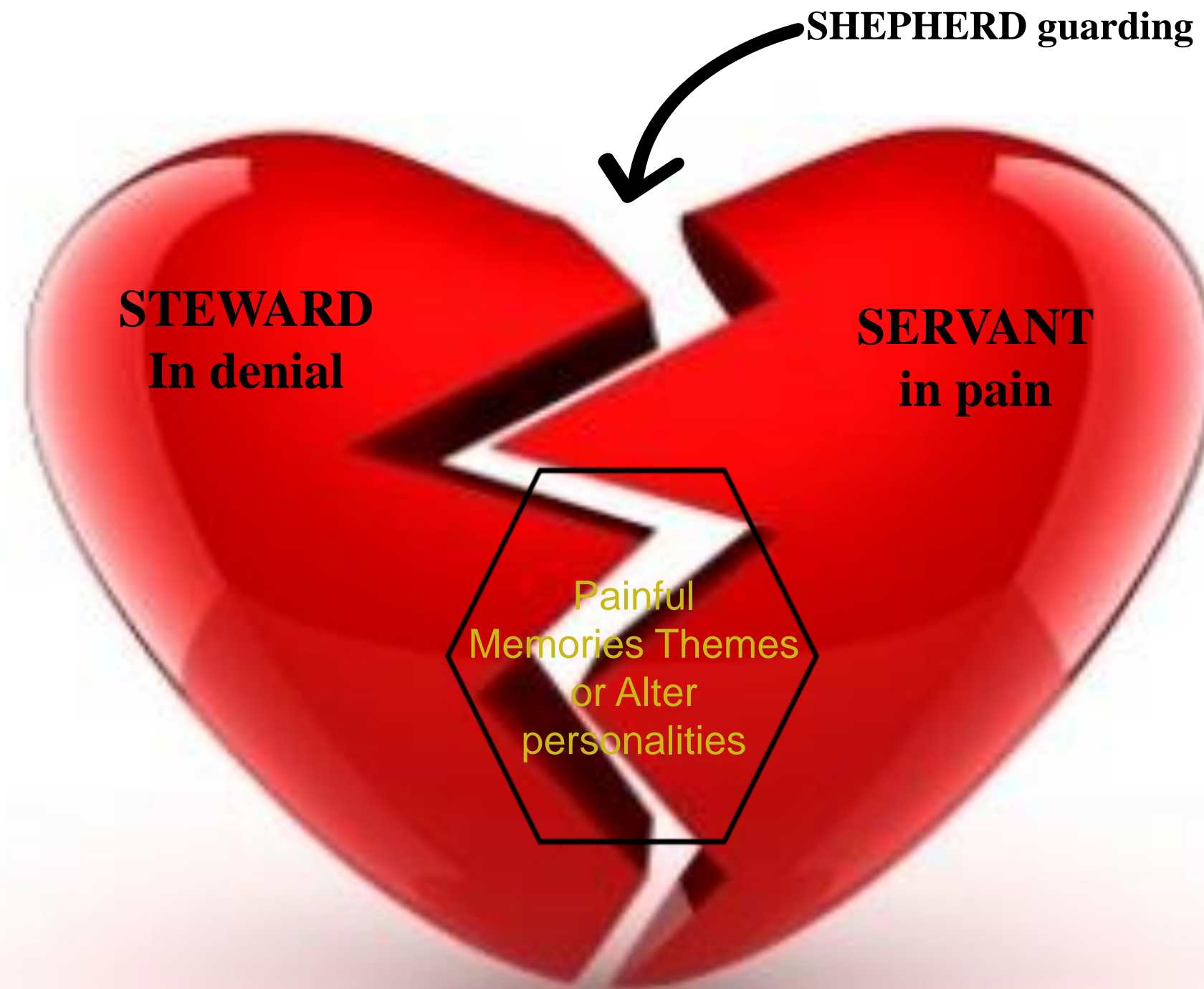
A broken heart keeps us from our identity and destiny

A broken heart interferes with our relationship with God.

A broken heart interferes in the quality of our relationships with others.

A broken heart requires a lot of energy to try to maintain so we can become emotionally, mentally and physically fatigued as a result.

The Unredeemed Heart





Effects of a Broken Heart on the Kingdom Self:

- In a broken heart the Kingdom Self is hidden because the condition of the heart is not safe.
- Because of our brokenness we reject God, or don't know God yet, so the part that's made in the image of God is held back.
- In a broken heart, grace is unavailable, or actively resisted.

Effects of a Broken Heart on Steward:

- Stays far away from trauma, primarily through denial, to prevent overwhelming feelings from rendering us incapable of doing life.
- Easily “burned out” due to loss of purpose (i.e., disconnected from Servant).
- Feels the bulk of frustration, anxiety and stress in life.



SHEPHERD guarding

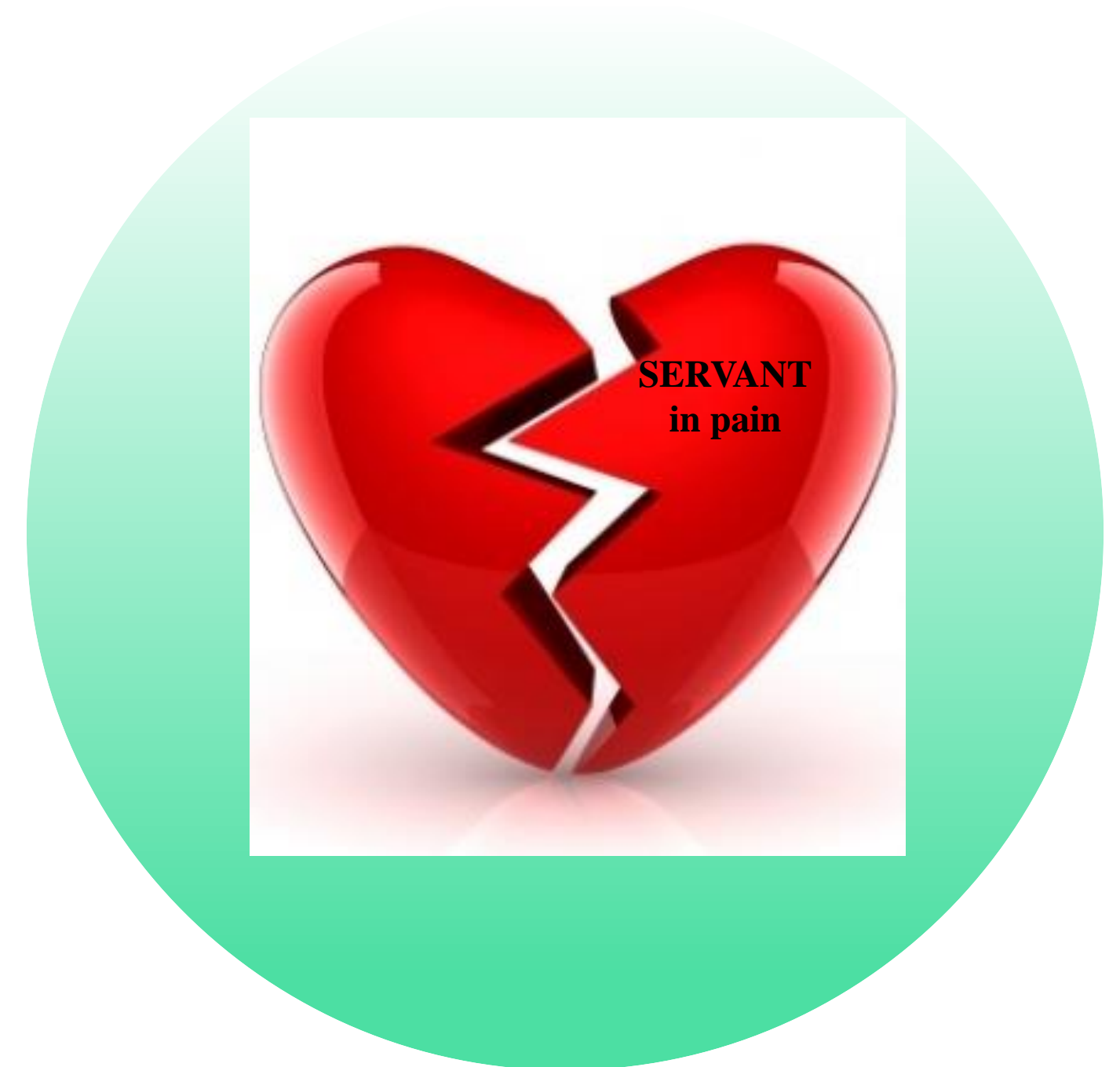


Effects of a Broken Heart on Shepherd:

- Works to keep Steward and Servant apart for daily functioning for survival. Guards based on distrust. Greatly influenced by fear.
- Usually works through contracts (ex: addictions, spirits, chronic illness).
- Uses contracts and hireling shepherds to protect and manage the pain of Servant.
- If doubt is present, or does not believe, then pride produces a dependency on the Self.

Effects of a Broken Heart on Servant:

- Used as a dumping ground for pain and trauma.
- Source of fear, doubt.
- Keeps the trauma present (as if it's still happening).
- Is shut down at the point of trauma, inhibiting growth and emotional stability.
- Splits off to contain the trauma away from your everyday thought life.



*The Key is Value and
Devalue*

At the root of all devaluing, no matter how slight or severe, are falsehoods, or lies, about The Father.

If we believe the falsehoods and misrepresentations about The Father, we are vulnerable to devaluing.

This vulnerability leaves us open to attacks about us, “I’m not good enough,” “I don’t belong”.

Truth is more powerful than a lie and can amazingly set us free (John 8:32).

Create a culture of Truth in your heart about The Father and His Son.

Falsehoods

Falsehoods and doubts about
The Truth keep us unstable
(Steward).



James 1:7-8

- KJV: For let not that man think that he shall receive any thing of The Lord. A double minded man is unstable in all his ways.
 - TPT: When you are half-hearted and wavering, it leaves you unstable. Can you really expect to receive anything from The Lord when you're in that condition?

Falsehoods

Falsehoods about The Father keep us from receiving His presence (Servant):



Romans 1:18-23 (MSG)

- But God's angry displeasure erupts as acts of human mistrust and wrongdoing and lying accumulate, as people try to put a shroud over truth. But the basic reality of God is plain enough. Open your eyes and there it is! By taking a long and thoughtful look at what God has created, people have always been able to see what their eyes as such can't see: eternal power, for instance, and the mystery of his divine being. So nobody has a good excuse.

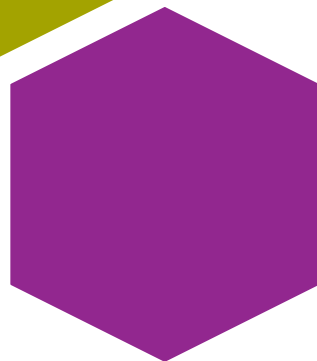


What happened was this: People knew God perfectly well, but when they didn't treat him like God, refusing to worship him, they trivialized themselves into silliness and confusion so that there was neither sense nor direction left in their lives. They pretended to know it all but were illiterate regarding life. They traded the glory of God who holds the whole world in his hands for cheap figurines you can buy at any roadside stand.



Falsehoods about The Father keep us from receiving His ministry (Shepherd):

Romans 1:18-23 (MSG) continued



SCRIPTURAL SUPPORT REGARDING OUR HEARTS

Psalms 86:11-12 NIV

Teach me your way,
O LORD,

and I will walk in your
truth;

give me an undivided
heart,

that I may fear your
name.

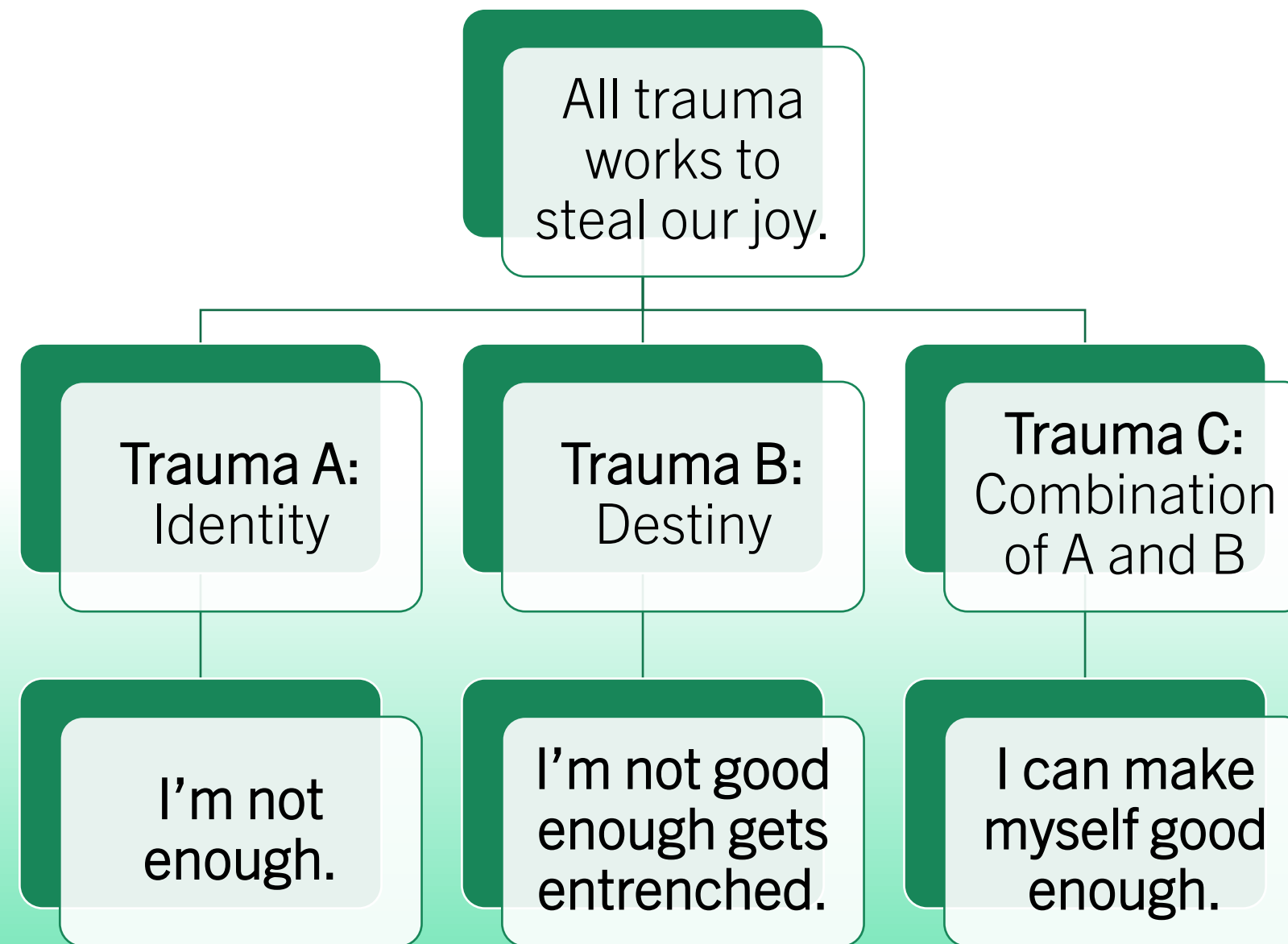
I will praise you, O
Lord my God, with all
my heart; I will glorify
your name forever.

**“Brokenhearted” or “Divided” Heart
defined:**

- When trauma exceeds your capacity for joy, your heart will break or fracture into parts.
- In a moment, or persistently over time, parts of the heart become separated from one another due to devaluing and false beliefs. This results in captivity of the heart and prevents joyful connection with God and others.



TRAUMA



TRAUMA

- The enemy is attracted to trauma and wants us to contract with him through demonic attachments. An attachment will always reinforce the brokenness and magnify the negative emotions.
- Remember that Jesus is attracted to trauma, too, and close to the brokenhearted. A bruised reed he will not break and a contrite spirit he will not despise.
- The choice is ours. Who will we trust with our trauma?

In other words...

JOY

Salvation

Isa 12:3

Therefore, with joy shall ye draw
water out of the wells of salvation.

Trauma Healing Programs

Trauma healing has been successful in dealing with trauma of the past, but what happens when the devil attacks in new ways? How can we equip ourselves with God's provision so we are not traumatized by future trials?

*Once we have acquired resilience,
how do we maintain resilience?*

There's a Snake in the Bed

The Reality

Jn. 10:10 The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

The Reality

Everyone gets knocked down

Resilience = how quickly get up?

God Provides

Satan Impairs

**Battlefield:
Our Minds
(What We Believe)**

We Produce



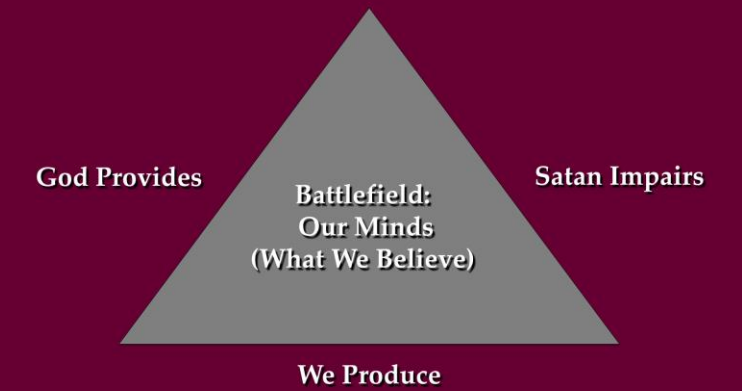
**We develop resilience by choosing
God's life-giving Truth
and rejecting Satan's lies**

- **God has a plan for the ages**
- **Carried out through us**
- **Blesses for return on investment (Mk. 4:20)**



- **Enemy who wants to discourage/distract**
- **Can't take away our salvation**
- **Render us ineffective**

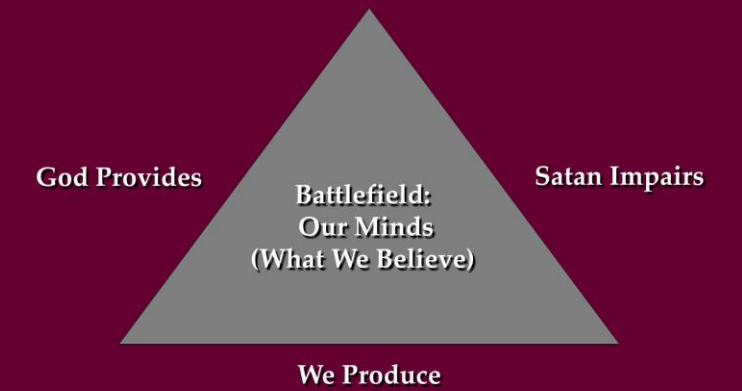
“Instead of being the main show, we are of significance only as a – very important – part of an immense struggle between immense forces of good and evil.” – Dallas Willard



God provides but expects to receive more than He puts in

- **Parable of the Talents, Mt. 25:14-30**
- **Parable of the Soils, Mt. 13:3-9**
- **Parable of the Mustard Seed, Mt. 13:31-32**
- **Parable of the Leaven, Mt. 13:33**

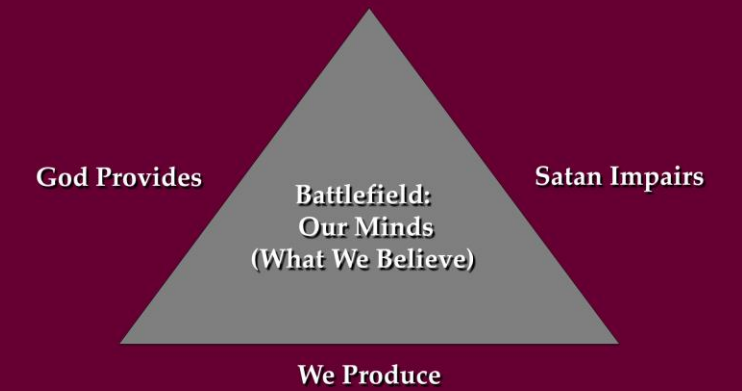
Satan Impairs



1. Con Artist

- **Personalized scheme: what works on you**
- **Get you to voluntarily give up treasure: hurt self and others**
- **Remain hidden and resist revealing: think it's your idea**

Satan Impairs



2. Building New Strongholds

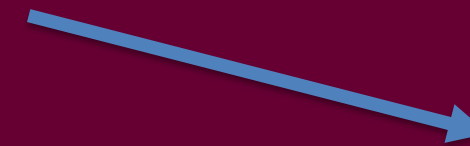
Devaluing

(I failed in that conversation)



Globalizing

(I always fail in conversations)

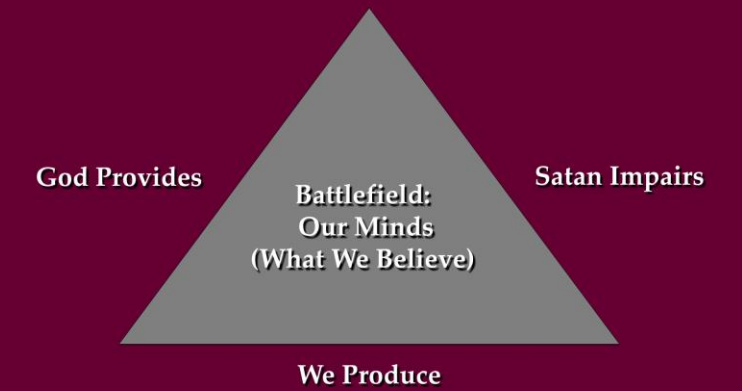


Irrationality

(I'll never have friends)

Repeated response creates brain chemistry

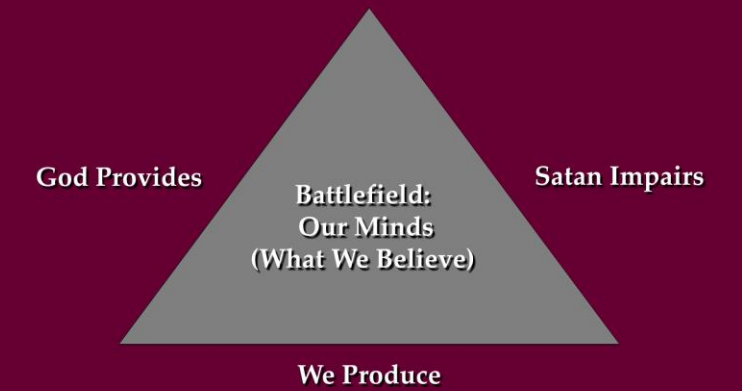
Satan Impairs



Strongholds: Impulsive Destruction/Passive Distraction

- Rush in on impulse, lacking self-control, feeling helpless
- Example: I deserve it (“You’ve had such a hard day, you deserve a break. Go ahead and ____ (smoke, drink, overeat, steal, look at pornography).”)
- Remedy: Make own choices, responsible for actions, accept consequences

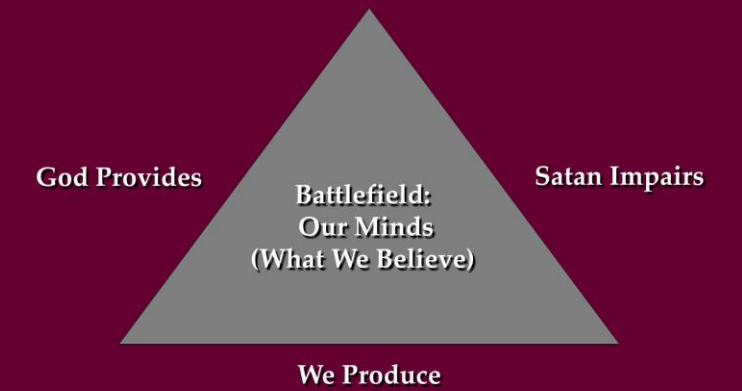
Satan Impairs



Strongholds: Impulsive Destruction/Passive Distraction

- If he can't get us to sin, he'll distract from the best
- **Example: Awfulizing** ("If I try to get a job, they may say no. That would be awful, so I better stay home.")
- **Remedy:** It may not happen. But even if it does, it will be unpleasant but not catastrophic.

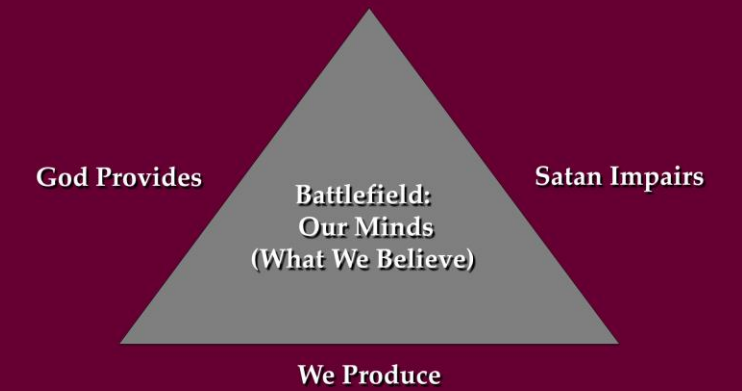
God Provides



1. Father's Philanthropy

- Shows benevolence for all creation (ecosystem design)
- Created to adapt and transformation is possible
- We have imagination because He does

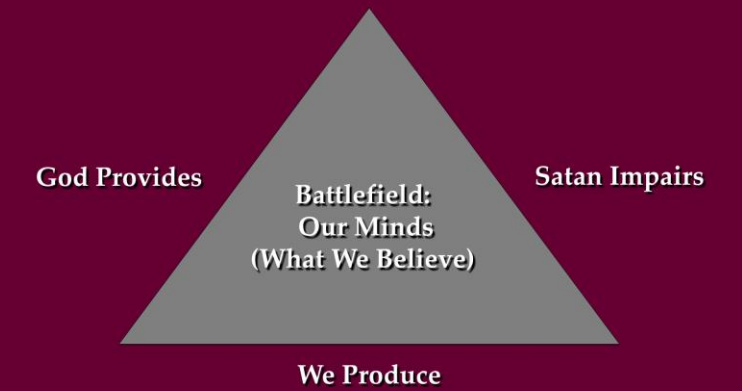
God Provides



2. Son's Provision

- **Victory over devil: teaching, death, resurrection, ascension**
- **We continue His work defeating enemy**
- **He left us teaching and an example of resilience**

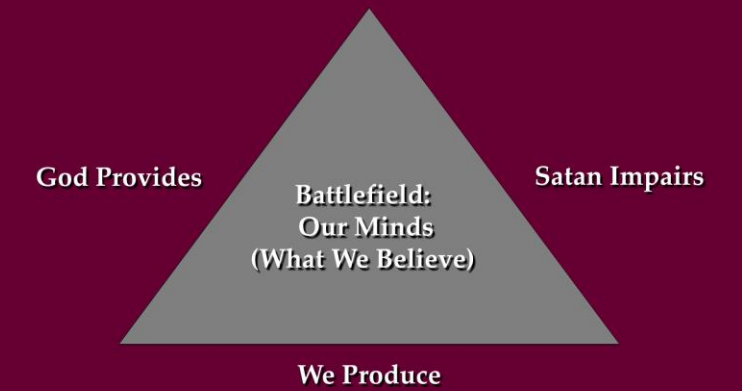
God Provides



3. Spirit's Power

- The Spirit is the Great Integrator, making us One Body
- He is the Comforter and Coach to empower our work
- The Spirit leads us to Truth to fight the lies of the enemy

We Produce



1. Design Personalized Defenses

- Give a name to past trauma
- Have a Biblical theme to respond
- Practice agency to respond in Truth

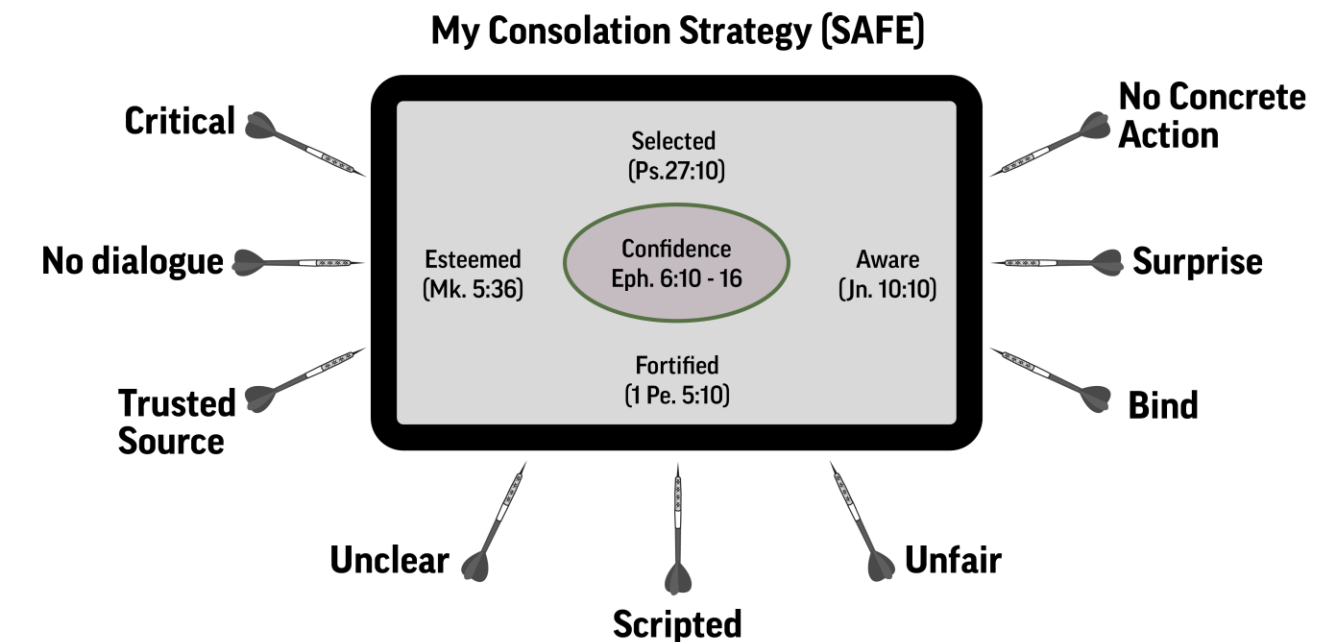
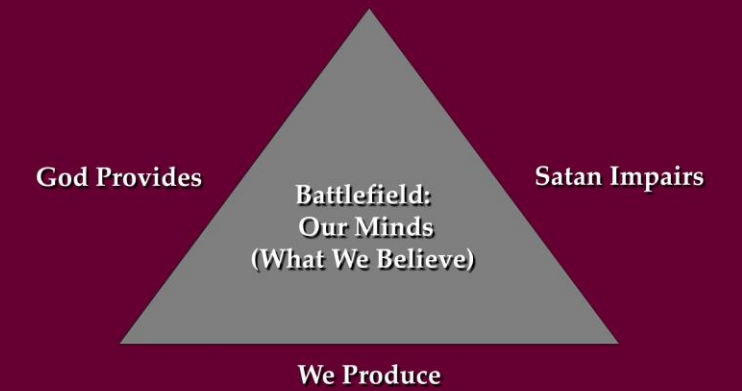


Figure 5: My Consolation Strategy

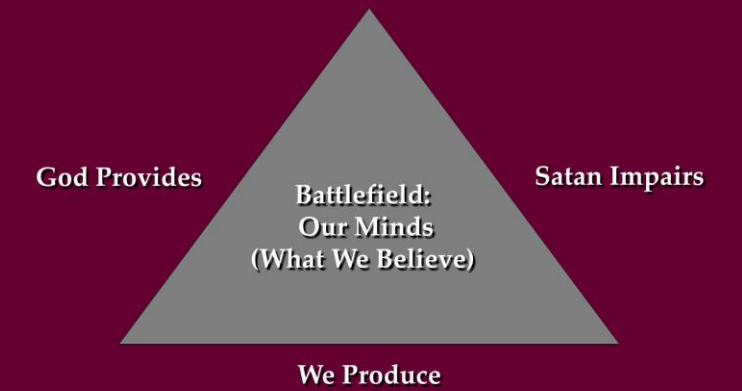


We Produce

2. Adapt to Win

- **The enemy adapts, so must we**
- **Embrace obscurity to become quiet inside**
- **Believe you are loved, take on thankless tasks, release bitterness, get help from others**

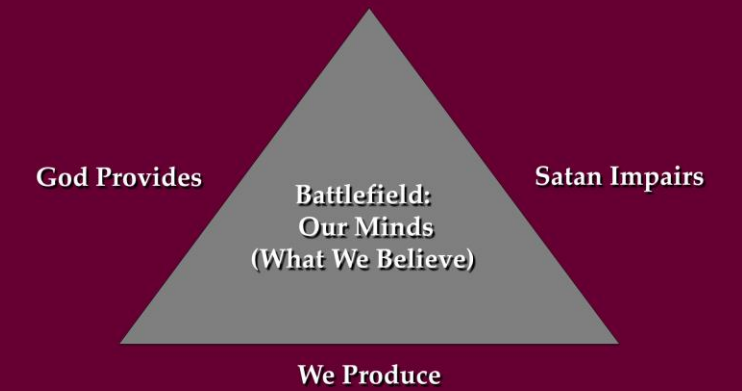
We Produce



3. Cultivate Your Imagination

- **Develop wisdom to wait or act at the right time**
- **View the world with endless possibilities**
- **Be ready for criticism, anguish, and unhealthy dependence**

We Produce



4. Replace Old Habits

- Re-structure your brain
- Example process: Release agenda, Sort distractions, Invoke Truth, Litigate Conflict, Employ Slogan
- Repeat slogan 7x day for 21 days

Summary



Resilience = believe Truth and resist falsehood

- **Satan Impairs: con artist, building strongholds, impulsiveness, distraction**
- **God Provides: Father's philanthropy, Son's provision, Spirit's power**
- **We Produce: Personalized defense, adapt to win, cultivate imagination, replace old habits**

