

Helping the Family Through PTSD

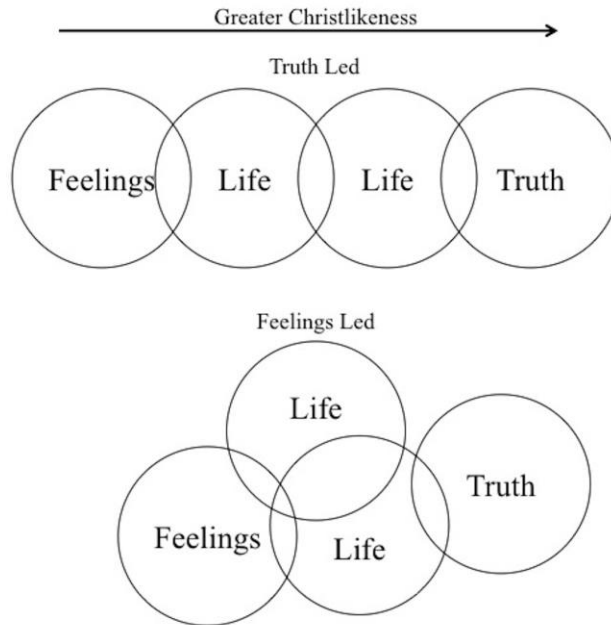
Dr. Greg E. Gifford

“We are not seeking to avoid suffering, ignore suffering, or minimize suffering—we are seeking to *contextualize* suffering.”

—*Helping Your Family Through PTSD*

I. The Process of Reorientation to Truth

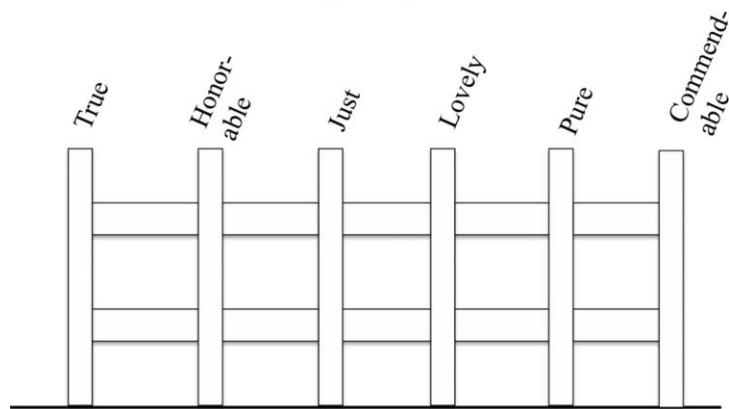
A. _____ Led vs. _____ Led



i. Walking by Faith, not by Feelings (2 Cor. 5:7, 9).

ii. Taking Your Thoughts Captive (2 Cor. 10:5; Phil. 4:8)

Take Your Thoughts Captive to God's Truth



B. Help Our Family See Themselves as God Sees Them

II. Areas of Bewilderment

A. Shame

B. Guilt

i. Committed _____ Them

ii. Committed _____ Them

C. Regret

III. Practical Steps for Ministry

A. Exhibit Demanding Patience (1 Thess. 5:14)

B. Medical Doctors Are a Must (Ps. 51)

C. Circumstantial Changes (1 Cor. 10:13)

i. Avoid Known Stimuli:

ii. Implement/Identify Accountability:

iii. Avoid Significant Free Times:

iv. Fulfill Daily Responsibilities:

D. Maintain a Redemptive Posture (James 1:5; 1 Pet. 1:6)

E. Own Responsibility (Phil. 2:12; Heb. 9:27)
