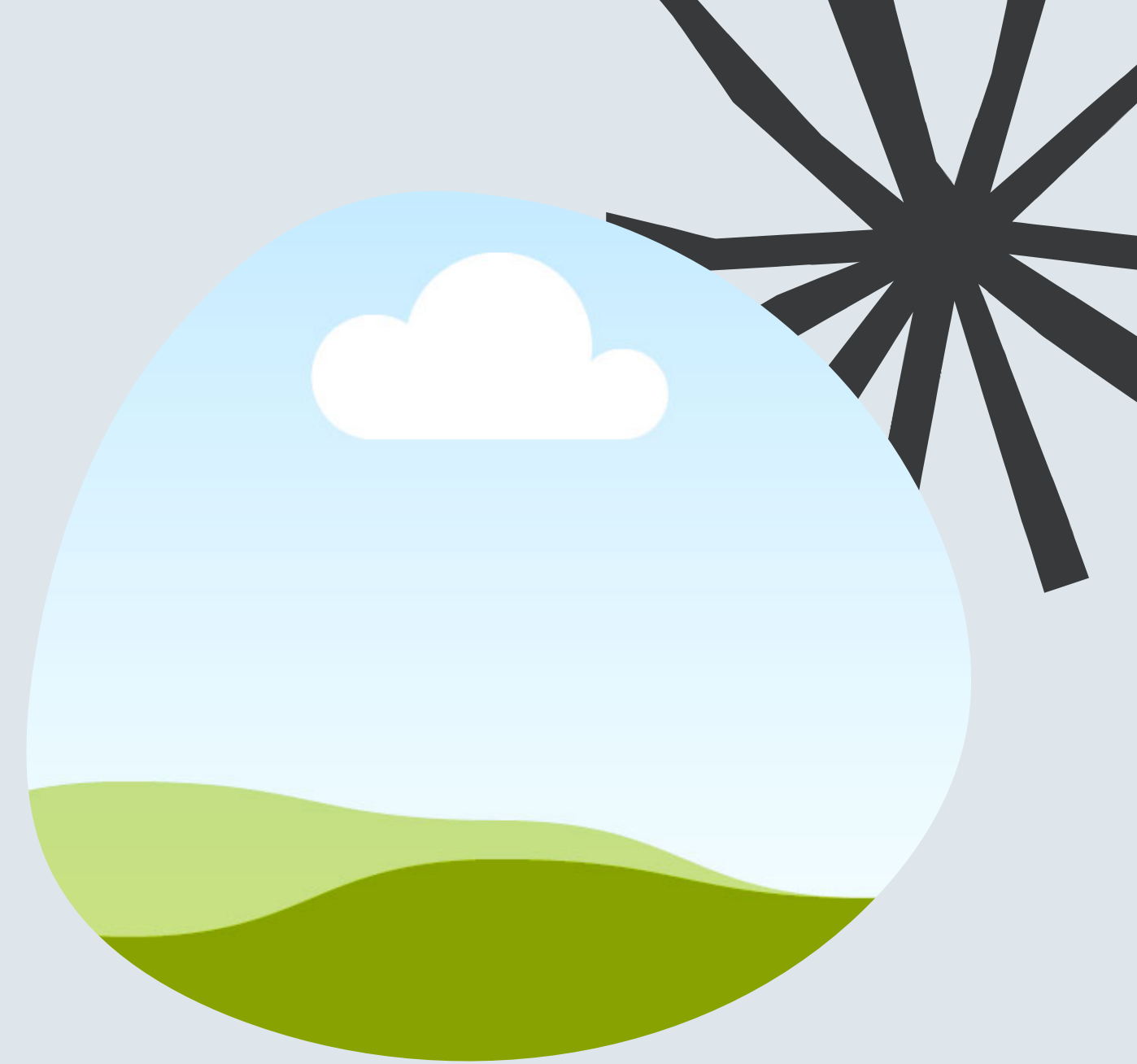


# Supporting Loved Ones Struggling With Trauma and Depression, and Ideas for Moving With Symptoms Meaningfully



Joey Harmon, M.S., NCC, LPC



# Agenda

Overview of Depression

Overview of Trauma

Scripture Related to Depression and Trauma

How Not to Help and How to Help

Meaning Making During Suffering



# Agenda

Acceptance and Commitment Therapy

Closing Scripture

About Eddins Counseling Group

Q&A



# Definition & Common Symptoms of Depression

## Signs and Symptoms of Depression



Persistent feelings of sadness



Loss of interests In activities



Trouble sleeping or oversleeping



Appetite or weight changes



Fatigue or decreased energy



Difficulty thinking clearly or quickly



Irritability, frustration, or pessimism



Physical aches and pains



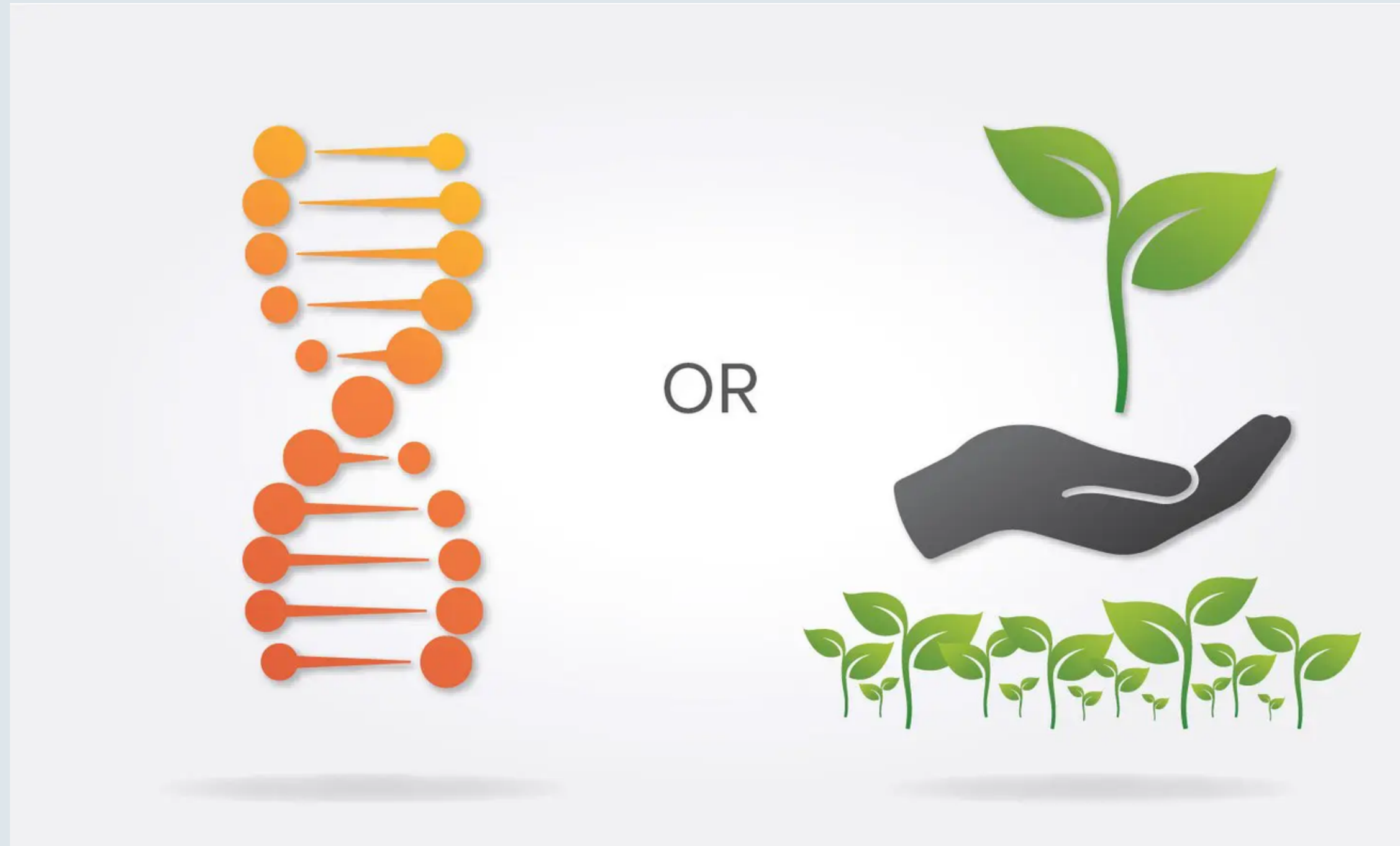
Recurrent thoughts of death or suicide



# Depressive Disorders

- |           |  |
|-----------|--|
| <b>01</b> | Depressive Disorder due to another Medical Condition |
| <b>02</b> | Disruptive Mood Dysregulation Disorder               |
| <b>03</b> | Other Specified Depressive Disorder                  |
| <b>04</b> | Major Depressive Disorder                            |
| <b>05</b> | Unspecified Depressive Disorder                      |
| <b>06</b> | Persistent Depressive Disorder                       |
| <b>07</b> | Post-Partum Depression                               |
| <b>08</b> | Premenstrual Dysphoric Disorder                      |
| <b>09</b> | Seasonal Affective Disorder                          |
| <b>10</b> | Substance/Medication-Induced Depressive Disorder     |

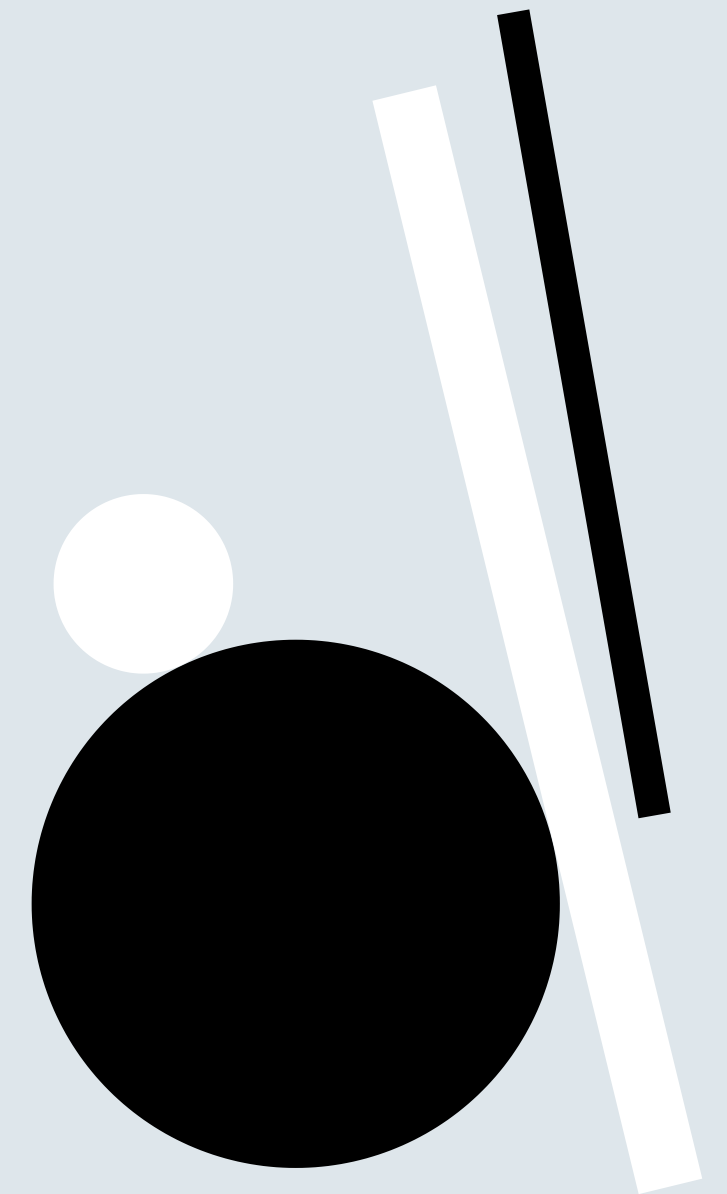
# Possible Causes of Depression



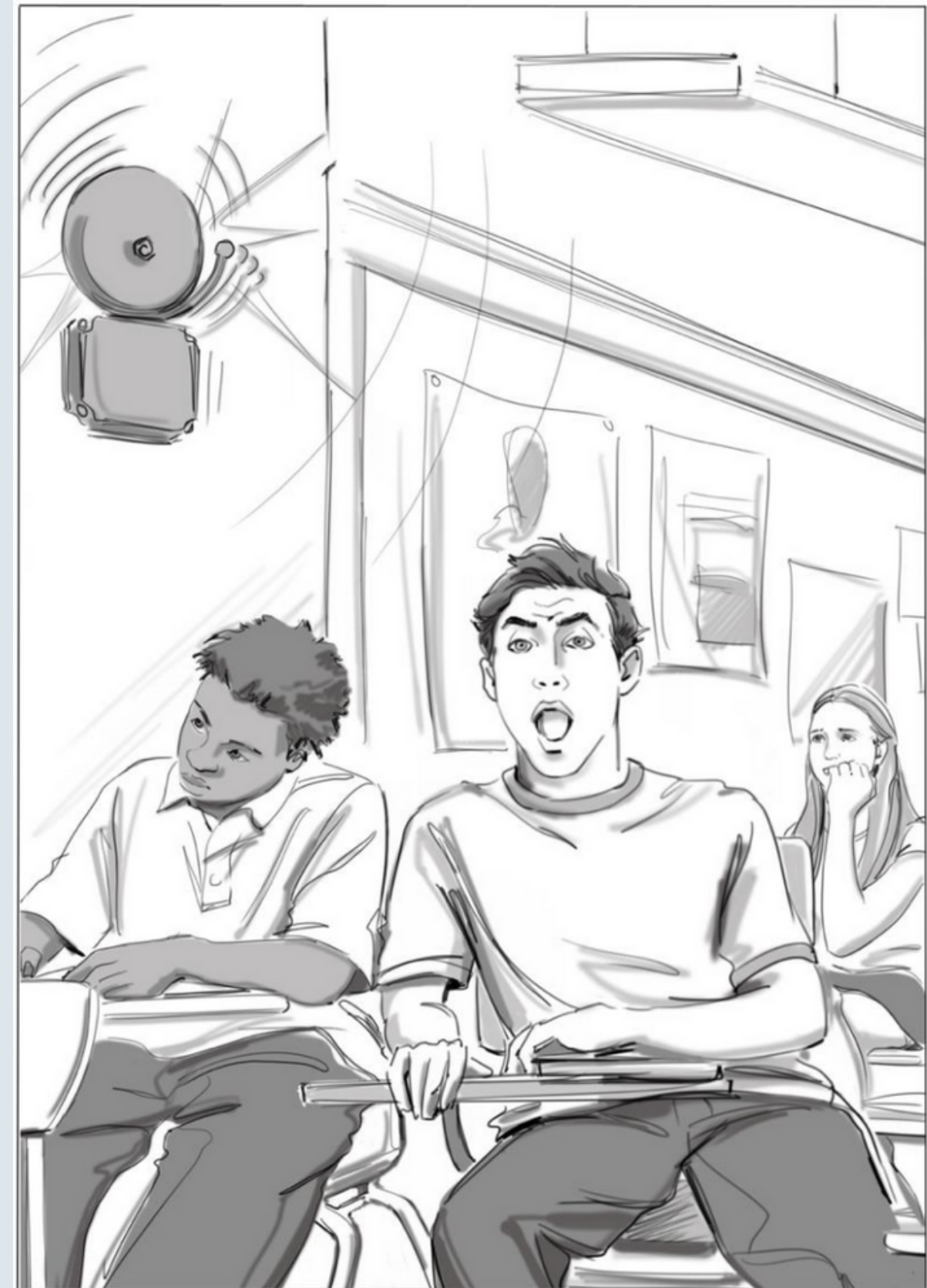
Nature vs. Nurture

# Definition of Trauma

*A normal response to abnormal  
circumstances*



# Psycho-physiology of trauma





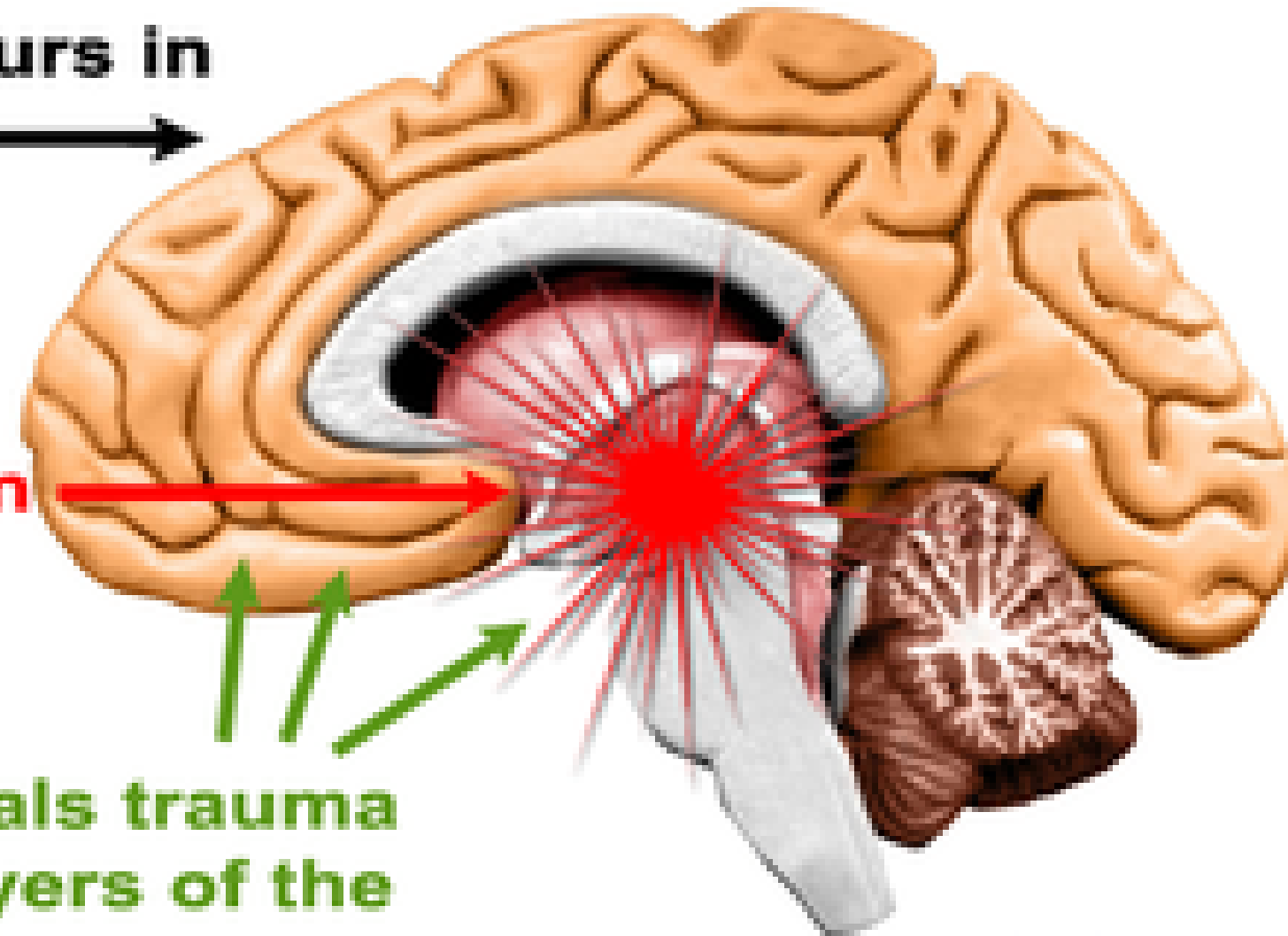


## The Difference Between Brainspotting and Talk Therapy

Talk Therapy occurs in cerebral cortex →

Trauma is stored deeper in the brain →

Brainspotting heals trauma throughout all layers of the brain!



# Trauma-Related Disorders

**01** Reactive Attachment Disorder

---

**02** Disinhibited Social Engagement Disorder

---

**03** Post-Traumatic Stress Disorder (PTSD)

---

**04** Acute Stress Disorder

---

**05** Dissociative Amnesia

---

**06** Other Specified Trauma and Stressor Related Disorder

---

**07** Unspecified Trauma and Stressor Related Disorder

---

**08** Dissociative Identity Disorder

---

**09** Depersonalization/Derealization Disorder

# Biblical Examples

Jeremiah  
20: 14-18

Job 3; Job  
6: 1-15; Job  
10; Job 30:  
15-31

Psalm 38:  
6-8; Psalm  
42: 3-11

Matthew  
26: 37-39;  
Mark 14:  
33-36;  
Luke 22:  
42-44



# Reference Scripture

“Remember my affliction and my wanderings, the wormwood and the gall! My soul continually remembers it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of The Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. ‘The Lord is my portion,’ says my soul, ‘therefore I will hope in Him’”.

Lamentations 3:19-24

# Job's Friends

Eliphaz: “The Innocent Prosper”, Job chapters 4-5. AKA, Things Will Get Better

Bildad: “Job Should Repent”, Job chapter 8. AKA, Just Try Harder

Zophar: “You Deserve Worse”, Job chapter 11 (nuff said)

The Lord rebukes them all for their foolishness (Job 42: 7-8)

# What NOT to do

---

Lecture

Give advice/solutions/brainstorm

Criticize

Make promises

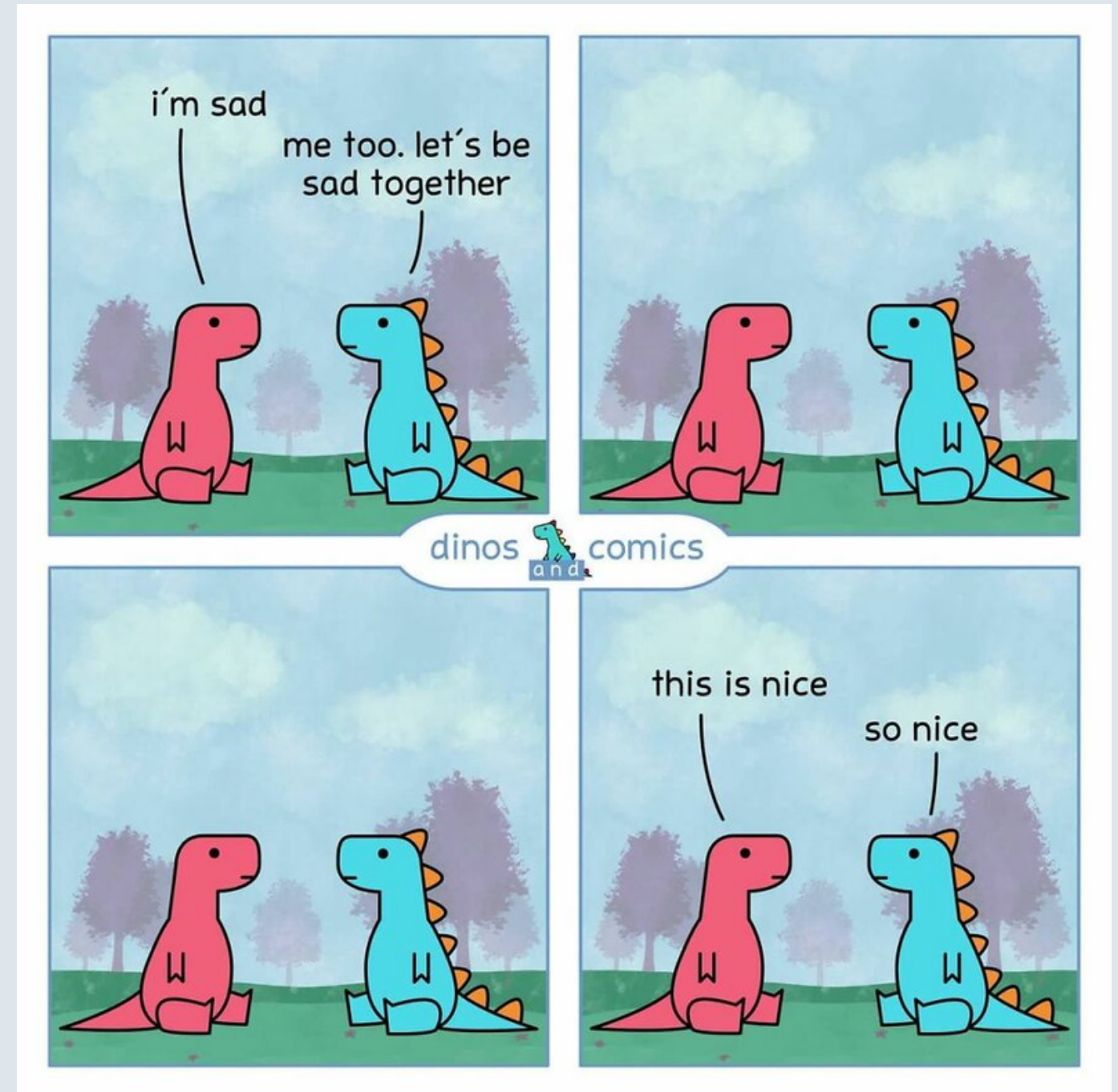
# What NOT to do (continued)

- Minimizing seriousness
- “I understand what you’re going through”
- Begin talking about yourself/how you’ve handled similar problems. Is this moment about you, or them?

# What TO do

Best solution is to join them in their pain

You may not be able to completely understand their situation, but you can understand their emotions.






A serene sunset scene over a calm body of water. The sun is low on the horizon, partially obscured by a few dark clouds, creating a bright orange and yellow glow. The sun's reflection is visible on the water's surface. A single bird is captured in flight, silhouetted against the bright reflection of the sun. The overall mood is peaceful and contemplative.

**Grief Shared is Halved,  
Joy Shared is Doubled**



**~ Proverb**

[www.griefandsympathy.com](http://www.griefandsympathy.com)





**Emotional Acceptance  
≠ Behavioral  
Acceptance**





# Living a Life of Meaning During Suffering






Some things may or may not happen for a reason, but...

**Everything that happens can have spiritual meaning.**





Man's main concern is not to  
gain pleasure or to avoid pain but  
rather to see a meaning in his life.

Viktor E. Frankl

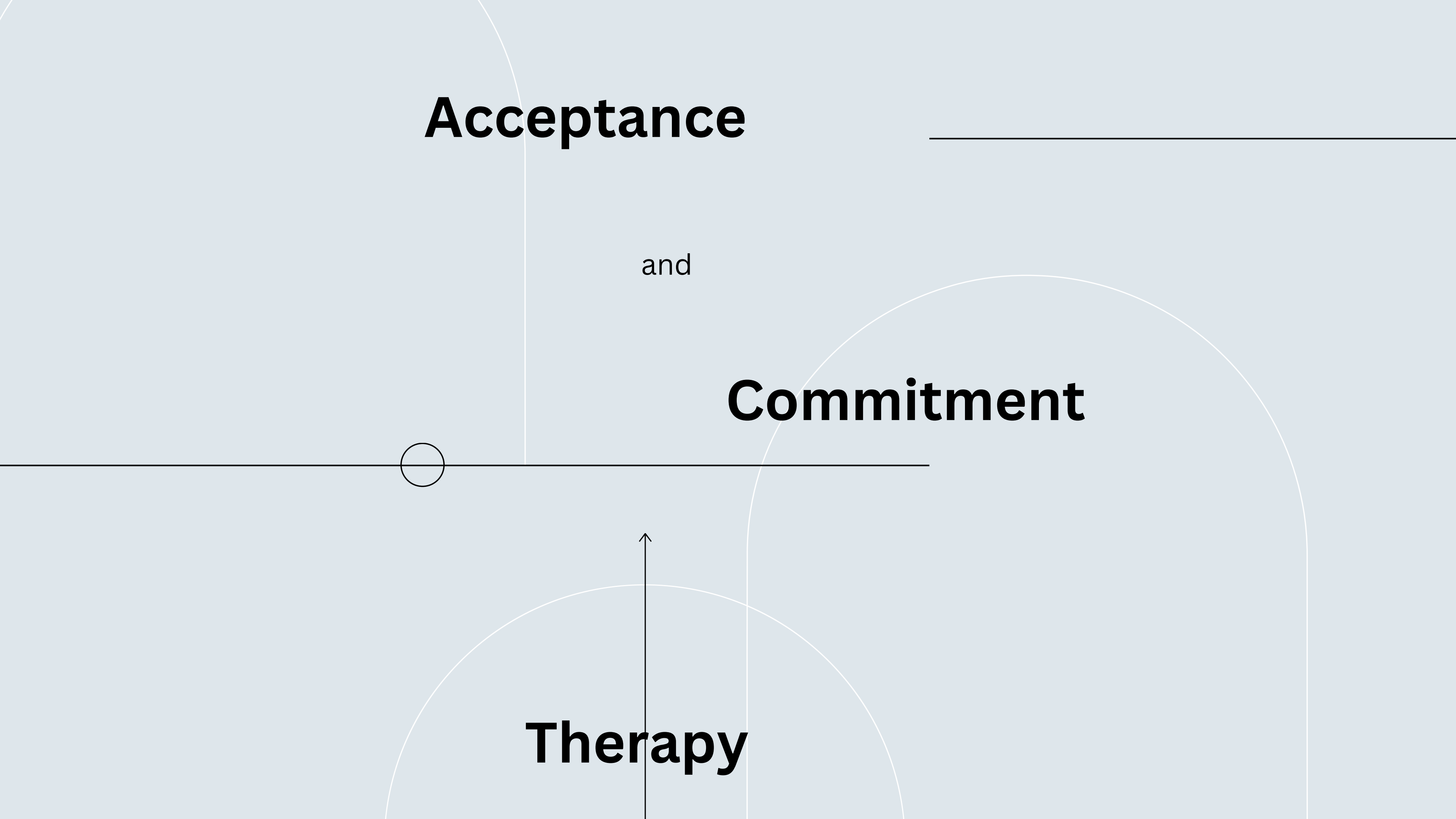


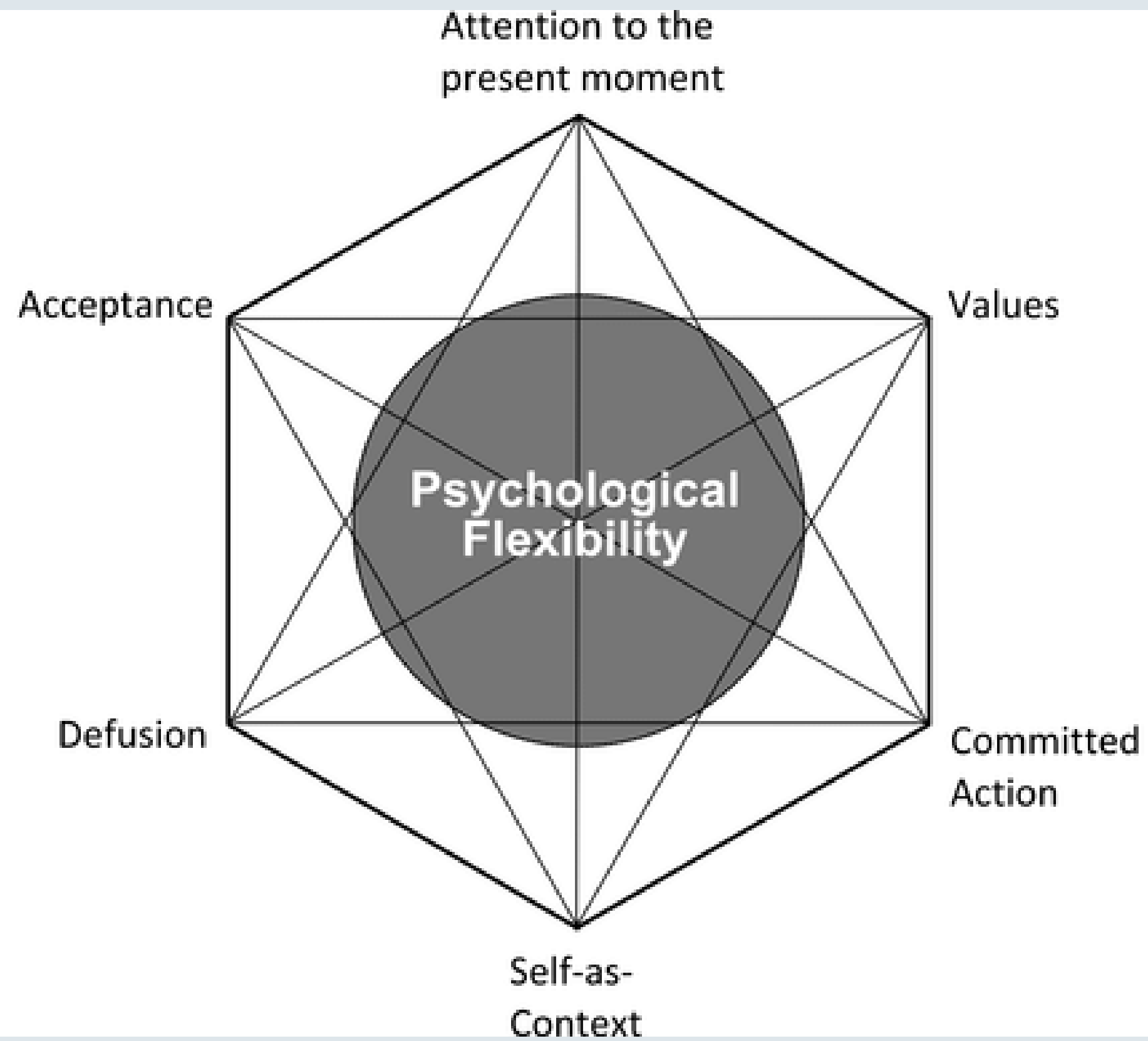
**Acceptance**

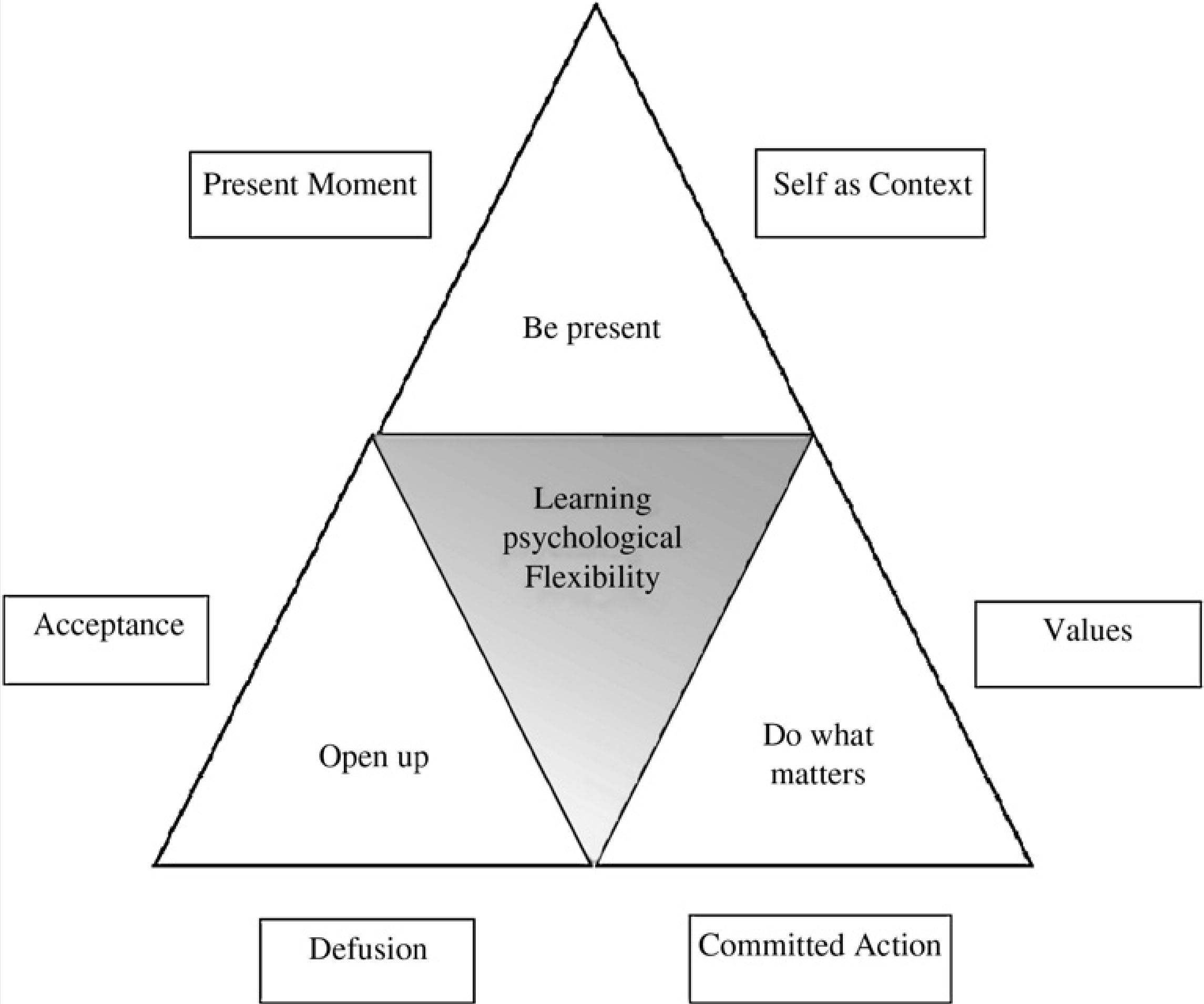
and

**Commitment**

**Therapy**







COME AS YOU  
ARE









## Acceptance

It's raining.

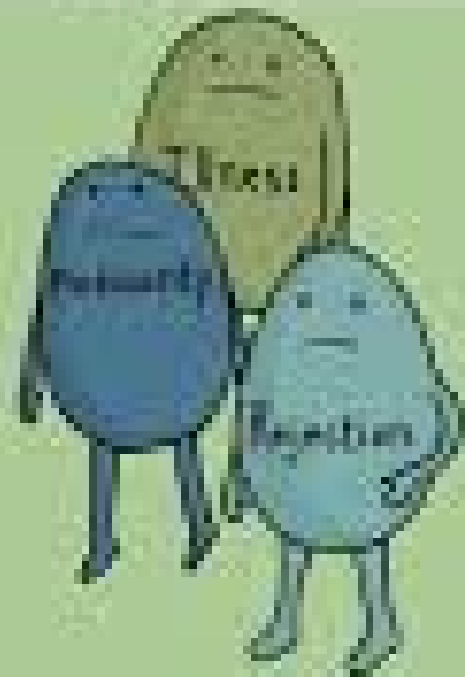
The rain will stop on its own eventually.

I can't do anything to stop it faster.

Rather than trying to stop it, I'm better  
off getting out my umbrella and going  
about my life.

*mentalhealthathome.org*

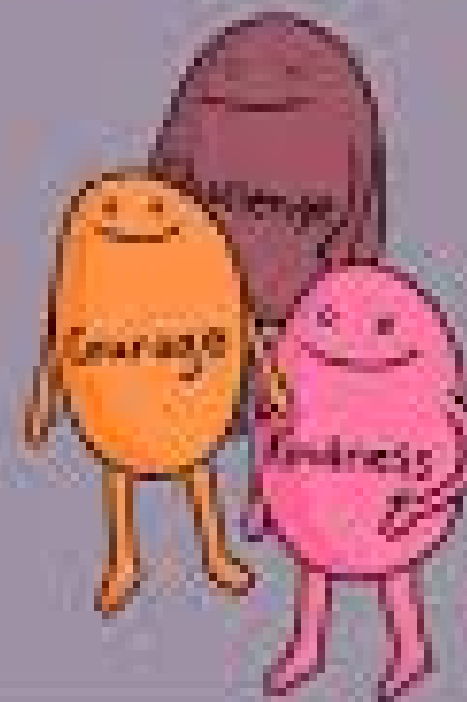
*What motivates you? Are you...*



**RUNNING  
AWAY**



**OR RUNNING  
TOWARD**



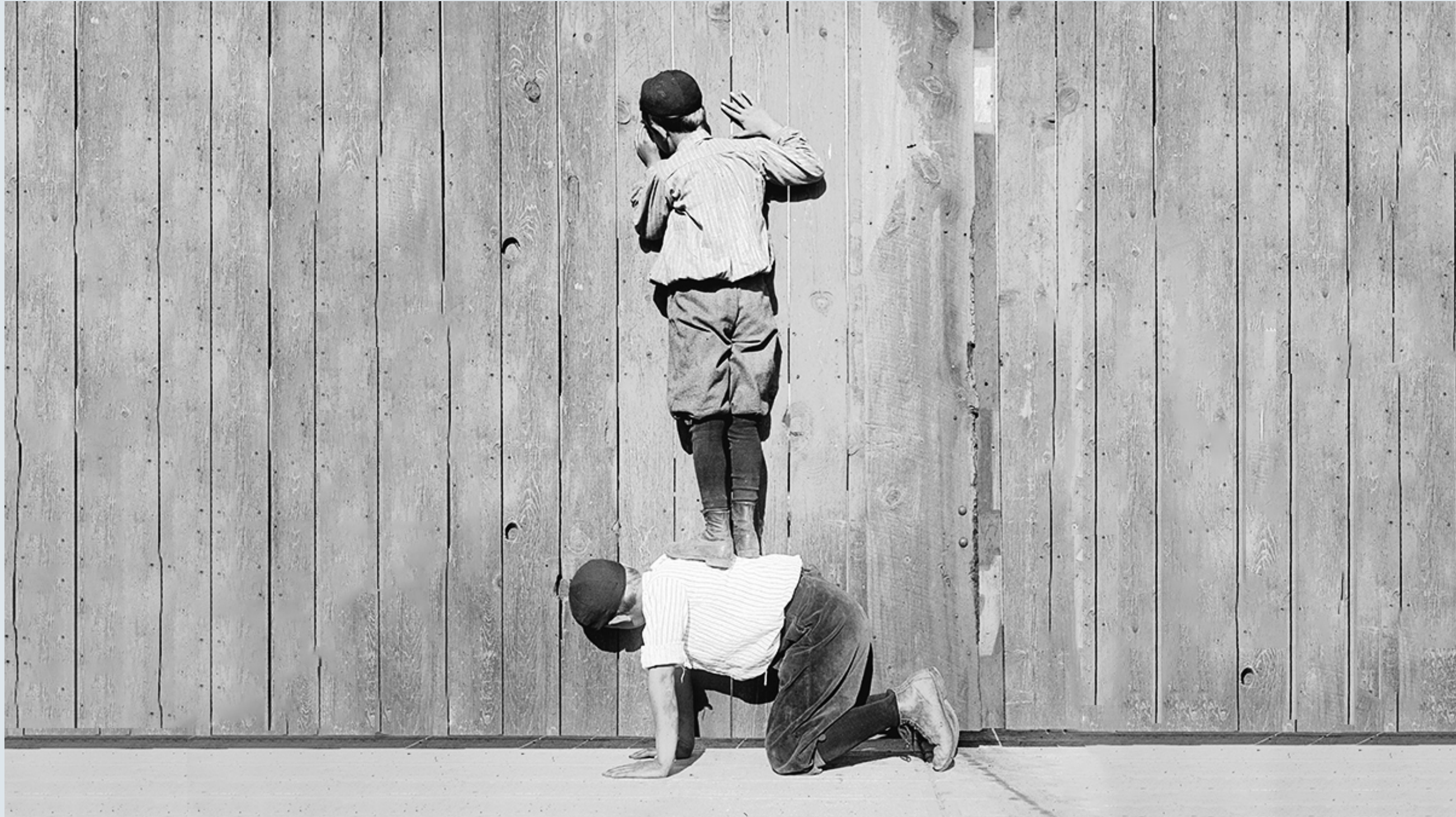
*@ocdnashville*

**CAUTION**











# The Story Thus Far

01

Psalms 119:49-  
50

02

2 Corinthians  
4:8-10

03

Hebrews 4:15-  
16

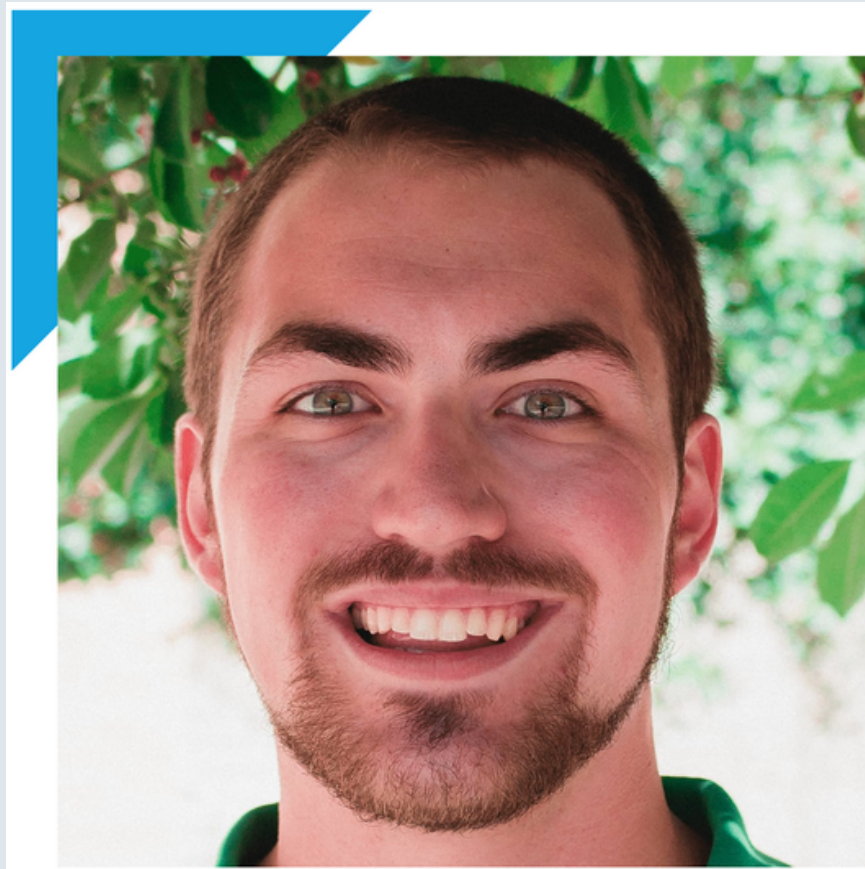


# *In Summary*



# Eddins Counseling Group

ADULT, CHILD, COUPLE & FAMILY COUNSELING



# Sources

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

Cambridge University Press. (1995). Trauma. In *Cambridge Dictionary*.  
[https://dictionary.cambridge.org/us/dictionary/english/trauma?  
q=Trauma](https://dictionary.cambridge.org/us/dictionary/english/trauma?q=Trauma)

*English Standard Version Bible*. (2001). Crossway.

*New International Version Bible*. (2011). Zondervan.

**Questions?**