

Trauma Informed Services

Do you know anyone who has been impacted by trauma and who wants to clear the harmful impact? If you aren't sure, here are some symptoms of being impacted by trauma:

- Aggression and low impulse control in new situations or with new people
- Resistance to authority or fearful of structured environments
- Disengagement as means of defense
- "Minor" events precipitating catastrophic reactions

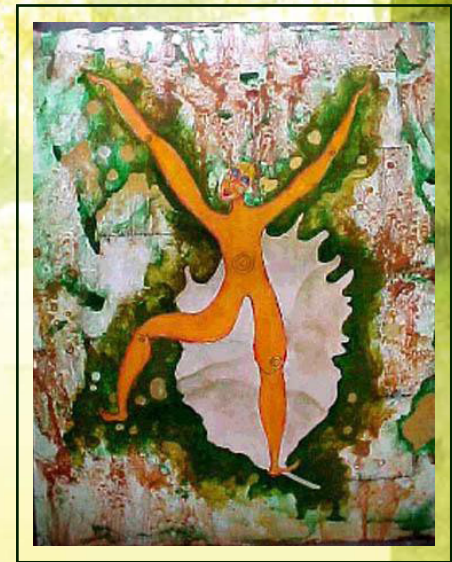
In its more advanced manifestations, the impact of trauma can look like PTSD, anxiety, depression, borderline personality disorder and dissociative disorders. Physical manifestations can be anxiety, insomnia, addictions, diabetes, obesity, digestive disturbances, infections, and cancer.

Individual sessions are generally provided twice a week for four to six weeks. For more information and to find out if TIR is for you, please call (760) 519-0823 or email:

healing@pilgrimucc.org.

Sessions for people of any or no faith also available in Spanish.

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Trauma Informed Care at Pilgrim United Church of Christ

*A Ministry for Healing and Healthy
Environments*

The purpose of Traumatic Incident Reduction (TIR) sessions is to promote healing from past or ongoing trauma and to nurture individuals to become healthier (more trauma informed and healing informed) persons.

Jaime Romo,

Minister for Healing and Healthy Environments

The Leading Cause of Substance Abuse

The literature is clear: Unresolved trauma is often the underlying issue for most people who turn to a substance for relief and escape.

Traditional intensive outpatient substance abuse programs mainly provide group experiences and focus on behaviors. They usually fail to adequately and effectively address and resolve the issues underlying the reasons why someone turned to a substance for relief. Unresolved traumatic events from any period of a person's life have the power to create depression, anxiety and high levels of stress that can drive someone to seek relief in ways that are damaging, illegal and counterproductive.

Many traumatized human beings begin using a substance for relief during their childhood or adolescence. But it is also important to know that overwhelming events, abuse and neglect from childhood can remain dormant for years and then be triggered later in life.

What is Trauma?

A trauma is a very personal thing: it is a real or perceived threat of danger or loss that overwhelms a person's usual coping ability.

Traumatic experiences, which are stored in the part of the brain responsible for *unconscious memory*, can cause lingering physical, emotional and chemical changes in the body and nervous system. These reactions, in effect, can become imprinted in the body and mind and easily be set into play when new experiences trigger the unresolved or hidden memories of the trauma.

A very important note about the body: *it doesn't necessarily know the difference between a mental image and an actual event.* This is why buried, traumatic memory has such a harmful impact on us. Even though we may not be aware of the details of a buried memory, it still has the power to make us act and feel as though the event were still occurring.

Upon completion of TIR, one former client reported:

"I am more positive and optimistic about life. I'm using steps learned here to reason through stress and I'm eager to make positive steps to continue on my career path. I have much more self-worth. I feel deserving of love. I am forgiving and accepting of my past."

Traumatic Incident Reduction Endorsed and Evidence-Based

Traumatic Incident Reduction (TIR) is a safe, simple technique for permanently reducing or eliminating the effects of traumatic events. TIR provides the opportunity to consciously inspect and resolve traumatic material in a structured, safe environment. As a person-centered method (it's all about you), the areas for exploration are chosen by the client, and pursued at a comfortable self-determined pace. A TIR session is unique in that it has no fixed length.

<http://www.tir-nrepp.org/>