

## Spiritual Care



Vlad Corea, MDiv., BCCC  
Director

# Let's Talk About Your Losses...

# Prayer

- God, thank You for your commitment that will not let us go. We ask for Your presence during this session. May we be able to let go of whatever it is that may try to take us away from being here. Let our hearts and minds be opened anew, knowing that we have been through and continue to go through unprecedented times, as we try to deal with multiple issues of our present day. Grant us wisdom and courage for the living of these days. Amen.

# Remembering trauma

- We remember how we felt during certain times of our lives.
- This season brings with it quite a bit of emotional reaction.



# Remembering trauma

- What feelings will you remember from everything going on in the world right now?



# Remembering trauma

- Under stress the brain's ability to process language is reduced
- In traumatic situations the brain's language center shuts down
- Research shows that in stressful and traumatic situations the visual cortex of the brain processes some language input
- Don't count on your receivers (in your brain) having the ability to process language-heavy messages in stressful and traumatic situations.

*(Rauch, et al., 1996, Hull, 2002, Kolassa 2007, ReisMucki, 2013; Saslow, et al., 2014, Shin, et al, 1996; vander Kolk 1994; Vetter, Smih &, 2014; Wylie, 2010)*

# Most Urgent Needs

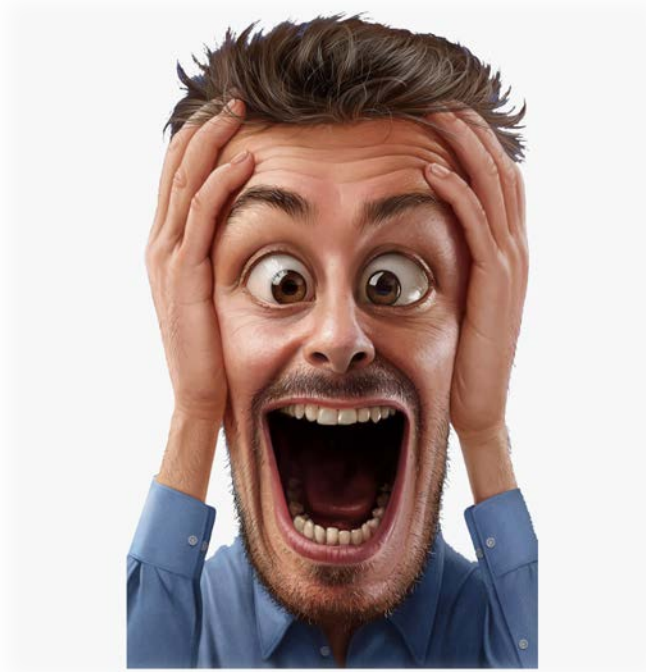
- What are the most urgent needs of trauma survivors?

*Safety & Letting go of anger*



# You've been affected

- Unexpected events
- Ways you were never trained to deal with



# On Going Moral Distress

- Not able to see people
- Not able to be with people when they die
- Not able to participate in funerals
- Not able to mourn properly
- Not able to express our social needs
- Not able to live without fear



# This is Traumatic for you

- Produced feelings of helplessness/ moral distress
- Led to a sense of loss of control
- Felt like a relational betrayal (with patients, families, staff, God?)
- Challenged your sense that life is meaningful and orderly
- Shattered your world (in a sense)

# Natural Feelings



# Where is God in all this?

- **Luke 24:13-19; NLT**

That same day two of Jesus' followers were walking to the village of Emmaus, seven miles<sup>[a]</sup> from Jerusalem. As they walked along they were talking about everything that had happened. As they talked and discussed these things, Jesus himself suddenly came and began walking with them. But God kept them from recognizing him. He asked them, "What are you discussing so intently as you walk along?" They stopped short, sadness written across their faces. Then one of them, Cleopas, replied, "You must be the only person in Jerusalem who hasn't heard about all the things that have happened there the last few days."

"What things?" Jesus asked.

"The things that happened to Jesus, the man from Nazareth," they said. "He was a prophet who did powerful miracles, and he was a mighty teacher in the eyes of God and all the people."

# Archbishop Desmond Tutu

## The Life of Meaning: Reflections on Faith, Doubt, and Repairing the World

by Bob Abernathy

“I have come to realize more and more that prayer is just being in the presence of one who loves you deeply, who loves with a love that will not let you go. And so, when I get up in the morning, I try to spend as much time as I can in the sense of being quiet in the presence of this love.”



# The Blue Zones



**Dan Buettner**

1. A relevant Faith Tradition
2. A Healthy Support System

# What to do: Self-Care



1. Talk

2. Pray

3. Support

4. Do for others

**For more information**



**[AdventistHealthCare.com](http://AdventistHealthCare.com)**

**Vlad Corea**  
**Spiritual Care Department**  
**(301) 573-0271**