

From Trauma to Triumph and from Triumph to Glory



*Central Texas African American Family Support Conference – Austin, Texas
Rev. Dr. Dennis Young and Rev. Preston J. Allen*



The African American Story



WA5C's Advancing Emotional Health 030615 176x144.mp4

Dealing with Depression Video – Rev. Dr. Marcus D. Cosby – Senior Pastor, WABC – Houston, Texas

The Journey of King David

II Samuel 7

- In this Chapter – we find King David and his interaction with the Most High God.
- King David's relationship is well established with God, and he wants to please God by building a Temple that will house the Ark of the Covenant.
- Our challenge is that we must depend on God for his revelation and the appropriate application of His will for our lives. *The Lord said that He would determine the means for His tabernacle and the conditions for which it would be built. (Acts 13:22) "A man after mine own heart, which shall fulfill all my will."* **He desired to do God's will.**
- II Sam. 11 – David's pursuit of Bathsheba – And the parallels between David's obvious sin and our sin is that we often seek to satisfy our own desires– David is confronted by Nathan and told the child to be born will die, and David appealed to God. David fasted and wore sackcloth. (Sorrow and suffering) ***[Episode 1]***
- II Sam. 15:13- Then the matters surrounding King David became even worse, his own son Absalom – by vs. 30 – David is in a complete level of ***Depression.*** His spirit has been crushed.***[Episode 2]***

Major Depressive Disorder

- Major Depressive Episode – “a period of at least two weeks during which there is either a depressed mood or the loss of interest or pleasure in nearly all activities. Descriptions – they are often sad, hopeless, discouraged or “down in the dumps” –DSM IV
- David had become depressed at the loss of his son with Bathsheba – he suffered pain at the loss of his son Absalom.
- How many times have you and I taken blow after blow and seemingly we hit the point of no return? Even more **problematic**, when we know our despair has been caused by our willful intent to do wrong, [*we were hell bent on sinning, the consequences didn't matter.*] We also face situations whereby we did not sin, it was just the circumstance – **job loss, divorce, financial crisis – despair is all around us.**



Depression is Real!



U.S. News and World Reports

Lisa Esposito

- Suicide Rate keeps rising – with **Middle Age Men**.
- CDC – Men between 44-60 years of age had a 43% increase in suicide [1997-2014]
- Traditionally men tend to think fatalistically (higher rates)
- Women's rates are increasing

9 Recommendations for dealing with depression

1. Take someone seriously and let them know **you care**
2. Knowing when its an emergency
3. Show compassion
4. Talk to someone who's struggling (don't leave them)
5. Don't say –"You'll be fine" or "Let's wait"

9 Recommendations cont'd

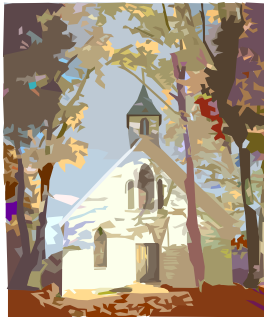
6. Listen to unspoken messages
7. Help people find help
8. Be aware of risk factors
9. Watch out for warning signs
10. Create a safety plan

Trauma and Post-Traumatic Stress

- Abusive relationships
- Storms, hurricanes, floods, sexual harassment
- Divorce, Loss of Loved One
- Loss of Job, Job Stress
- Evil persist – Persons young and old struggle with bad thoughts

Inadequacy in the Church

- *Emphasis on Preaching/Teaching –*
- *We are good at “Spiritual School”*
- *We fail at the “Spiritual Hospital”*
- “the greatest need in modern civilization is the development of communities – true communities where the heart of God is home, where the humble and wise learn to shepherd those on the path behind them, where trusting strugglers lock arms with others as together they journey”



[Crab, L. “Connecting” from *Competent Christian Counseling*, Timothy Clinton and George Ohlschlager – Executive Editors: WaterBrook Press, 2002

Four phases of a Crisis

- **The Impact Phase**
 - This is the briefest phase – 2 hrs. – 2 days
 - Person must decide to stay or fight
 - The instinct to fight is most helpful because prolonged pain doesn’t allow it to be resolved.
 - Thinking ability is limited.
- **The Withdrawal Confusion Phase**
 - Can last days, weeks or several weeks
 - Bewilderment – I’ve never felt like this before
 - Danger – Something bad is going to happen
 - Confusion – Can’t think clearly
 - Impasse: stuck, no movement
 - Desperation – I’ve got to do something
 - Apathy – I don’t care – What’s the use of trying
 - Helplessness- I can’t cope by myself.
Please help me.
 - *Urgency – I need help right now*
 - Discomfort – I feel so miserable and unhappy

Phases of Crisis Continued

- **The Adjustment Phase**

- Persons are beginning to cope, they have hope
- Depression may *reappear*, but they are coming out of the depths of despair
- Objectivity can remerge and they feel a sense of value/purpose


- **The Reconstruction and Reconciliation Phase**

- Sense of confidence is restored – doubt/self – pity are gone
- They take responsibility and initiative for action, they begin to develop reattachments – new developments occur, relationships, new job

Remaining in the Lord, but seeking help when necessary!

- Psalm 23 KJV: The Lord is my Shepherd.....I shall not want. He maketh me to lie down in green pastures. He leadeth me beside still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
- Our role is that of sheep, a sheep is dependent, totally left to the care of the Shepherd.
- Asking Him for help – He knows your Crisis –
- **Seek help from a professional – recommend help for someone in need**
- Be there for them until they come out of the crisis
- Don't allow them to disconnect – remain engaged

Psychiatrist's Recommendations for Self Care – *Monica N. Starkman, M.D.*

- Exercise – can offset depression –
anti-depressant effects
- *Stimulate the Brain's Pleasure Center's – Listen to music* 
- *Morning light – our circadian rhythms are regulated by light – get outdoors -*
- Hugs – reduces stress in difficult situations – social
- Using your Eyes – look up, then close your eyes, then take 3 breaths, then slowly open your eyes



“Do not run from [him who gives good counsel] for never in your life will you esteem anyone like him... Two are better than one, says Scripture... He who deprives a blind man of his leader, a flock of its shepherd, a lost man of his guide, a child of its father, a patient of his doctor, a ship of its pilot, imperils all. And he who attempts unaided to struggle with the spirits is slain by them. John Climacus, The Ladder of Divine Ascent.