Demystifying PTSD

Curtis Solomon

I. Demystifying PTSD for the Counselee

A. Physiology

B. 1 Corinthians 10:13

C. PTS

D. PTSD is not your identity

II. Demystifying PTSD for the Counselor

A. Trauma is a part of life

B. The Bible addresses all of life
C. The Bible addresses trauma

D. You are not alone
   1. The counselee
   2. Others in church
   2. Other survivors
   3. Organizations
   4. Holy Spirit

III. Biblical Examples

   A. David/Saul

   B. Tamar