

# Helping the Individual Through PTSD

Curtis Solomon

I. Remember Your Confidence is in the Lord and His Word NOT YOU!

II. Demonstrate 1 Corinthians 10:13

A. Use biblical narrative

B. Use fellow sufferers

C. Use personal accounts if possible

III. Establish and Integrate them Into Community

A. Your relationship

B. Family

C. Church

1. Biblical counselor/pastor

2. Small group

3. 2-3 other close friends of same gender

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## IV. Reinterpret History Through Scripture

A. Responsibility/Forgiveness

B. Where was God?

C. What was the point of my suffering?

## V. Reassign Refuge

## VI. Help them Regain Purpose

1. Ultimate

2. Individual

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Resources:

## Books

*Helping Your Family Through PTSD*, Greg Gifford  
*Path to Resiliency* Chad Robichaux  
*An Unfair Advantage* Chad Robichaux  
*The Truth About PTSD* Chad Robichaux & Jeremy Stalnecker  
*Quieting A Noisy Soul* Jim Berg  
*Putting Your Past in It's Place* Steve Viars

## Mini-books

“I’ve Been Traumatized by Combat” Barrett Craig  
“Post Traumatic Stress Disorder: Recovering Hope” Jeremy Lelek  
“PTSD: Healing for Bad Memories” Tim Lane  
“Distinguishing Between Guilt and Guilt” Robert Jones

## Audio/Video

“PTSD-When Your Past is Your Present” Charles Hodges  
<https://ibcd.org/ptsd-when-your-past-is-your-present/>

Mighty Oaks Podcast episode “Interview: Curtis Solomon, Director of the Biblical Counseling Coalition”  
<http://www.mightyoaksprograms.org/interview-curtis-solomon-director-biblical-counseling-coalition/>

## Other

<http://www.mightyoaksprograms.org>