

1 **A Pastoral Tour Through Dr. Omar Minwalla’s 22 Hospital Rooms Of Deceptive Sexuality & Trauma**

1 Plus a 23rd Room

2 **Anchor of Appreciation**

- 1 • Begin with a deep breath together
- Ask Jesus to remind you of something you can appreciate
 - Take a couple minutes to talk with Him about what has come to mind
 - Ask Jesus if there is anything He wants you to know about your appreciation
 - Write anything that comes to mind
 - Give your appreciation a 1–3-word name
 - When prompted, share your appreciation with the group
 - Write down the name each group member gives to their appreciation

3 **EXPOSURE PHASE**

1

Room 9: Intrusions and Persistent Re-experiencing

Room 10: Avoidance of Trauma-related Stimulus

Room 11: Negative Alterations in Thought and Mood

Room 12: Trauma-related Arousal and Reactivity

Room 13: Distress and Functional Impairment

Room 14: Dissociative Symptoms

2 **Post-Traumatic SYMPTOMS (6 Rooms)**

4 **Symptom Progression Phase**

5 **“Hope is a dangerous thing”**

6

7 **“Hope is a dangerous thing”**

8 **Symptom Progression Phase**

Room 15: Symptom Progression Phase Integrity-Abuse Shaping

Room 16: Reality-Ego (Self) Injuries and Reconstruction)

Room 17: Sexuality Symptoms

Room 18: Gender Wounds

Room 19: Body and Medical Symptoms

Room 20: Persistent Negative Relational Patterns

Room 21: Children, Family, Community, Social Injuries

Room 22: Treatment-Induced Trauma

Room 23: Her Distorted Perspectives of God

9 **Symptom Progression Phase**

The aftermath of the covert and exposure phases; includes short and long-term post-traumatic symptoms:

1. Core injuries to reality, self, and identity
2. Core Sexuality, Gender, and Body wounds
3. Various impact on Attachment and Relationships (like a ripple effect) including Existential and Spiritual Attachment Trauma (ex. Betrayed by God)

10 **ATC**

- 1
- Approach
 - Transition
 - Conditions

11 **Room 15**

Symptom Progression Phase Integrity-abuse Shaping

12

15

16 **Blaming and Callous Attitudes (Jason, 2009)**

- She is just as sick as he is
- Partners are sicker than the addicts
- Partners pain is from her past
- I just amplified old wounds
- She has her “own issues”

17 **Callous Attitudes and Verbalizations (Jason, 2009)**

1. Just get over it
2. Stop dwelling
3. Life is unfair
4. Let's move forward
5. I'm getting better and you are still sick
6. She just loves being miserable
7. She is playing victim
- .

18 **Misunderstanding her Safety-Seeking Behaviors**

She needs to stop . . .

- trying to control the addict
- playing detective

- “snoopervising”
- pain-shopping

19 **Misunderstanding her Safety-Seeking Behaviors**

- **These are actually better understood as:**
- Safety-seeking behaviors based on hyper-vigilance, normal fear and reassurance for the psyche, which are being misunderstood or mischaracterized as “unhealthy behaviors” and becomes the focus or the diagnosis of the victim (form of deflection, victim-blaming, and a tactic to get focus off of the abuser)
- **BTW: It is actually totally normal to become preoccupied and try to stop and control an abuser from abusing you, when you are faced with abuse, particularly if in an ongoing relationship with an abuser.**

20 **Potential Symptoms in this phase, particularly with continued integrity-abuse and/or domination of the survivor and their attempts to heal**

- Chronic depressive disorders
- Chronic anxiety disorders
- Numbing and protective symptoms
- Physical body and medical symptoms
- Sexuality and gender symptoms
- Learned helplessness
- Learned compliance
- Loss of faith other, in humanity, existential marginalization

21 **Potential Symptoms in this phase, particularly with continued integrity-abuse and/or domination of the survivor and their attempts to heal**

- Dissociation
- Compartmentalization
- Denial/normalization
- Reality and ego confusion and instability
- Different ego or self states

22 **Continued Integrity-Abuse gets in the way of Survivor’s Healing**

- Integrity in this phase interferes with the survivors attempts and opportunity to heal and try to repair and reconstruct, post-tsunami.
- It would be like “kicking a person in a wheelchair” or otherwise abusing someone who is trying to survive post abuse and trauma.

23 **Continued Integrity-Abuse gets in the way of Survivor’s Healing**

- The person has now experienced two distinct phases of abuse and trauma now, the covert phase

- and the exposure phase.
- The survivor is likely different and likely tolerance and response for integrity-abuse its likely different than the covert phase, etc.

24 **In No Mood...demands No More**

1. The survivor of this type of abuse and trauma has been already subjected to much harm and thus is no mood for anymore.
2. This means there is likely much less tolerance or bandwidth for any maltreatment.
3. Now knowing more, the survivor may have newly developed and more forceful and decisive actions and ways of protecting themselves and their families from the integrity abuse.

25 **Reflection**

Room 15—Symptom Progression Phase IABs

26 **ATC**

- 1
 - Approach
 - Transition
 - Conditions

27 **Room 16**

Reality-ego Injuries and Reconstruction

28 **Reality of Self**

- 1
 1. The Ego is the foundation and core of our psychological health and stability.
 2. Part of psyche responsible for both *perceptions of and adaptation to* reality.
 3. This gets injured with REF

2 **Ego and Function**

29 **Reality-Ego Is Built on Cognitive Structures**

- 1
 - Elaborate scaffolding of beliefs, assumptions, and expectation of what is real and what is not are developed over time in building a cognitive structure of reality.
 - Foundation thoughts, beliefs, and assumptions that were once well established as true and real, solid rock, just crumbled.

2 **Reality-Ego Reconstruction**

30 **Reality-Ego Is Built on Cognitive Structures**

- 1
 - *How cognitive reality is built leads to the emotions in the house and influence the meaning of life, and they inter-relate and influence each other.*
 - These structures, often the foundational structures, collapse and crumble with REF and exposure to three phases of IAD.

2 **Reality-Ego Reconstruction**

31 **Reality-Ego must Reconstruct (itself) in order to Survive**

Foundational and Core Self and Identity as well as Global Reality Reconstruction is now an Imperative

32 **Educational Metaphor: Deceptive Sexuality Abuse and Trauma Glasses (DST Lenses)**

- Deceptive sexuality abuse and trauma *DST glasses*, fragmented lenses, alter the perceptions of a

- person's reality and, hence, the psyche.
- Seeing and trying to survive through the lenses of post abuse and trauma (covert and exposure phases).

33 **Educational Metaphor: Deceptive Sexuality Abuse and Trauma Glasses (DST Lenses)**

- Brain filters survival related information as the most relevant and strategizes and mobilizes for survival.
- This includes REF, attachment rupture, and possibly second brain erosion.

34 **Self or Ego Injuries**

- 1 • Sense of helplessness or **paralysis of initiative**
 - Preoccupation with PRE or DCSR
 - Lack of trust of self
 - Loss of self
 - Aversion to symptomatic self

2 **Need Reconstruction**

35 **Self or Ego Injuries**

- 1 • Shame, guilt and self-blame
 - Sense of defilement or stigma
 - Sense of complete difference from others – utter aloneness, sense no one could understand, nonhuman identity

2 **Need Reconstruction**

36 **Self Reconstruction**

- Fragments of Self; sorting, clearing, reclaiming, repairing, throwing away, repurposing
- Self, Identity, Triadic Core
- Self-Perceptions, Esteem, Meaning of Self
- **Self-contact**, relationship, and ways of coping to avoid
- Self connection to Human “safety net and go to person” energy and function for the stabilization of the self psyche

37 **Perceptions of Abuser and Reconstruction of Understanding of that Person and the Relationship - the “us” the “we” the “bond” and attachment**

- The critical injury that results in Deceptive Sexuality Trauma, the loss of both ego and reality, includes *the loss of the previous understanding of the intimate partner* who created the basement.
- *A loss of the previous PRE attachment, relationship, safety-net, go-to functions*

38 **Perceptions of Abuser and Reconstruction of Understanding of that Person and the Relationship - the “us” the “we” the “bond” and attachment**

- The psychological “foundation”, the vital *infrastructure of cognitive-emotional assumptions* on which other facets and constructs of reality and self are built, about one's intimate partner and relationship, fragment and *are destroyed*.

39 **Important Survival Task of Reconstruction and Continued Integrity-Abuse**

Important Survival Task of Reconstruction is a delicate process: Attempting to now understand the self, the relationship, the abuser and this new post-exposure reality.

40 **Important Survival Task of Reconstruction and Continued Integrity-Abuse**

Being subjected to continued integrity-abuse, at this stage, will challenge and make worse the **alterations in the reconstruction of new understanding the post-exposure, self, intimate partner, attachment and reality.**

41 **Important Survival Task of Reconstruction and Continued Integrity-Abuse**

The continued integrity-abuse behaviors and conditions becomes data, that will become part of the post-exposure reality, the meaning of it, the understanding of the marriage, the intimate partnership and the truth of the person's partner and reality....becoming mixed into part of the cement that may be used to build the foundation of a new reality.

42 **Reflection**

Room 16—Reality-Ego Injuries Reconstruction