

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

1 **Plus a 23rd Room**

2

It is an honor and a privilege to be here and be doing this with you

3 **Safe Space for Your Emotions**

- Sadness
- Hope
- Anger
- Despair
- Relief
- Shame
- Grief
- Joy/Glad
- Enthusiasm

All ok... and to be expected...

4 **Defenses are Normal and to be expected**

- Shut Down
- Emotional Numbing
- Fatigue
- Dissociation
- Anger
- Fight
- Flee
- Freeze
- Intellectualizing

5 **Personal**

1 **Goal Is To Honestly Look At The Impact of Our Actions**

2 **Illumination Process**

6 **Triadic Core**
Intensive Care Unit (ICU)

7 **ATC**

- 1
- Approach
 - Transition
 - Conditions

8 **Three Most Sensitive Tissues in the Human Psyche**

- Sexuality and Sexual Self
- Gender and Gender-Esteem
- Biology and Physical Body

9 **Sex-Gender-Body**

- 1 • Three Most Sensitive Tissues of the Human Psyche
 - Overlap Triadic Template (Sex, Body, Gender)
 - Core and Central in the Psyche and Identity
 - A Nucleus of Identity and Self (Yolk of an Egg)

2 **Psychological Overlap Area**

10 **Sex-Gender-Body**

- 1 • A Vertebrae of Psychological Health
 - Conscious and Unconscious Management from Injury
 - Related to DST

2 **Psychological Overlap Area**

11 **Triadic Core: The Sensitive Yolk of Identity and Self**

Psychological Overlap Area of Three Most Sensitive Tissues

12 **Sexuality-Gender-Body Triad**

The Core of Self-Identity-Worth-Esteem

- Sexual Self-Gendered Self-Physical Body Self
- Overlap and relate to each other
- Sexuality and Gender are often very linked psychologically
- Sexuality often avenue of gender expression
- Sexuality often a gender drive
- Sexuality often affirms and confirms gender esteem
- Societal gender constriction and trauma

13 **Wounding of the Triadic Core: The Sensitive Yolk of Identity and Self**

- 1 • Wounds in this area can go deep
 - Can last a lifetime
 - Coping and prevention can shape the person and the psyche
 - Sensitive to shame, humiliation, exposure of inferiority, inadequacy which carries then the threat of persecution, rejection and violence or death
 - Stigma and shame then become tools of interpersonal and social control of body-sex-gender core are of human being.
- 2 The Yolk is an internal sanctum of the human psyche which provides vital sustaining nutrients to the self and the meaning of life and nourishment to all core systems of the human being.

14 **ATC**

- 1 • Approach
 - Transition
 - Conditions

15 **Room 17**

Sexuality Symptoms and Functioning

16 **Top Ten Sexual Symptoms of Sexual Abuse and Trauma**
Maltz, The Sexual Healing Journey. 1992

1. I avoid, fear, or lack interest in sex.
2. I approach sex as an obligation.
3. I experience negative feelings such as anger, disgust, or guilt with touch.
4. I have difficulty becoming aroused or feeling sensation.
5. I feel emotionally distant or not present during sex.

17 **Top Ten Sexual Symptoms of Sexual Abuse and Trauma**
Maltz, The Sexual Healing Journey. 1992

6. I experience intrusive or disturbing sexual thoughts and images.
7. I engage in compulsive or inappropriate sexual behaviors.
8. I have difficulty establishing or maintaining an intimate relationship.
9. I experience vaginal pain or orgasmic difficulties.
10. I have erectile or ejaculatory difficulty.

18 **Sexuality Wounds**

Room 17

- Sexual Shut Down
- Sex as Coping with Trauma
- Sexual Aversion or Hypersexual
- Body Shame
- Aversion to Touch
- Intrusions and Hyper-vigilance
- Lack of basic safety that would be normal or required for healthy sexuality
- ETC...

19 **Reflection**

Room 17—Sexuality Symptoms and Functioning

20 **Room 18**

Gender Wounds and Symptoms

21 **ATC**

- 1
- Approach
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22 **Gender Wounds**

- Diminished sense of gender
- Decrease in gender-esteem
- Diminished sense or identity of gender roles (ex. Mother)
- Alterations in perceptions of gender
- Alterations in emotions related to gender (people, topic, society)

23 **Reflection**

24 **ATC**

- 1
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25 **Room 19**

Physical Body and Medical Intersections

26 **Body and Medical Impacts**

- Complex Trauma Shaping can impact physical body
- Medical Conditions
- PTSD symptoms impact the body
- Physical body and impacts included in model
- Body Image and Esteem

27

- 1
- The interdependency of medical conditions and medical vulnerabilities with DST is critical from a clinical perspective as well as medical perspective
 - May include pregnancy, cancer and chemotherapy, prescription medication interactions with DST, chronic pain disorders, stress disorders
 - Eating disorders and body image concerns; anorexia and trauma weight loss

2 **19--Physical Impacts to Body and Medical Intersects**

28

- 1
- Psycho-emotional adjustment to changes in appearance, impact of trauma on body, changes in body; disability to use body or depend on body
 - Pre-Discovery Phase and Gut Instincts

2 **19--Physical Impacts to Body and Medical Intersects**

29 **Reflection**

Room 19—Physical Body and Medical Intersections

30 **Wives' Voices**

31 **IP Journaling**

P. 58

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

- 1 **Plus a 23rd Room**

33 **His Mercy Is More**

By Matt Boswell & Matt Papa

34

chorus

Praise the Lord
His mercy is more
Stronger than darkness,
New every morn
Our sins they are many,
His mercy is more

35

Verse 1

What love could remember,
no wrongs we have done
Omniscient, all-knowing,
He counts not their sum
Thrown into a sea without bottom or shore
Our sins they are many,
His mercy is more

36

chorus

Praise the Lord
His mercy is more
Stronger than darkness,
New every morn
Our sins they are many,
His mercy is more

37

Verse 2

What patience would wait
As we constantly roam
What Father so tender is calling us home
He welcomes the weakest,
The vilest, the poor
Our sins they are many,
His mercy is more

38

chorus

Praise the Lord
His mercy is more
Stronger than darkness,
New every morn
Our sins they are many,
His mercy is more

39

Verse 3

What riches of kindness He lavished on us
His blood was the payment
His life was the cost
We stood neath a debt
We could never afford
Our sins they are many,
His mercy is more

40

chorus

Praise the Lord

His mercy is more
Stronger than darkness,
New every morn
Our sins they are many,
His mercy is more

41 **His Mercy Is More**

By Matt Boswell & Matt Papa

42 **Lamentations 3:1-33**

- [1](#) I am the man who has seen affliction by the rod of the LORD's wrath.
- [2](#) He has driven me away and made me walk in darkness rather than light;
- [3](#) indeed, he has turned his hand against me again and again, all day long.
- [4](#) He has made my skin and my flesh grow old and has broken my bones.
- [5](#) He has besieged me and surrounded me with bitterness and hardship.
- [6](#) He has made me dwell in darkness like those long dead.

43 **Lamentations 3:1-33**

- [7](#) He has walled me in so I cannot escape; he has weighed me down with chains.
- [8](#) Even when I call out or cry for help, he shuts out my prayer.
- [9](#) He has barred my way with blocks of stone; he has made my paths crooked.
- [10](#) Like a bear lying in wait, like a lion in hiding,
- [11](#) he dragged me from the path and mangled me and left me without help.
- [12](#) He drew his bow and made me the target for his arrows.
- [13](#) He pierced my heart with arrows from his quiver.
- [14](#) I became the laughingstock of all my people; they mock me in song all day long.

44 **Lamentations 3:1-33**

- [15](#) He has filled me with bitter herbs and given me gall to drink.
- [16](#) He has broken my teeth with gravel; he has trampled me in the dust.
- [17](#) I have been deprived of peace; I have forgotten what prosperity is.
- [18](#) So I say, "My splendor is gone and all that I had hoped from the LORD."
- [19](#) I remember my affliction and my wandering, the bitterness and the gall.
- [20](#) I well remember them, and my soul is downcast within me.
- [21](#) Yet this I call to mind and therefore I have hope:

45 **Lamentations 3:1-33**

- [22](#) Because of the LORD's great love we are not consumed, for his compassions never fail.
- [23](#) They are new every morning; great is your faithfulness.

- 24 I say to myself, “The LORD is my portion; therefore I will wait for him.”
25 The LORD is good to those whose hope is in him, to the one who seeks him;
26 it is good to wait quietly for the salvation of the LORD.
27 It is good for a man to bear the yoke while he is young.

46 Lamentations 3:1-33

- 28 Let him sit alone in silence, for the LORD has laid it on him.
29 Let him bury his face in the dust— there may yet be hope.
30 Let him offer his cheek to one who would strike him, and let him be filled with disgrace.
31 For no one is cast off by the Lord forever.
32 Though he brings grief, he will show compassion, so great is his unfailing love.
33 For he does not willingly bring affliction or grief to anyone.

47

48 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

49 ATC

- 1
- Approach
 - Transition
 - Conditions

50 Room 20

Persistent Negative Relational Patterns

51 Educational Metaphor

- 1
- We are all walking on the tightrope of life
 - It ain't an easy walk, to say the least
 - If we have the assumption we will be safe and caught if we fall, we feel stabilized, by the psychological assumption
 - Attachment relationships are the safety-net and are the “go-to” person that help us stabilize as we walk on the tightrope of life
- 2 **Tight-Rope, Safety-Net, Go-To Person**

52

53 Conflictual Attachment Survival Instincts

54

55 **Persistent Negative Relational Patterns**

- Persistent negative relational patterns that cause further harm and pain
- Integrity-abuse and defenses
- Relational dysregulation
- Attachment injuries
- Complex trauma shaping of the “third plate” - the “us”

56 **Acute Primary Relational Rupture and Attachment Injury and Relational Dysregulation**

1. Negative alterations in Attachment
2. Increase in arguments, fights, and disagreement
3. Interpersonal hypervigilance
4. Decrease or loss of relational safety
5. Decrease or loss of trust
6. Distressing Emotional relational responses such as fear, rage, anxiety

57 **Reflection**

Room 20—Persistent Negative Relational Patterns

58 **ATC**

- 1
- Approach
 - Transition
 - Conditions

59 **Room 21**

Family, Communal, and Social Injuries, Existential

60

61 **Relating to Human Beings and Attachments:**

Other Types of Injuries and Attachment-based Traumatic Symptoms as the Person Walks the Tightrope

62 **“A Ripple Effect on the Safety-Net of Life”**

1. Abuser’s Ego (Triadic Core)
2. Intimate Attachment Relationship
3. Children
4. Parent-child bond
5. Family System as “Sacred Team”
6. Extended Families
7. Neighborhood and social circle

63 “A Ripple Effect on the Safety-Net of Life”

8. Community attachments
9. Relationship to public or social spaces
10. Humans
11. Treatment-based attachments
12. Institutional Attachments and meaning
13. Existential Attachment and supportive structures

64 Any Child is a Full Human Being

Children sometimes have symptoms too:

- Violent behaviors
- Skin picking
- Hair pulling
- Vomiting
- Crying fits

65 Any Child is a Full Human Being

Children sometimes have symptoms too:

- Nightmares and fear ideation
- Dissociative disorders including psychotic breaks
- Verbal communication via questions, talking, comments
- Noticing changes in parents or family system

66 Family as a System a “Team”

- 1 • Family alliances; triangulation;
- Parentification of children
- Objectification of children as coping-soothing objects and resources for parent(s)
- Traumatic experiences impact future intimacy, relationship, marriage, family, sexuality and interpersonal and psycho-emotional functioning

2 A Sacred Human System

67 Family Impacts

- 1 • Witness traumatic impacts on children
- Negative alterations to partner-child relationship
- Problematic family alliances, alienation, abandonment, threat
- Negative alterations to family system

2 Family as a System, a “Team”

68 Community Impacts

- Community betrayal, loss or alternation
- Social betrayal, loss or alterations
- Alterations in relationship with public
- Persistent lack of faith or trust in others
- Persistent lack of faith or trust in humanity
- Existential and Spiritual Trauma (Darrell’s room 23)

69 Social Functions

- Not wanting to go in public

- Shame and fear of possible triggering and reactions or losing control
- Isolation and avoidance due to triggers and hyper-vigilance and arousal

70 **Alterations in Relations with Others**

- Community betrayal, loss or alteration
- Social betrayal, loss or alterations
- Alterations in relationship with public
- Persistent lack of faith or trust in others
- Persistent lack of faith or trust in humanity

71 **Existential Trauma**

- Faith-based Community-based Injuries and Contextual Complexities
- Abusive Faith-based Messages and Direction
- Relationship with God (Darrell's Room 23)
- Existential Reorientation
- Systems of Meaning

72 **Reflection**

Room 21—Family, Communal & Social Injuries

73 **ATC**

- 1
- Approach
 - Transition
 - Conditions

74 **Room 23**

Her Distorted/Damaged Perspective of God

75 **Room 23:**

76 **Room 23:**

Her Distorted/Damaged Perspective of God

77 **Reflection**

Room 23—Her Distorted/Damaged Perspectives of God

78 **ATC**

- 1
- Approach
 - Transition
 - Conditions

79 **Room 22**

Treatment-induced Trauma

81 **“The course of recovery for co-addicts absolutely parallels that for addicts.”**

Don't Call It Love,

Recovery from Sex Addiction, 1991
Patrick Carnes, Ph.D.

82 **Co-Sex Addict**

1. S/he's married to or is in a significant relationship with a sex addict.
2. S/he demonstrates a common set of characteristics that include:
 - Denial
 - Pre-occupation
 - Enabling & rescuing
 - Assuming excessive responsibility
 - Emotional turmoil
 - Compromising of self
 - Anger & rage
 - Sexual issues

83 **Traditional SA Model:
First Stages Of Recovery For Partner**

1 **Tasks for the for Partner of a Sex Addict:**

- Learn to love without interfering with consequences, without interfering in the addict's life or helping him. (Pg. 360)
- Admit how powerless they are over obsessing about or attempting to control the addict – this includes all the ways they try to influence the addict's recovery
- Part of co-addicts' surrender is to fully comprehend the costs of their behaviors

2 **Don't Call It Love, Recovery from Sex Addiction, 1991**
Patrick Carnes, Ph.D.

84 **Traditional SA Model:
First Stages Of Recovery For Partner**

1 **Definition of a co-addictive sobriety:**

- "Addicts are not the only ones who have a sobriety. Co-addicts must also abstain from their obsessional and dysfunctional behaviors. They must be clear about what a "slip" is for them". – Pg. 361
- "Perhaps the hardest task of early recovery is relinquishing control"

2 **Don't Call It Love, Recovery from Sex Addiction, 1991**
Patrick Carnes, Ph.D.

85 **Treatment of Partner Using Co-Sex Addiction Paradigm**

Partners symptoms, reactions and behaviors are seen as part of her own disease of co-sexual addiction or otherwise called sexual codependency.

86 **S-Anon Website**

"As S-Anon members, we are seeking recovery from our own progressive illness".

87 **COSA Website**

- Before recovery, we are unable to admit our powerlessness over compulsive sexual behavior; either someone else's behavior, or our own obsession with the sex addict.
- We attempt to control, losing regard for our own well-being in the process. Whether we choose to call it sexual codependency or co-sex addiction, our problem is a serious and progressive disease - - as harmful to us as sexual addiction is to the sex addict.

88 **COSA Website** (Codependents Of Sex Addicts)

- One of the most difficult aspects of what we call co-sex addiction or sexual codependency, is grasping and facing the truth of our own condition...The continual attempt to affect or control the

sex addict renders our lives unmanageable.

89 **Recovering Couples (Sex Addiction Professional Organization)**

- Sex addiction is a family disease.
- Both partners have been part of the problem and both can participate in the recovery process, individually and together.
- Couples who do well have made their individual recovery a first priority.

95 **Diagnostic Mislabeling**

- Hypervigilance and Safety-Seeking Behaviors as Slips of Co-Sex Addiction
- Sexual Symptoms as Signs of Co-Sex Addiction
- Self-Preservation and Protective Instincts to Protect and Stop Abuse seen as Controlling Pathology and an Addiction
- Freezing, Knowledge of DCSR, Denial for Survival, or Lack of Ability to Emancipate as Consent to Abuse

96 **Partners' Trauma Symptoms Reframed as Co-Sex Addiction**

A partner's initial symptoms and reactions are:

- Trauma Survival Responses = natural and expected responses to trauma – a way of coping and trying to adapt and survive; consistent with symptoms of PTSD and C-PTSD; not simply activation of past trauma
- Not symptoms of a disease called co-sex addiction that stems from childhood wounding, abuse and neglect

97 **Treatment-Induced Trauma**

- 1
 - Diagnostic Mislabeling
 - Co-sex addict/Codependent
 - “It takes two to tango”, framed as “systems work” relational “cause and responsibility”
 - Clinical Omissions (not seeing abuse or trauma)
 - Premature Sex Therapy Interventions
 - Too “Cookie Cutter” vs. Survivor-Centered and Clinical-Case-Oriented

2 **Inadvertent Potential Clinical Harms**

98 **Reflection**

Room 22—Treatment Induced Trauma

99 **Reflective Art**

100 **Wives Voices**

101 **IP Journaling**

P. 58

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

1 Plus a 23rd Room

103 What Can I Do Now?

- 1**
- Reduce Harm
 - Personal IAB list (P. 252 *New Hope For Sexual Integrity*)
 - Daily Check Ins—including top 10 IABs
 - Own Previous Harms
 - Trust Your Wife's Healing to Her and to God—Get the paper towels
 - Accept Your Powerless Over Duration & Extent Of Her Healing
 - Help Her Heal
 - 22 Room Continued work through New Hope (Every other Friday at 7AM Pacific)
 - Repeat 22 Room Intensive

2 Action Steps

104 What Can I Do Now?

- 1**
- ATC
 - Attune to wife's overwhelm
 - She's been home alone with kids, work, pets, etc.
 - She's dying to know what you learned, but terrified it won't make any real difference—"Hope is a dangerous thing!"
 - Stay connected
 - Your previous groups/counselors, etc.
 - With each other?

2 Re-Entry Plan

105 Treasure Hunting