

# The Concurrently Companion



## Episode 62: Trauma and the power of community

### Topic introduction

Today, we're talking about trauma and other related terminology from the field of counseling and psychology. How should we understand the idea of trauma and some of these other mental health terms?

Key terms and resources: *trauma, abuse, PTSD, narcissism, narcissistic, gaslighting, ghosting, resilience, Curt Thompson, Adam Young, Diane Langberg*

### Questions

How does Michael Coggin define trauma? How does that help us think about what we or others are experiencing?

How do we ensure we are using our terms correctly? Find the definitions given for each of the key terms listed above.

How do we in a grace-based, gospel-driven way, pursue the hearts of our children and those who are under our care?

How can we specifically escape self-focus even as we do the important work of caring for ourselves and healing from trauma?

What illustration is used in the episode to communicate something about self-care? Why is self-care important?

What does trauma have to do with our bodies?

What does story have to do with healing?

What are key elements of the posture we need to take as parents, educators, and mentors of kids and teens? What inappropriate posture is described in how we care for one another and particularly the charges under our care (unpack the phrase "comparison Olympics")?

What is another key tool we need to develop for use in pursuing our kids and students?

What are the "three As" that relate to what we think is important to find in a leader?

What is the difference between narcissistic behavior and narcissistic personality disorder? Why is that distinction important? What is dangerous about labeling and judging (reducing people to their bad behaviors)? Consider Matthew 7.

How might human sin be narcissistic in nature (think of examples from scripture to illustrate)?

What is important about embracing the “ordinary work” put into our hands? How is that integrating of our whole-selves instead of creating distortions and even delusions of grandeur (or that we *should* be extraordinary)?

Why are “gaslighting” and “ghosting” dehumanizing and demeaning?

What are ways we can use our authority to name as “very good” those across from us instead of dehumanizing or demeaning them? How can we be the church to the brokenhearted and traumatized?

### **Scriptural anchors/provision**

The Lord is near to the brokenhearted and saves the crushed in spirit. — Psalm 35:18

I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord. — Psalm 40:1-3

He heals the brokenhearted and binds up their wounds. — Psalm 147:3

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