

# Operation BRIDGES

## A Spiritual Approach to Combat Trauma

### Big Picture – Get the Big Picture about Combat Trauma (CT) and Posttraumatic Stress Disorder (PTSD)

- Learn about CT and PTSD – definitions; how it is caused; symptoms; proven helps
- Recognize the typical needs of CT sufferers and their families
- Realize proper roles: God is the Healer, you are the Bridge

### Relationships – Helping the CT sufferer work on his/her relationships

- With his/her family
- With his/her friends
- With himself/herself (identity, self-image, self-talk)
- With you (being his/her friend, taking the initiative, being tenacious)

### Intercession – Prayer: the foundational strategy

- Praying for/with the CT sufferer
- Teaching the CT sufferer to pray for himself/herself (identify with King David)
- Getting others to support the CT sufferer in prayer

### Dialog – Conversations with the Combat Trauma sufferer

- General principles; do's and don'ts
- Talking about his/her traumatic experiences in a safe environment
- Encouraging a dialog with a trained Combat Trauma counselor

### God-focused – Looking to God for your guidance and his/her healing

- CT sufferer saved and interacting with God; Spirit-filled
- You looking to God for guidance
- CT sufferer looking to God for protection, resilience, help with CT symptoms, deliverance, healing

### Environment – Constructing an environment where God has optimal access his/her wounded soul

- Encouragement, honor, appreciation, affirmation, patience, honesty, trust
- Christian fellowship (formal, informal)
- Studying the Bible on his/her own and/or in groups (renewing the mind)
- Quiet times/prayer
- Temple maintenance (diet, sleep & exercise)
- Recognizing and facing environmental “triggers,” self-medicating habits

### Service – Being other-focused

- Serving the CT sufferer and his/her family with practical needs
- Empowering the CT sufferer to help serve others who are hurting and in need



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