

Trauma & Mentoring



**You Can
Mentor.**

The National Institute of Mental Health (USA) defines childhood trauma as:

“The experience of an event by a child that is emotionally painful or distressful, which often results in lasting mental and physical effects.”

Traumatic childhood experiences include (but are not limited to):



1. Trauma from something done to a child

- Physical abuse
- Verbal/Psychological abuse
- Emotional abuse
- Sexual abuse
- Witnessing violence in the home or community
- Bullying in school, threats of violence
- Acts of terrorism, hate crimes, racism



2. Trauma from something that doesn't happen

- Neglect, inattention, hunger
- Lack of schedule, routine
- No healthy physical affection
- Deficit of friends/relationships
- No father present in the home
- No access to medical care
- No role models, guides in decision-making



3. Intergenerational Trauma

- Parents who have experienced trauma
- Domestic violence
- An incarcerated parent or absent parent
- Poverty, constant lack of resources
- Limited shared living space with other family members
- Loss of a family member
- Addictions, alcoholism, drugs, etc.

This is What Trauma Does to Kids from Hard Places:

You Can Mentor.



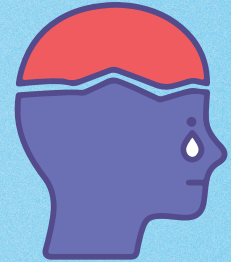
Traumatic Experience

Scary, dangerous, violent, or negatively life-altering events



Attacks from the Enemy

Isolation, lies, fear, and mistrust



Low Self-Esteem

Fear of failure, critical of self, sensitive to other's opinions



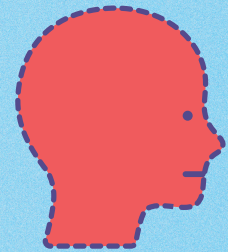
Develops Trust Issues

Expect promises to be broken, insecure, critical inner voice



Become Defensive

Self-protective, guarded, cynical, scornful



Damaged Sense of Self

Cognitive deficits, behavior issues, survival-mentality, poor self-image

Nine Steps to Becoming an Ineffective Mentor:

You Can Mentor.

1



Start by seeing your mentee as a project rather than a person

2



Quickly take responsibility for their present and future success

3



Determine that your mentee needs only knowledge and resources in order to succeed

4



Provide said knowledge and resources

5



Watch mentee reject your help because of trust issues

6



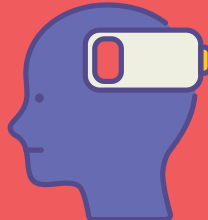
Watch mentee lose more self-esteem because of failure

7



Begin feeling your mentee is a failure and that you are as well

8



Watch mentee shut down and stop responding to you

9



Decide to quit mentoring and feel like it was all a waste of time

Nine Steps to Becoming an Effective Mentor:

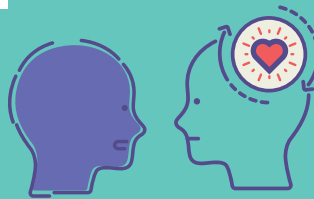
You Can Mentor.

1



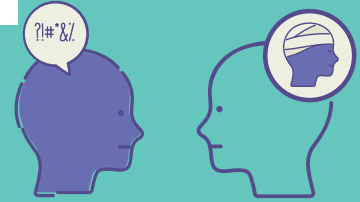
Start by recognizing their hurts and unrealized trauma

2



Quickly take on the responsibility to show up and love your mentee no matter what

3



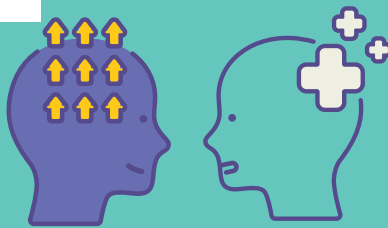
Rather than be offended or discouraged, seek to understand the reasons behind their actions

4



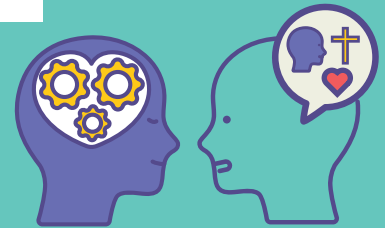
Be a consistent presence of unconditional love

5



Build relationship, earn their trust, and speak truth to heal their sense of self

6



Pray for God to reveal to you how he sees them

7



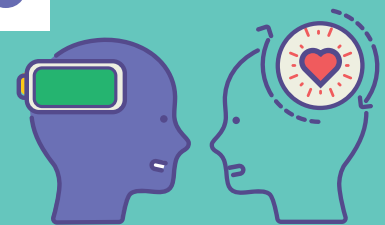
Trust the Lord's timing when things get tough and when progress is lost

8



Trust God to transform their life as you love them well

9



By God's grace, they will feel loved and empowered to fulfill their potential

Recommended Websites with Childhood Trauma Resources:



Reading List:

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
By Bessel van der Kolk

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment
By Babette Rothschild

The Connected Child: Bring Hope and Healing to Your Adoptive Family
By David R. Cross, Karyn B. Purvis, and Wendy Lyons Sunshine

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind
By Daniel J. Siegel and Tina Payne Bryson

Watch List:

How childhood trauma affects health across a lifetime | Nadine Burke Harris
<https://www.youtube.com/watch?v=95ovIJ3dsNk>

7 Ways Childhood Trauma Follow You Into Adulthood
<https://www.youtube.com/watch?v=N2oUfg7qNG0>

Recovering From Traumatic Experiences with Rick Warren
https://www.youtube.com/watch?v=w4ri_s-Qitsv

Brene Brown on Empathy
<https://youtu.be/1Evwgu369Jw>

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More resources at <https://youcanmentor.com>