

Complex Trauma and Letting Go

Adapted from Tim Fletcher

<https://youtu.be/ODJoCGQTepE?si=1tL14evvXMSBJ7xk>

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Complex Trauma and Letting Go

- Every child has a powerful drive to connect.
 - Need connection to survive; can't meet needs on their own.
- If parents don't connect due to their own issues:
 - Child develops Complex Trauma but remains driven to connect.



Complex Trauma and Letting Go - Connections

- Fawning to connect:
 - Pleasing others for validation.
 - Leads to belief that authenticity prevents connection.
 - Acting out for attention:
 - Being bad, sick, or angry for focus.
 - Seeking friends but forming insecure attachments:
 - Attracted to unhealthy people and groups.
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Connections

Psalm 68:6 (NIV): *"God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land."*

- This highlights God's intention for connection and belonging.

1 John 4:18 (NIV): *"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."*

- Reflects the importance of safe, loving connections for healing.

Attachments to Things & Activities

- Attachments to items:
 - Bike, teddy bear, blanket for security.
 - Attachments to activities:
 - Video games, food, extreme sports, etc.
 - Attachments to image/status:
 - Seeking respect through certain images or achievements.
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Attachments to Things & Activities

Matthew 6:19-21 (NIV): *"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven... For where your treasure is, there your heart will be also."*

- Speaks to misplaced attachments to material things and activities.

John 10:10 (NIV): *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*

- Encourages seeking fulfillment in Christ rather than external sources.

Adaptations

- Children develop coping behaviors for survival:
 - Strong attachment to validated behaviors.
- Examples:
 - Being funny, in control, martyr-like, or pleasing.
 - Lying, anxiety, overthinking, or invisibility.

Adaptations

Romans 12:2 (NIV): *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

- Encourages transformation and moving away from maladaptive behaviors.

Isaiah 41:10 (NIV): *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

- Assures God's presence during the challenging process of change.

Maladaptations

- Adaptations become maladaptive over time:
 - Enable survival as a child but cause negative consequences later.
- To heal:
 - Let go of unhealthy attachments formed from adaptations.

Maladaptations

2 Corinthians

5:17 (NIV): *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

- Reflects the hope of shedding unhealthy patterns and becoming new in Christ.

Hebrews 12:1 (NIV): *"Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."*

- Encourages letting go of unhealthy attachments for spiritual freedom.

Beliefs and Values

- Beliefs developed in Complex Trauma:

- Authenticity leads to rejection; being fake ensures connection.

- Trust issues: 'People will let you down or harm you.'

Beliefs and Values

John 8:32 (NIV): *"Then you will know the truth, and the truth will set you free."*

- Highlights the importance of authenticity and truth for healing and connection.

Psalms 34:18 (NIV): *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

- Reflects God's presence and love for those struggling with trauma and trust issues.