

ARGUMENTS IN SUPPORT OF THE DISRUPTANCE OF RELATIONSHIPS

FOLLOWING TRAUMA

1. Introduction

Traumatic events are extraordinary due to the fact that they overwhelm the ordinary ways in which individuals have reconstructed themselves to deal with life stressors. This has the capacity to bring about the questioning of basic human relationships, relationships between individuals as well as between individuals and their belief system as these events disrupts the faith the individual has in the divine order (Joubert, 2015).

2. Isolation

It is well documented that trauma survivors have difficulties in their relationships, even those who do have strong and safe relationships, due to the fact that they are not sure how to talk about their ordeal with those with whom they stand in relationship with (Goelitz & Stewart-Kahn, 2013), this causes feelings of loneliness and fear in these individuals (Shives, 2008). Trauma survivors who go on to develop mental disorders such as Post-Traumatic Stress Disorder suffer from hyper-vigilance and get inadequate sleep due to the nightmares they get, this causes them to become jumpy and nervous which makes them hard to approach and connect with, this too leads to isolation (Goelitz & Stewart-Kahn, 2013) (Shives, 2008).

Trauma victims report that they have difficulty feeling emotions and that they lose interest in social interaction (Goelitz & Stewart-Kahn, 2013), thus the author is of the opinion that emotional turbulence will aggravate these effects due to the fact that emotional turbulence creates emotional whirlpools in which emotions become mixed which would make it even more difficult for the trauma victim to feel his emotions; this will increase the strain on the victim's self. It must also be noted that those who stand in relation to the trauma victim tend to minimize the trauma in their attempts to help the victim get through the ordeal (Goelitz & Stewart-Kahn, 2013), this might aggravate the emotional distress of the victim as he might perceive his turbulent emotional response as being excessive.

3. Spiritual disruptions

The subjective response the individual has due to the traumatic event might bring about that the individual find or lose faith in a higher being, in the case of Christians God (Joubert, 2015). Many authors are of the opinion that one's spiritual development and faith is disrupted due to the trauma one has been through (Reyes, Elhai, & Ford, 2008) (Walsh, 2009). The most common reaction Christians have when they undergo a traumatic event is that they become angry towards God as they ask where He is and why He allowed the event to take place, all of this leads to a diminishing interest in religion and as a result the victim participates less in religious activities, this might lead to a total loss of faith in a higher being (Reyes, Elhai, & Ford, 2008).

References

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