

# Healing the Wounds of War and Life

## Dr. Mike Hutchings

### Symptoms of PTSD

PTSD and trauma symptoms can vary in intensity over time. You may have more symptoms when you're stressed in general, or when you run into reminders of what you went through. People react to traumatic experiences in a variety of ways. Some may experience symptoms of trauma which dissipate after a number of weeks. However if symptoms of trauma continue for longer than a month PTSD may be present.

Trauma symptoms vary from person to person, but some examples are:

#### Increased anxiety and emotional arousal

- Hypervigilance (On constant 'red alert')
- Intense physical reactions to reminders of the event (e.g. Pounding heart, nausea, muscle tension, sweating)
- Irritability or outbursts of anger
- Irrational and intense fear
- Reduced tolerance to noise (hyperacusis)
- Difficulty concentrating
- Being easily moved to tears
- Panic attacks/anxiety/depression/mood swings
- Feeling jumpy and easily startled
- Difficulty falling or staying asleep
- Anger or aggressive behaviour
- Tense muscles

#### Avoidance and numbing

- Work-related or relationship problems
- Inability to remember important aspect of the trauma
- Loss of interest in activities and life in general
- Sense of a limited future
- Feeling numb and empty
- Avoidance of people and places
- Feeling isolated
- Frequent periods of withdrawal into oneself

#### Re-experiencing the traumatic event

- Flashbacks (Acting or feeling like the event is happening again)
- Nightmares (either of the event or of other frightening things)
- Feelings of intense distress when reminded of the trauma

## Other common symptoms

- Feeling suicidal
- Self harm and self-destructive tendencies
- Feeling distrustful and suspicious/blaming others
- Guilt, Shame, embarrassment or self blame
- Misuse of alcohol/drugs/gambling and/or food
- Exhaustion
- Seeking out high-risk/dangerous pursuits
- Physical aches and pains
- Over-reactions to minor situations
- Fear of being alone and fear of being in crowds

Individuals with PTSD almost always have altered cortisol levels, and a prolonged exposure to these increased hormones can cause some unexpected, and very inconvenient physical problems – you can read our blog post '[10 unexpected physical symptoms of PTSD](#)' [here](#).

## Symptoms of PTSD in children and adolescents

In children—especially those who are very young—the symptoms of PTSD can be different than the symptoms in adults. Symptoms in children include:

- Fear of being separated from parent
- Losing previously-acquired skills (such as toilet training)
- [Sleep problems](#) and nightmares without recognizable content
- Somber, compulsive play in which themes or aspects of the trauma are repeated
- New phobias and anxieties that seem unrelated to the trauma (such as a fear of monsters)
- Acting out the trauma through play, stories, or drawings
- Aches and pains with no apparent cause
- Irritability and aggression

## School-aged children (ages 5-12)

These children may not have flashbacks or problems remembering parts of the trauma, the way adults with PTSD often do. Children, though, might put the events of the trauma in the wrong order. They might also think there were signs that the trauma was going to happen. As a result, they think that they will see these signs again before another trauma happens. They think that if they pay attention, they can avoid future traumas.

Children of this age might also show signs of PTSD in their play. They might keep repeating a part of the trauma. These games do not make their worry and distress go away. For example, a child might always want to play shooting games after he sees a school shooting. Children may also fit parts of the trauma into their daily lives. For example, a child might carry a gun to school after seeing a school shooting.

. Much of what we know about the effects of trauma on children comes from the research on child sexual abuse. This research shows that sexually abused children often have problems with

- Fear, worry, sadness, anger, feeling alone and apart from others, feeling as if people are looking down on them, low self-worth, and not being able to trust others
- Behaviors such as aggression, out-of-place sexual behavior, self-harm, and abuse of drugs or alcohol

## Healing the Wounds of War and Life: Healing Trauma and PTSD

### 8-Step Healing Prayer Model for Trauma

Dr. Mike Hutchings

**1. ASK** – Interview the person. What **experience** or **action** resulted in their trauma? If they are military, thank them for their service, remind them that their service was not in vain, and express appreciation for what they have given. *Note: This is not a counseling session, nor do you want the person to unload all of their traumatic experiences.*

**2. EXPLAIN** – Tell the person what you will do and receive their permission to do it. Keep eye contact during prayer time. Ask for permission to either hold their hand or lay hands on them during prayer.

**3. FORGIVE** – **Pray and Declare** the forgiveness of God to them by the power of the blood of Jesus Christ. Work through prayers of repentance as needed to access this forgiveness. If they have been wounded by anyone, lead them in prayer releasing forgiveness to all who have harmed them.

**4. DECLARE** – Welcome the presence of the Holy Spirit and the empowering presence of God to fulfill the mission of Jesus according to **Isaiah 61:1-3**. Speak through declaration to break off any feelings of shame, guilt, condemnation, etc. for anything the person has done, been ordered to do, or have had done to them. **Romans 8:1**

**5. CANCEL** – Cancel every assignment of the powers of darkness against the person's mind, body, and spirit that cause fear, anxiety, worry, etc. Command all afflicting and tormenting spirits associated with the **experiences/actions** to leave and never return. If the person experienced sexual assault/violation, sever every soul tie that was created and connects the person to the abuser.

**6. HEAL** – Heal through declaration prayer the wounds of their soul that were caused by traumatic **experiences/actions**. Destroy strongholds of thoughts and beliefs that have built up around these wounds. (**2 Corinthians 10:3-5**) Speak faith, trust, peace, and the promise of protection according to **Psalms 91**. Pray for traumatic images and memories to “dry up and die”, and for the memory center to wake up. Heal through declaration prayer the physical healing over any wound or injury associated with the trauma and disconnect triggers of the five senses that bring back memories or images.

**7. PRAY** – Pray that the Lord release the person from imprisonment or captivity associated with the **experiences/actions**. Speak healing over the systems of their bodies that have been affected, (nervous, lymphatic, limbic, endocrinal, muscular, immune). Declare freedom to the mind, body, and spirit. Ask the Holy Spirit for re-integration of their brain, restoring healthy connections.

**8. IDENTIFY** – Declare that they are a royal son or daughter of a loving Father.. Declare to the person their identity in Christ according to **2 Corinthians 5:17**, that their history or experiences no longer identify them. Declare according to Proverbs 3:24 that God is giving them His promise of “sweet sleep”, and they no longer will have fear. Speak healing and freedom from post traumatic stress. Their **experiences** no longer have a hold over them. (See reverse for declaration prayer as ending to final step.)

**Scripture References:** Psalm 147:3; Isaiah 81:1-3; Romans 8:1; 2 Corinthians 5:17; 10:3-5; Psalm 91; Proverbs 3:24

**View Testimonies at Facebook page God Heals PTSD or at [Godhealsptsd.com](http://Godhealsptsd.com)**

BACK

### **What is Post Traumatic Stress Disorder?**

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder that may develop after exposure to a terrifying event or ordeal in which a person experienced severe physical harm or was threatened with such harm. Traumatic events that may trigger PTSD include violent personal assaults, natural or unnatural disasters, accidents, or military combat. Anyone who has gone through a life-threatening event can develop PTSD including military troops who served in war; rescue workers for catastrophes like the 2001 terrorist attacks; survivors of accidents, rape, physical or sexual abuse, and other crimes; immigrants fleeing violence in their countries; survivors of earthquakes, floods, and hurricanes; and those who witness traumatic events. Family members of victims can develop the disorder as well. PTSD can be a crippling disorder, affecting the ability of the sufferer to live a normal, everyday life.

### **What are signs of PTSD?**

- Becoming upset when reminded of traumatic experience/action
- Having nightmares, vivid memories, or flashbacks to the experience/action
- Feeling numb or losing interest in things the person used to care about
- Becoming depressed, anxious, jittery or irritable
- Thinking that you are always in danger and being “on alert” for potential threats
- Experiencing chronic nerve pain
- Having difficulty sleeping
- Having trouble keeping the mind focused on one thing
- Using alcohol or drugs to numb feelings
- Considering or actually harming yourself or others
- Pulling away from other people and becoming isolated

### **Step 8 Conclusion:**

#### **New Creation Declaration Blessing: This is who my Father says I am**

(Have the person receiving prayer repeat this)

I am a new creation in Christ; the old has passed away, all things have become new. I am in Jesus, Jesus is in me. Greater is he who is in me than he who is in the world. I am a child of the King; I am a co-heir with Jesus. All Jesus bought and paid for is my inheritance. I am loved. I am forgiven. I am cleansed by the blood. I am accepted in the Beloved. I am filled with His Spirit I have been crucified with Christ. I died with Him. I was buried with Him. I was raised with Him. I am seated with Him in the heavenlies far above all rule, all power, all authority, and above every name that is named. I am the salt of the earth. I am the light of the world. All things work together for my good because I love God, and I am called according to His purpose, which is for me to be conformed to the image and likeness of Christ. I can do all things through Christ, because greater is He who is in me than he who is in the world.

#### **Testimonies of healing: [www.globalawakening.com/vets](http://www.globalawakening.com/vets).**

**Please send testimonies of healing to Dr. Michael Hutchings, [mikeh@globalawakening.com](mailto:mikeh@globalawakening.com)**