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## HEALING OF EMOTIONAL SCARS – A POSITIVE APPROACH

We live through and in various roles every day. Roles define who we are, what we do, our belief systems, our morals, ethics and values. Our role as Mom/Dad is the most sacred role we have been given.

It is through the way we relationship with our children they learn to love, to be in relationship with others, to be open, honest and safe.

TRAUMA – Something that everyone of us has experienced in some way or the other.

THE SHORT AND LONG TERM EFFECTS OF TRAUMA IS DIRECTLY RELATED TO THE SIGNIFICANCE WE HAVE ATTACHED TO THAT TRAUMA.

The way in which **they respond** to the way that **we respond to them** creates a feeling for them that influences the significance of what they attach to that experience.

SHAME – A dis-ease of the soul. It clouds our view of life, causes anxiety, underlies depression, robs us of our self esteem, and undermines our happiness and serenity.

SHAME is the reaction we have as a result of the messages we were given while growing up.

SHAME is a message inside of us that basically says there is something inherently wrong or fractured about who we are at the core. It says, “You are cracked, flawed, unworthy.”

SAME interferes with our RELATIONSHIP WITH GOD.

**Our children only have a limited amount of emotional tools they can use to process through their emotions. Their PERCEPTIONS of what is actually happening to them determines the degree to which they experience negative emotion.**

They look to us to help them make sense out of, and to feel safe in, their difficult emotional times. They want to know that we are there for them, that we are there to help them, to love them and to protect them.

THE WAY THAT WE AS PARENTS RESPOND TO THEIR EXPERIENCES HELPS THEM PROCESS THROUGH THEIR PERCEPTIONS OF WHAT HAPPENED AND ALLOWS THEM TO ATTACH LESSER SIGNIFICANCE TO THOSE EXPERIENCES.

## SAFE AND CONSISTANT

**Do everything you can to respond to your children in a safe and consistent way.**

What does SAFE mean to you? Respond to them out of that place.

Kids want to know only a few things...

First, they want to know if **they** will be okay.

Second, they want to know if **Mom and Dad** will okay.

Third, they want to know **will their world change**.

Safe and consistent answers all three of those questions.

**ARE THE FEELINGS I AM HAVING ABOUT WHAT HAPPENED OKAY?** They want you to affirm for them that their feelings are acceptable.

## GET DOWN ON THEIR LEVEL

Children relate to adults in a different way when we tower above them as opposed to the way they share with us when we are on their level and looking directly into their eyes.

Being on their levels sends the message to them that they are at the center of our attention and that they matter to us.

## LET THEM KNOW THAT WE ARE LISTENING TO WHAT THEY HAVE TO TELL US

Ask them questions about the experience. Reflect back to them what you hear them say. "Now, let me be sure that what I think I heard you say to me is right. You said that XYZ happened to you, Is that right, did I hear you correctly?"

## LET THEM BE THE GUIDE TO HELP YOU HELP THEM!!

Gosh, Johnny, I can see this has really made you sad. What can I do to help?

"I know that must have been really scary for you. Do you want to talk about it any more?"

"I completely understand how that must have felt overwhelming and lonely for you. Is there anything I can do to help you feel better?"

Asking them these questions helps them to feel safe and to reach closure and affirms their emotional responses.