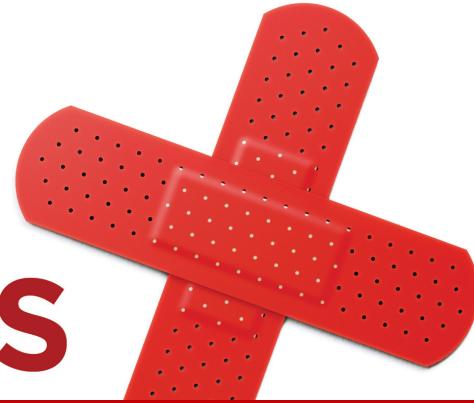
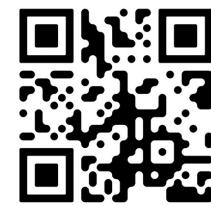


FIRST AID *for* **EMOTIONAL HURTS**



Equipping Your School
to be First Aid Ready

EDWARD E. MOODY, JR., PH.D.
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News 3

Weather ▾ On Your Side ▾ St. Jude Dream Home Giveaway Chattanooga ▾



COLUMBUS

School counselor who prevented 2016 mass shooting speaks at school safety conference

by: [Michelle Jennings](#)
Posted: Jun 5, 2024 / 06:49 PM EDT
Updated: Jun 5, 2024 / 06:49 PM EDT

Adver



Everyone needs to know and
be willing to perform
emotional first aid.

Come unto me, all
ye that labour and
are heavy laden, and
I will give you rest.

Matthew 11:28

He healeth the
broken in heart, and
bindeth up their
wounds.

Psalm 147:3

I will not leave you
comfortless: I will
come to you.

John 14:18

For it is God which
worketh in you both
to will and to do of his
good pleasure.

Philippians 2:13



The Good Samaritan by Vincent van Gogh

Luke 10:30-37

What tools do you have?

Prayer

Pray aloud

Pray by

name

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

James 5:16

What tools
do you
have?

The Word
For comfort
For direction

For the word of God is quick,
and powerful, and sharper than
any twoedged sword, piercing
even to the dividing asunder of
soul and spirit, and of the joints
and marrow, and is a discerner
of the thoughts and intents of
the heart.

Hebrews 4:12



“I think I can safely say that the Judeo-Christian Bible is a self-help book that probably enabled more people to make more extensive and intensive personality and behavior changes than all professional therapists combined.”

Albert Ellis⁶⁷

What tools
do you
have?

Your Words

Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.

Colossians 4:6

What tools
do you
have?

Your Actions

¹⁵ If a brother or sister be naked, and destitute of daily food, ¹⁶ And one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit?

James 2:15-16

What tools
do you
have?

The Church

²⁴ And let us consider one another to provoke unto love and to good works: ²⁵ Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Hebrews 10:24-25

What tools do
you have?

Your
Relationships

A man that hath friends must
shew himself friendly: and
there is a friend that sticketh
closer than a brother.

Proverbs 18:24



**THE FINAL REPORT AND
FINDINGS OF THE
SAFE SCHOOL
INITIATIVE:**

IMPLICATIONS FOR
THE PREVENTION OF
SCHOOL ATTACKS IN
THE UNITED STATES

UNITED STATES SECRET SERVICE AND
UNITED STATES DEPARTMENT OF EDUCATION

WASHINGTON, D. C.
July 2004



HELPING THE HURTING AROUND YOU

When you see people in need, go to them (Luke 10:33, 37).

Meet basic needs (Luke 10:34).

Get them to someone who can provide more extensive assistance (Luke 10:35).

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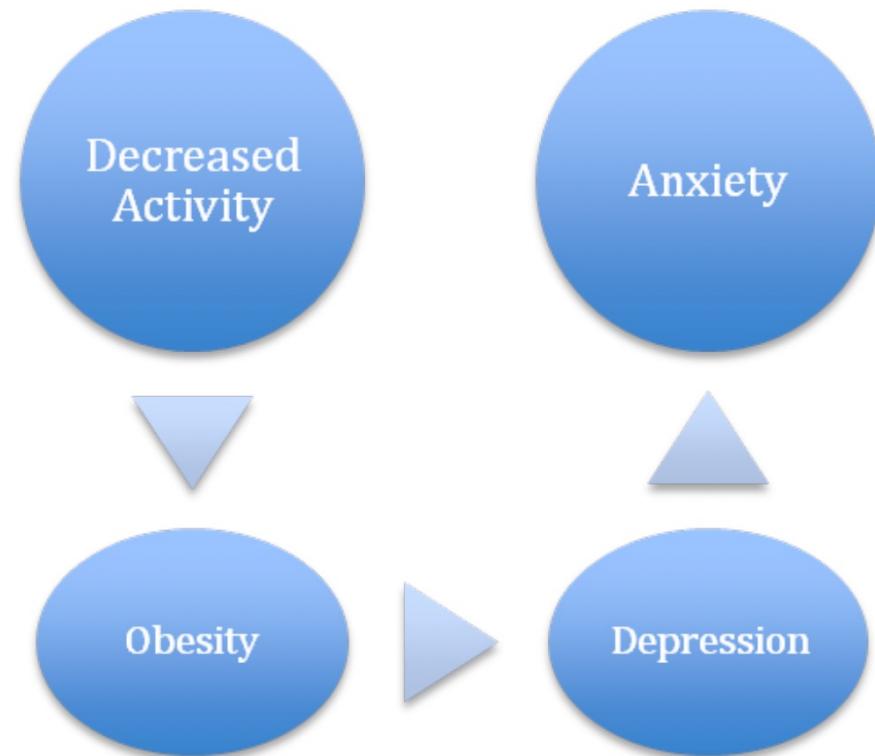
Techniques of the Responder

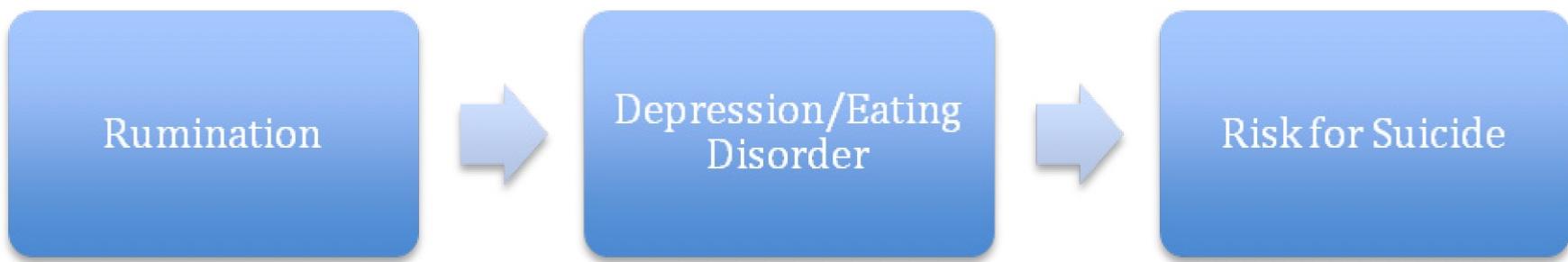
- Observing
- Attending
- Listening
- Caring (Empathy)
- Responding
- Acting
- Refer (find the inn)

Educate parents regarding the scope of the problem

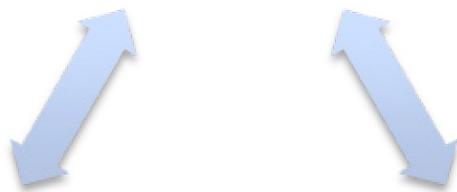
- Half of depressed youth are believed to have two or more other diagnosable problems.²
- Children who are depressed are 30 times more likely to also have some type of anxiety disorder.³
- Children with Attention Deficit Hyperactivity Disorder (ADHD) have been found to be more likely to suffer from anxiety, depression, and oppositional defiant disorder.⁴

Left
unaddressed,
one problem
leads to
another



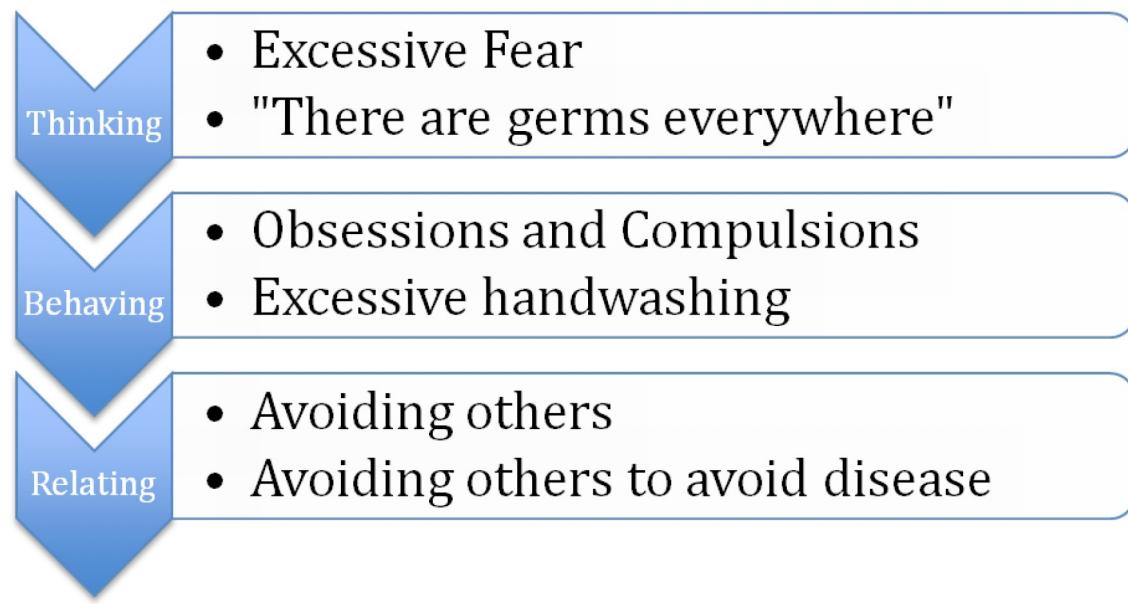


Thinking



Behaving

Relating



Heaviness in
the heart of
man maketh it
stoop: but a
good word
maketh it glad.

Proverbs 12:25

Nearly 10% of children meet
the diagnostic criteria for an
anxiety disorder.⁷

You are not alone!¹

10% to 20% of youths (around 15 million in the United States) meet the criteria for a mental health disorder.

The goal is to equip parents to help their children

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- Attending
- Listening
- Caring (Empathy)

Common anxiety disorders

Separation Anxiety Disorder

Social Anxiety Disorder

Generalized Anxiety Disorder

Obsessive-compulsive Disorder

Posttraumatic Stress Disorder



Excessive Fear

Timidity

Overdependence

Thinking

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- Observing
- Attending
- Listening
- Caring (Empathy)
- Responding

Break the Chain

Be of good
courage, and he
shall strengthen
your heart, all
ye that hope in
the Lord.

Psalm 31:24



Psalm 46—The Worst Case Scenario Psalm

Read Psalm 46. What is God to us?

- A refuge and strength (verse 1)
- Help in trouble (verse 1)
- Immovable in times of crisis (verse 5)
- With us in times of crisis (verses 5, 7, 11)
- Our fortress (verses 7, 11)

At what times will God help us?

- When the mountains fall into the sea—the worst moments of our life (verse 2)
- During war and other crisis (verse 9)

10 Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

13 For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

Isaiah 41:10, 13

Personalize the Promise

¹⁰ Fear thou not Joe; for I am with thee: be not dismayed Joe; for I am thy God: I will strengthen thee Joe; yea, I will help thee Joe; yea, I will uphold Joe with the right hand of my righteousness.

¹³ For I the Lord thy God will hold thy right hand Joe, saying unto thee, Fear not; I will help thee Joe.

Isaiah 41:10, 13

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- Listening
- Caring (Empathy)
- Responding
- Acting



Exploration ➤ Confidence



Behavioral Inhibition ➤ Anxiety

The Mathew Model of Relating with the Environment (Matthew 6)

1

Don't be anxious
(verses 25, 27)

- Isn't there more to life?

2

Look (verse 26)

3

Seek (verse 33)



Thinking

- Root: Excessive Fear
- Replace with: Confidence

Behaving

- Root: Behavioral Inhibition
- Replace with: Exploration

Relating

- Root: Timidity
- Replace with: Matthew 6 Object Lesson

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- Listening
- Caring (Empathy)
- Responding
- Acting
- Refer (find the inn)



Utilize
professional
helpers

Provide the evaluator with . . .

- A specific description of the concerning behavior.
- When does the behavior occur?
- Where does the behavior occur?
- How often does the behavior occur?
- What kind of impact does the behavior have on the child?

A merry heart
doeth good like a
medicine: but a
broken spirit
drieth the bones.
Proverbs 17:22

- Nearly 20 percent of young people experience depression.⁴⁹
- 1.7 percent of adolescents between the ages of 14 and 18 attempt suicide.⁵⁰

Prevalence of Depression in Children⁵¹

<i>Age</i>	<i>Prevalence Rate</i>
Preschool children	1-2%
Middle childhood (ages 6 to 12)	2-3%
Adolescence	4-8%

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- Attending
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Depressive
Disorders

Major Depressive
Disorder

Persistent Depressive
Disorder

Bipolar Disorder

Criteria for a Major Depressive Episode⁵³

To meet the criteria for a major depressive episode a child must have five (or more) of the symptoms listed below in the same 2-week period. At least one of the symptoms must be either depressed mood or loss of interest or pleasure.

- Depressed mood or irritability most of the day, nearly every day.
- Markedly diminished interest or pleasure in all or almost all activities most of the day nearly every day.
- Significant weight loss (when not dieting) or weight gain (5% change in a month), or increase or decrease in appetite. In young children, failure to meet expected weight gains.
- Unable to sleep or sleeping too much nearly every day.
- Unintentional and purposeless motions or slowing of mental and physical activity nearly every day.
- Fatigue or loss of energy nearly every day.
- Recurrent thoughts of death.

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Techniques of the Responder

- Observing
- Attending
- Listening
- Caring (Empathy)
- Responding



```
graph LR; A[Ruminating] --> B[Negative Beliefs]; B --> C[Depression]
```

Ruminating

Negative
Beliefs

Depression

An Example of Rumination

¹⁰ And he said, I have been very jealous for the Lord God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.

¹⁴ And he said, I have been very jealous for the Lord God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.

1 Kings 19:10, 14

But his delight
is in the law of
the Lord; and in
his law doth he
meditate day
and night.

Psalm 1:2



Bringing into
captivity every
thought to the
obedience of
Christ;
2 Corinthians
10:5b

Thought record⁶⁹

Date	Situation	Behavior	Emotion	Thoughts Responses
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Techniques of the Responder

- Observing
- Attending
- Listening
- Caring (Empathy)
- Responding
- Acting

Behaving



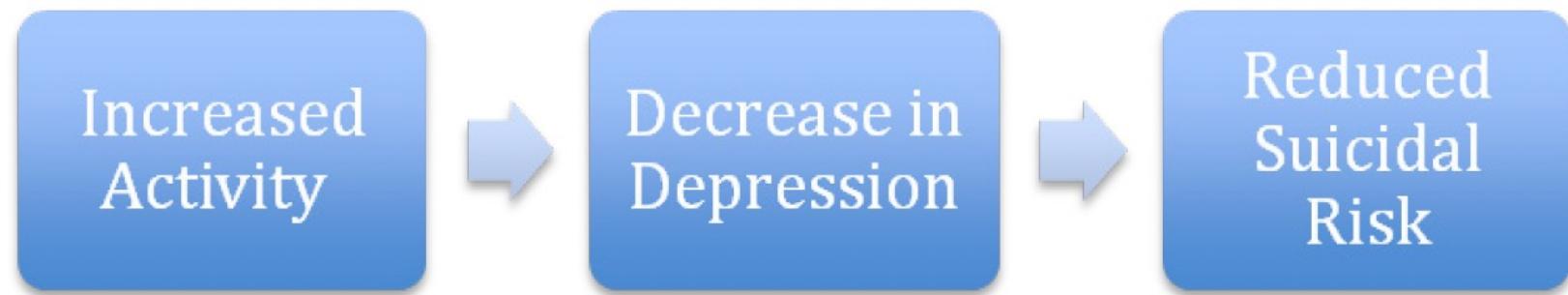
Sleeping



Eating



Get active



Problem solving approach⁷²

Identify the problem to be solved.

Examine the costs and benefits of solving the problem.

List all resources and information available.

Generate as many possible solutions, without evaluating these solutions.

Rank order the most desirable to least desirable solution.

Develop a plan of action based on the best solution.

Identify each step in the sequence.

Identify the resources needed for each step.

Schedule the first step.

Evaluate the outcome.

Revise the plan if necessary.

Reward yourself for carrying out the steps.

Role-play
implementing
the chosen
action

Implement
Try the
selected
strategy out

Evaluate
How did it go?



Thinking

- Root: Rumination
- Replace with: Meditation

Behaving

- Root: Sleep/Eating problems
- Replace with: Eating and Sleeping Regimen

Relating

- Root: Inactive
- Replace with: Problem-solving approach

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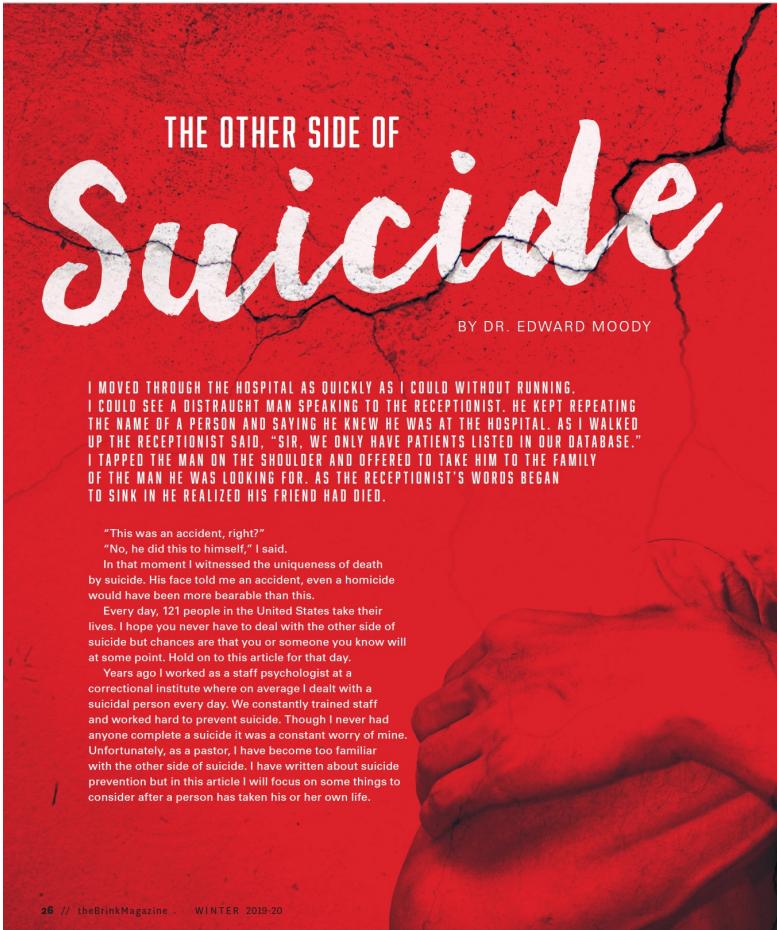
Techniques of the Responder

- Observing
- Attending
- Listening
- Caring (Empathy)
- Responding
- Acting
- Refer (find the inn)

Why do adolescents attempt suicide?⁵⁶

These results are from 120 adolescents who had attempted suicide.

<i>Reason</i>	<i>Percent that Endorsed</i>
To get relief from a terrible state of mind	68
To die	67
To escape for a while from an impossible situation	66
To make people feel sorry for the way they've treated you; frighten or get someone back	35
To make people understand how desperate you are feeling	34
To find out whether someone really loved you or not	32



I MOVED THROUGH THE HOSPITAL AS QUICKLY AS I COULD WITHOUT RUNNING. I COULD SEE A DISTRAUGHT MAN SPEAKING TO THE RECEPTIONIST. HE KEPT REPEATING THE NAME OF A PERSON AND SAYING HE KNEW HE WAS AT THE HOSPITAL. AS I WALKED UP THE RECEPTIONIST SAID, "SIR, WE ONLY HAVE PATIENTS LISTED IN OUR DATABASE." I TAPPED THE MAN ON THE SHOULDER AND OFFERED TO TAKE HIM TO THE FAMILY OF THE MAN HE WAS LOOKING FOR. AS THE RECEPTIONIST'S WORDS BEGAN TO SINK IN HE REALIZED HIS FRIEND HAD DIED.

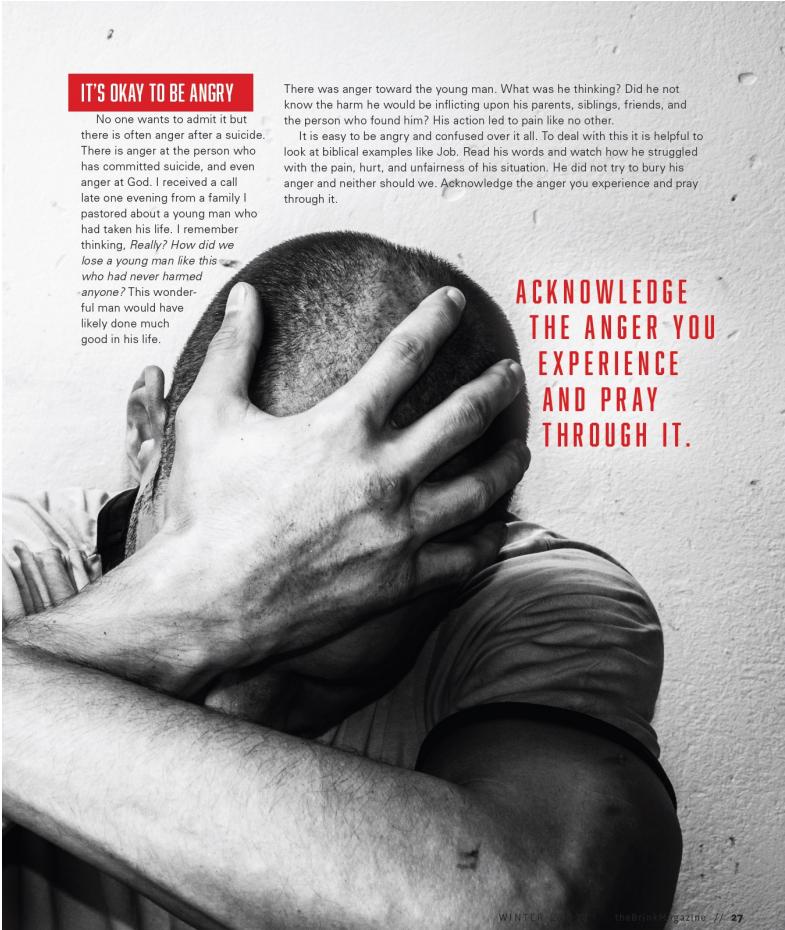
"This was an accident, right?"

"No, he did this to himself," I said.

In that moment I witnessed the uniqueness of death by suicide. His face told me an accident, even a homicide would have been more bearable than this.

Every day, 121 people in the United States take their lives. I hope you never have to deal with the other side of suicide but chances are that you or someone you know will at some point. Hold on to this article for that day.

Years ago I worked as a staff psychologist at a correctional institute where on average I dealt with a suicidal person every day. We constantly trained staff and worked hard to prevent suicide. Though I never had anyone complete a suicide it was a constant worry of mine. Unfortunately, as a pastor, I have become too familiar with the other side of suicide. I have written about suicide prevention but in this article I will focus on some things to consider after a person has taken his or her own life.



SOME PEOPLE EXPERIENCE PAIN WE COULD NEVER COMPREHEND.

GIVE SOME GRACE

As you process what has happened it may become clear that the person did not realize the pain he or she would cause. Many years ago I did crisis counseling after the homicide of a young man. I was talking to another young man, much like the one who had been killed, and he said, "You know, Jerry (not his real name) would have never believed how much people cared about him and how sad they would be about his death." It is not a direct comparison but I suspect that most people who take their lives don't understand fully the harm they are inflicting on others. I encourage you to give them some grace just like you would if they had died from texting while driving or driving too fast though a curve. Most of us have done something risky without fully considering the impact it would have on those we care about.

THIS IS NOT OKAY

At the same time, it is important to convey to everyone that suicide is not okay. Too often, within about six months of a suicide, another person within that circle will attempt suicide. Talk about the pain the event has caused and stress that others should not put their loved ones through this.

IT'S NOT YOUR FAULT

There is often guilt after a suicide. We tend to do a lot of "If I would have done this," which is a way of torturing yourself. This is not your fault. One of the gentlemen I worked with had attempted suicide several times. At some point he had a kind of breakthrough and committed to living. He agreed to give me all of the items he had been hiding in his cell to use to kill himself. He was in an isolation cell, which was the most secure place in the facility. But as he stepped around

A young man I had once tried to help later engaged in a serious suicide attempt. In fact, were it not for the wise and quick thinking of the staff at the facility and the heroic actions of medical personnel he would not have survived. I met with him after the event and he apparently perceived my anger over what he had done. Many of those who addressed his needs probably did not sleep for a week. He finally said, "You don't understand . . . I didn't see any way out." This man was pleased and relieved he survived but when he attempted suicide he was at a point where he felt like he had no other choice. Incidentally, he still felt that way. Though he was not suicidal at that moment, his decision to harm himself made sense to him. It seemed to him like the only way to stop the pain. Some people experience pain we could never comprehend.

the cell, he removed a piece of plastic from one place, an item from another place, and I began to realize how easy it would have been for him to kill himself. As I held all of this contraband I was relieved. Then he said, "You realize I don't need that to kill myself." He went on to describe how he could stand on top of the toilet and fall, striking his head. I could tell he had thought it through. Then he said, "It's my choice." At that time this bothered me. But in the years that have followed I have been comforted by his words. It really is their choice. Remember, it's not your fault.

TALK TO SOMEONE

I pray that God will give you someone with whom you can talk. Look for people who are more concerned about you and your well-being than consumed about how the person you cared about has died. Find someone who will listen to you, who will help carry this burden (Galatians 6:2). Once you find someone, embrace and cherish this person. People like this are gifts from God.

FOCUS ON THE PERSON'S LIFE, NOT ON DEATH

I encourage you to focus on the life of the one you cared about rather than how he or she died. Consider Samson. The writer of Hebrews briefly mentioned Samson but made no mention of the way he died. The passage alludes to his heroic life (Hebrews 11:32-34). Remember the life of the one you loved.

TAKE REFUGE IN THE LORD

Look to God. I encourage you to focus on passages like Psalm 46. Your world has turned upside down. You may have serious doubts about the person who has done this and wonder if you really knew him or her. You may have doubts about God. Keep going back to the Word. Become one with passages like Romans 8. I do not think it is an

KEEP GOING BACK TO THE WORD.

accident that Romans 8:28 is often misquoted by others in situations like the one in which you find yourself. What happened to you is not good, but you can be assured God will work through it and do good for you. Sometimes well-meaning people may hurt you with the Scripture. We know that Satan misquotes Scripture and even uses godly people for his purpose. He even twisted passages when he tempted Jesus (Matthew 4). Keep coming back to the Scripture and especially Romans 8:31-39. Nothing can separate a person from God (not even depression, confusion, or doubt). And when you do not know what to pray, it is the Holy Spirit who intercedes for you (Romans 8:26). You may not feel like it but God is helping you and He knows what He is doing. I think one of the saddest passages in the Bible is where the family of Samson had to go and retrieve his body for burial after his self-inflicted death (Judges 16:31). Take refuge in the fact that the same God who helped Samson's family over 3000 years ago is helping you today.

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Eating Problems

- Approximately 37% of children between the ages 6 and 11 are obese.⁷⁴
- 1 in every 200 school-age girls meet the criteria for anoxeria nervosa.⁷⁵

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NAFWB

Techniques of the Responder

- Observing
- Attending
- Listening
- Caring (Empathy)

Eating
problems

Anorexia nervosa

Bulimia nervosa

Obesity

Signs there may be a problem⁸³

- Preoccupation with food and weight
- Counting calories or fat grams
- Disappearing to the bathroom after meals
- Missing food/evidence of secret eating
- Excessive exercising
- Eating only diet or fat free foods
- Expressing guilt after eating
- Consuming large amounts of caffeine
- Use of diuretics, diet pills, and/or laxatives

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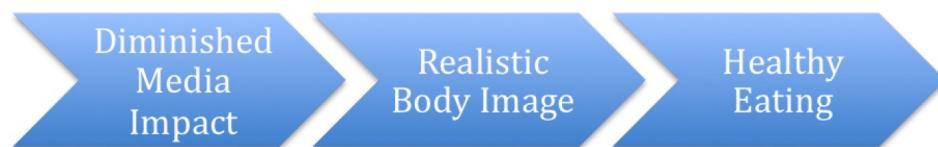
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Techniques of the Responder

- Observing
- Attending
- Listening
- Caring (Empathy)
- Responding

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2



But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.

1 Samuel 16:7



You according to Psalm 139

¹³ For thou hast possessed my reins: thou hast covered me in my mother's womb.

¹⁴ I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

¹⁵ My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.

¹⁶ Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.

¹⁷ How precious also are thy thoughts unto me, O God! how great is the sum of them!

¹⁸ If I should count them, they are more in number than the sand: when I awake, I am still with thee.

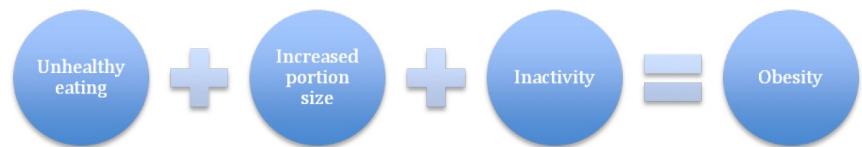
You
according
to Psalm
139

What are you like?

What is God's opinion
of you?

Hast thou
found honey?
eat so much as
is sufficient for
thee, lest thou
be filled
therewith, and
vomit it.

Proverbs 25:16



⁹ Two are better than one; because they have a good reward for their labour. ¹⁰ For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. ¹¹ Again, if two lie together, then they have heat: but how can one be warm alone? ¹² And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

Ecclesiastes 4:9-12

The 18-Minute Dinner

At least 4 times a week

- Turn off all electronic devices near the table (television, cell phone)
- Use your manners (saying “please” and “thank you”) when serving food
- Focus on conversation (Ask, “How was your day?”)¹¹⁵

Spend 20 to 30 minutes together as a family sharing a meal, and you can reduce risk for all sorts of health problems, including obesity¹¹³



Thinking

- Root: Distorted Body Image
- Replace with: Realistic (God-centered) body image



Behaving

- Root: Unhealthy (or lack of) Eating
- Replace with: Healthy Eating/Family Meals



Relating

- Root: Isolation
- Replace with: Real Friendships

Techniques of the Responder

- Observing
 - Depression
 - Complicated Grief
 - Addiction
 - Family difficulties



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- Caring (Empathy)
- Responding
- Acting
- Refer (find the inn)

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Helping People
Through
Difficult Times

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for Emotional Hurts

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++ HELPING CHILDREN
WITH EMOTIONAL
PROBLEMS

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Preparing the Church to Help: Training Congregants to Assist Those in Crisis, Trauma and Recovery

Categories: **AACC BLOG**

by Edward E. Moody, Jr.



I was leaving a restaurant when I received a call about a serious accident in our community. The caller ended with, "Come quick!" I was a counselor educator at North Carolina Central University and had recently begun serving as a pastor at Tippett's Chapel, a rural church. When I arrived, what I saw was surreal. The fire chief walked me to a grieving couple whose daughter had been killed. I spoke with them, prayed with them, and encouraged them to go home, where I met with them later. At the end of the evening, I remembered seeing several people from our church who knew the couple at the accident scene. In many ways, they could have helped the couple more effectively.

