



Presentation Notes #2
Healing Hearts
– Dr. Dana Philossaint, PhD, LCSW, NCSP

Introduction

- Recognize how trauma impacts the body—especially the cardiovascular system and nervous system.
- Understand how emotional trauma rewires the brain.
- Explore how imagination, memory, and nature help promote healing.
- Discover the role of the myelin sheath in brain recovery and behavior change.
- Integrate science and Scripture to understand the mind-heart-body connection.

Scripture Foundation *Philippians 4:7 (KJV)*: "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Understanding Emotional Trauma

- Emotional trauma: deeply distressing experiences like abuse, neglect, or loss.
- APA: Trauma is an emotional response to terrible events (e.g., abuse, disaster).
- Long-term effects: flashbacks, strained relationships, physical symptoms.
- We “see” with our brains—trauma reshapes perception and memory.

Warning Signs of Emotional Heart Takeover

- Rapid heartbeat
- Chest tightness
- Fatigue
- Emotional detachment
- Numbing

Learning Objectives By the end of this session, you will be able to:

- Understand how trauma changes brain structure and function.
- Learn how imagination and nature promote healing.
- Recognize how new neural pathways form and are strengthened.



- Understand the myelin sheath's role in brain healing and habits.
 - Discover how healthy emotional behavior restores mental balance.
-

Brain-Body Connection

- **Neuroplasticity:** the brain changes and grows with learning.
- New connections form daily—practice strengthens them.
- Trauma affects the brain: amygdala (fear), hippocampus (memory), prefrontal cortex (logic).

Imagination & Healing

- The brain uses the same pathways when imagining and experiencing.
 - Visualizing peace and safety rewires trauma-affected pathways.
 - The Word of God as “eyesalve” brings conviction and healing (RH Nov 23, 1897).
-

The Power of Imagination

- Imagination influences memory, behavior, and healing.
- Media, books, and environments shape thought patterns.
- Imagination used positively supports emotional recovery.

Nature as Therapy

- Nature scenes reset the brain’s stress response (Kaplan & Kaplan, 1989).
 - Scripture and nature reflect God’s love and wisdom (Romans 1:20, Ministry of Healing, p. 146).
-

The Role of Myelin Sheaths

- Myelin insulates neurons and strengthens brain signals.
- Trauma weakens myelin development—healing rewires pathways.
- Practice and repetition help rebuild emotional resilience.

Safeguarding the Mind

- “Casting down imaginations...” (2 Corinthians 10:5)
- Positive imagination and connecting spirituality strengthen the mind.
- Godly habits form through repetitive faith-based action.



Spiritual Identity & Purpose

- Trauma impacts identity, value, attachment, and purpose.
- God's Word restores each of these:
 - *Jeremiah 29:11* – You have a future and a hope.
 - *John 15:5* – Abide in Christ to bear fruit.
 - *Matthew 10:29-31* – You are valuable to God.
 - *Philippians 4:13* – You are strengthened in Christ.
 - *1 Peter 2:9* – You are chosen and called.

Practical Tools for Healing

- Holistic therapy
- Prayer and Bible study
- Nature immersion
- Journaling (Pennebaker, 1997)
- Practicing new beliefs and healthy behaviors

Mind-Heart Healing Alignment

- Emotional trauma disrupts:
 - **Brain** – Thought patterns
 - **Body** – Nervous system
 - **Biology** – Hormonal regulation
 - **Beliefs** – Identity and value
 - **Behavior** – Habits and relationships

Spiritual Insight

- “Great wisdom is needed in dealing with diseases caused through the mind.” – 1MCP 8
- Understanding minds and human nature aids in salvation.
- “Be Thou my vision, O Lord of my heart...” – a prayer for spiritual clarity and healing.

References

- Doidge, N. (2007). *The Brain That Changes Itself*. Viking Press.
- Eagleman, D. (2015). *The Brain: The Story of You*. Pantheon Books.
- Fields, R. D. (2008). White Matter Matters. *Scientific American*, 298(3), 54–61.



- Fields, R. D. (2015). *Myelin in health and disease*.
- Kaplan, R., & Kaplan, S. (1989). *The Experience of Nature*. Cambridge University Press.
- Pennebaker, J. W. (1997). Writing about emotional experiences as a therapeutic process.
- Philossaint, D. (2023). *The Working of This Mind: The Mental Health Solution*. MindCare Publishing.
- Van der Kolk, B. (2015). *The Body Keeps the Score*. Penguin Books.

