

Summary of “From Trauma, to Trust, to Triumph” Video ¹

By Dr. Michael Obsatz – August 2025

From Trauma, to Trust, to Triumph

Summary of Dr. Michael Obsatz’s Video Talk - 2017

1. Understanding Trauma

- **Definition:** Trauma is damage to the mind from distressing events that overwhelm a person’s ability to cope.
 - **Types of Trauma:**
 - *One-time (situational):* e.g., assault, natural disaster.
 - *Repeated (chronic):* ongoing abuse, neglect, bullying, systemic oppression.
 - **Impacts:** PTSD, depression, substance abuse, shame, hypervigilance, addictions, disordered eating, suicidal tendencies.
 - **Sources:** Family dysfunction, emotional/physical abandonment, cultural oppression, systemic racism, poverty.
 - **Shame & Generational Trauma:** Shame often follows trauma; it may be passed across generations (e.g., Holocaust survivors, slavery, cultural oppression).
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2. The Role of Trust in Healing

Dr. Obsatz emphasizes that **trust is the bridge** from trauma to healing.

- **Four Dimensions of Trust** (from Iyanla Vanzant):
 1. **Trust in Self** – believing you are worthy of love, capable, and resilient.
 2. **Trust in Others** – finding safe, supportive people and communities.
 3. **Trust in God/Spirit** – experiencing grace as pardon (forgiveness), acceptance, empowerment, and gratitude.
 4. **Trust in the Process of Life** – surrendering control, accepting uncertainty, and believing healing is possible.

¹ Used video transcript and ChatGPT to summarize 2017 Video, YouTube link: <https://youtu.be/soHguFycnto>

- **Therapeutic Approaches:**

- EMDR (Eye Movement Desensitization & Reprocessing)
 - Hypnotherapy
 - Cognitive Behavioral Therapy (CBT)
 - Emotional Freedom Techniques (tapping)
 - Spiritual practices and support groups (e.g., AA, counseling, faith communities).
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3. Triumph: Living Beyond Trauma

Healing leads to living a **triumphant life**, defined by affirmations and strengths such as:

- **Purpose & Focus** – clarity of why one exists and lives.
 - **Resilience** – courage to bounce back from challenges.
 - **Positive Attitude & Gratitude** – seeing good, appreciating life.
 - **Generosity & Compassion** – caring for others, paying forward kindness.
 - **Authenticity** – living from one's true self with passion.
 - **Presence & Flow** – living in the moment, trusting life's unfolding.
 - **Integration** – uniting mind, body, spirit, and emotions.
 - **Navigation Skills** – steering through life's challenges.
 - **Forgiveness** – of self and others, transforming pain into wisdom.
 - **Self-Care** – tending to one's needs and wellbeing.
 - **Oneness** – recognizing unity with all creation; love as the antidote to fear.
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4. Core Message

- Trauma is widespread, but **healing is possible** through trust and spiritual grounding.
- **Trust is the key** that unlocks the movement from trauma to triumph.
- A triumphant life means **living with purpose, authenticity, resilience, and service to others**.
- The ultimate affirmation: *“Everything will be all right.”*