Transforming Traumatic Material

Trauma Informed Care

“What’s WRONG WITH THE PERSON?”

TO

“What HAPPENED TO THEM?”
**Resilience**

The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — "bouncing back" from difficult experiences.

**Ten Ingredients of Resilience**

- Keep a positive attitude
- Reframe your stressful thoughts
- Develop your moral compass
- Find a resilient role model
- Face your fears
- Develop active coping skills
- Establish and nurture a supportive social network
- Prioritize your physical well-being
- Train your brain
- Play to your strengths
Storytelling

Instilling Hope

Injury
Restoration
Healing
Growth
Negotiating The Tension

Assimilation

Accommodation

Reconfiguration

Accommodate New Information

Revise and Re-Auther Mental Framework

Let Go of Previous Assumptions

Modify Perceptions

Finding Equilibrium

Do you throw it out
Put it back together
Create something new
Spiritual Growth

Traumatic experience, illness, can also emerge as the answer to a prayer. It can physically guide us onto a path of insight and learning upon which we would otherwise never have set foot.

Caroline Myss, Ph.D.
“It is those who can eventually bring meaning to bear on their suffering who are more likely to recover and thrive.”

Viktor Frankl, MD
**Post Traumatic Growth**

A construct of positive psychological change that occurs as the result of one’s struggle with a highly challenging, stressful, and traumatic event.

Calhoun and Tedeschi (2006)

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**Post Traumatic Growth**

Posttraumatic growth means going beyond previous levels of functioning.

Adapted from O'Leary and Ickovics (1995).

PTG Generally Occurs

Once the emotional processing from the tragedy is mostly over, people can move into the opportunities for new change and growth.


PTG Traits

Face Into the difficulty
Open to Change
Acceptance
Encouraging Support System
Sense of Purpose
Realistic Optimism
Sense of Humor
Personal Mission

My mission in life is not merely to survive, but to thrive, and to do so with some passion, some compassion, some humor, and some style.

MAYA ANGELOU

The 5 Domains of “Post Traumatic Growth”

- Relating to Others
- New Possibilities
- Personal Strength
- Spiritual Change
- A Deeper Appreciation of Life

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Calhoun and Tedeschi 2004
TEAM RUBICON

Post Traumatic Growth Inventory
Pathways To Change

Post Traumatic Growth And Twelve Step Programs
Storytelling

WE RISE BY LIFTING OTHERS
~ROBERT INGERSOLL

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**Trauma Therapist**

Sensitive and an Experienced guide.

Understand life is hard, that moving on after adversity is a struggle.

Capable of sitting with their clients and listen compassionately to their accounts of trauma and their struggles to move forward.

Accept their task is to be patient, to let people move at their own speeds and in their own directions.

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Facilitate growth, not as someone who creates growth.

Follow where the clients go—and if the clients begin to notice growth, and to label it as such themselves, then the therapist may shine a light on it so the clients can pick it up, look at it from different angles, and make their own decisions as to what to do with it.

Understands the meaning a person finds must be unique to that person and his or her situation.

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