



Trauma Informed Care

"What's WRONG WITH THE PERSON?"

TO

"What HAPPENED TO THEM?"

BonnieEOwens,LCSW©2015

Resilience

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

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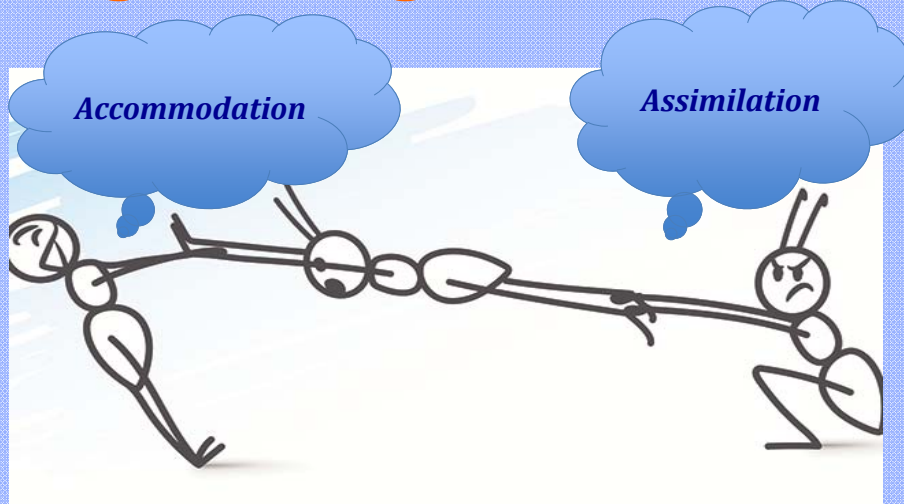
Ten Ingredients of Resilience

- *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*

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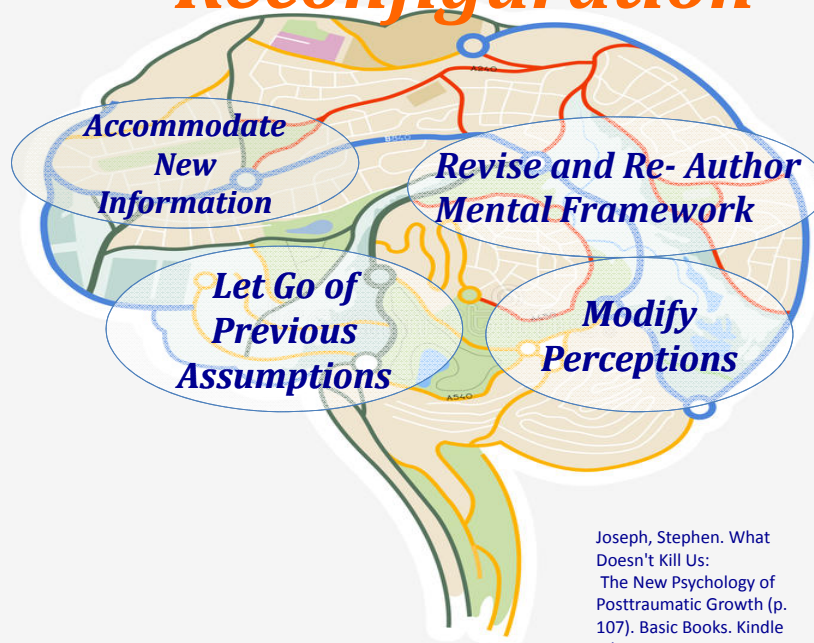


Negotiating The Tension



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Reconfiguration



Joseph, Stephen. What Doesn't Kill Us: The New Psychology of Posttraumatic Growth (p. 107). Basic Books. Kindle Edition

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Finding Equilibrium



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***Do you throw it out
Put it back together
Create something new***

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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.

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

Viktor Frankl, MD

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Through the Trauma into the light of Growth

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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).

Joseph, Stephen. What Doesn't Kill Us: The New Psychology of Posttraumatic Growth. (p. 69). Basic Books. Kindle Edition.

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PTG Generally Occurs

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

Calhoun and Tedeschi, (2004)

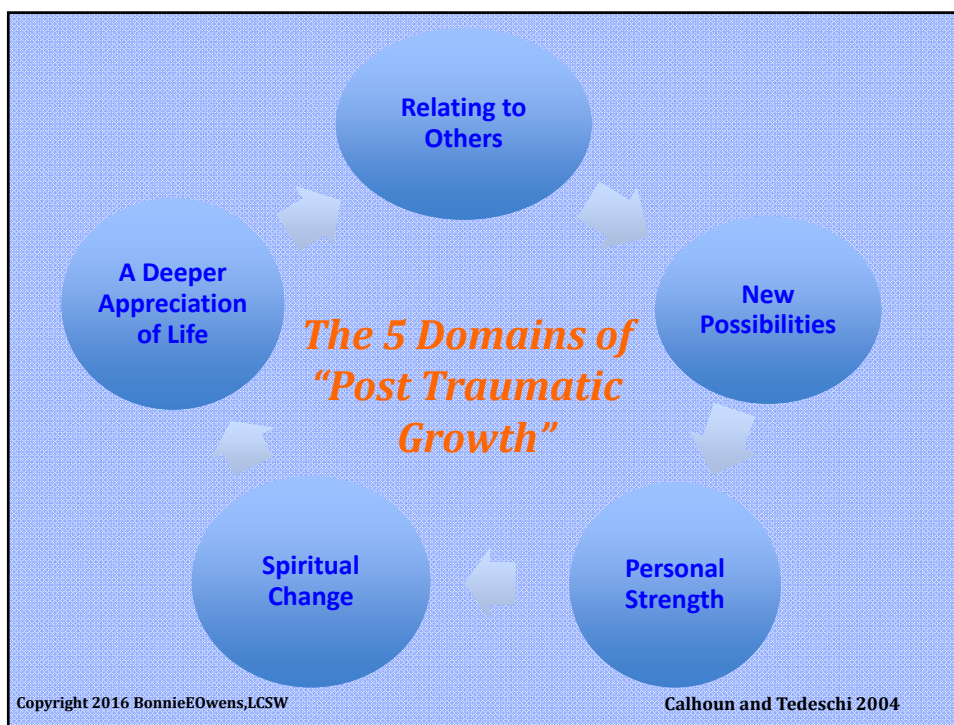
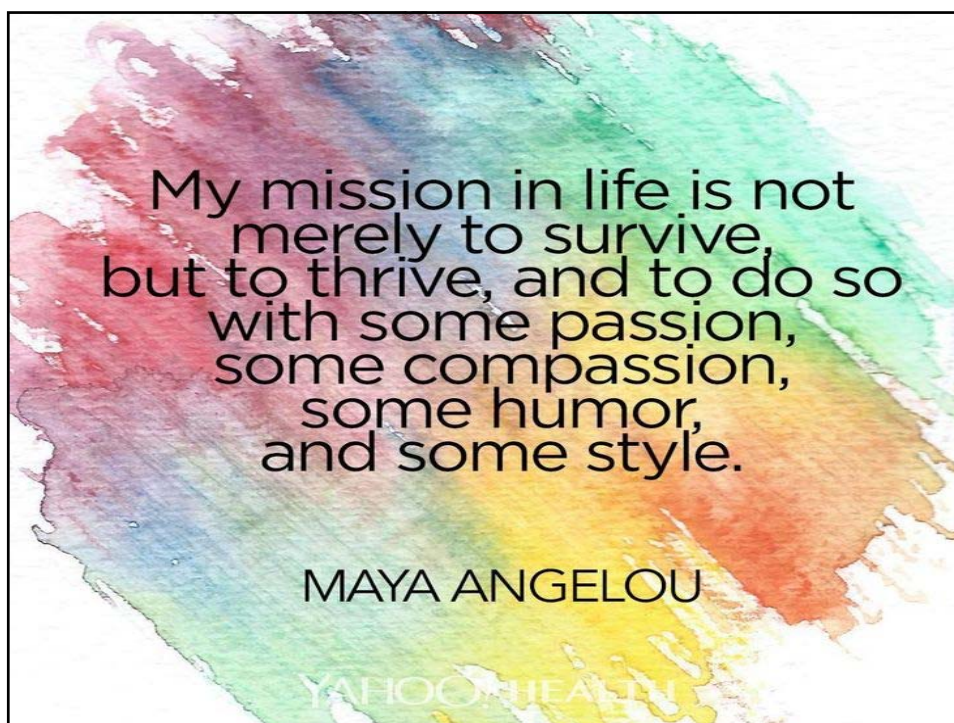
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PTG Traits

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

Calhoun and Tedeschi,(2004)

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TEAM RUBICON



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Post
Traumatic
Growth
Inventory

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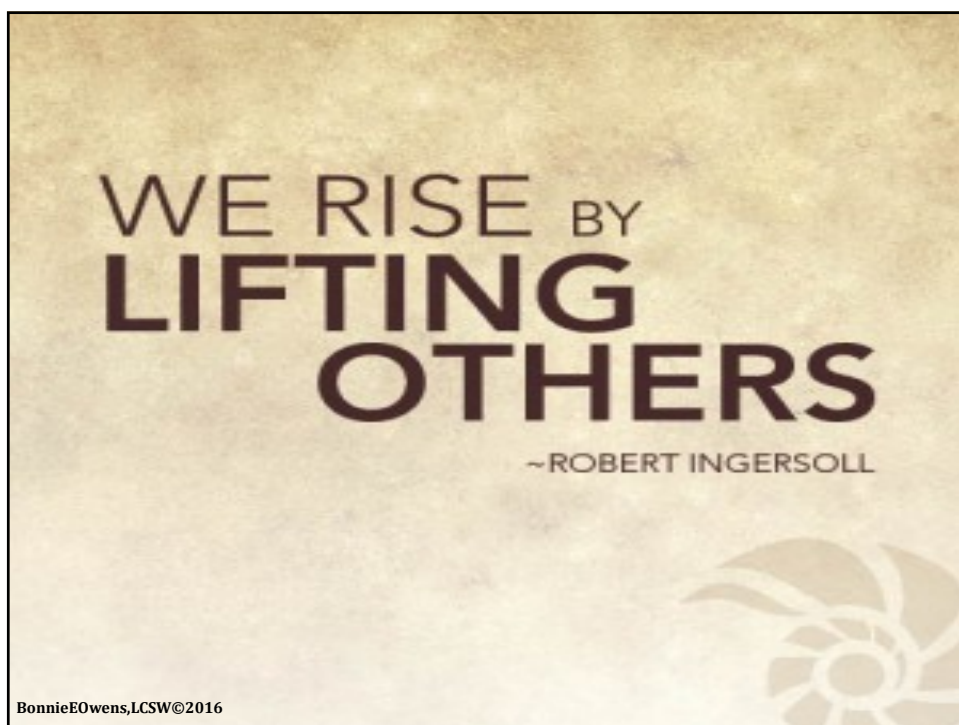
Pathways To Change



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Post Traumatic Growth And Twelve Step Programs

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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.

Joseph, Stephen. What Doesn't Kill Us:
The New Psychology of Posttraumatic Growth (p.149).
Basic Books. Kindle Edition

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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.

Joseph, Stephen. What Doesn't Kill Us:
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