

# An Overview of Positive Change and Posttraumatic Growth Following an Episode of Psychosis

## **Presenters**

Gerald Jordan, Phd- McGill University, The Yale Program for Recovery and Community Health

Fiona Ng, Phd - University of Nottingham

Robyn Thomas, MSc - The University of Edinburgh's Global Mental Health and Society Programme

## **Facilitator:**

Graziela Reis – BS, MPH Yale Program for Recovery and Community Health



New England (HHS Region 1)

**MHTTC**

**Mental Health Technology Transfer Center Network**

Funded by Substance Abuse and Mental Health Services Administration

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

Positive  
Change and  
Posttraumatic  
Growth



# Positive Change and Posttraumatic Growth

1. Interpretations of psychosis
2. Definitions of positive change and posttraumatic growth
3. Considerations around expectations
4. Differences between recovery and posttraumatic growth

# Positive Change and Posttraumatic Growth

## 1. Gerald's research findings



# Positive Change and Posttraumatic Growth

## 2. Robyn's research findings





# Positive Change and Posttraumatic Growth

## 3. Fiona's research findings



# Positive Change and Posttraumatic Growth

What else do we need to do research about to help people with psychosis experience positive change and posttraumatic growth?










# Positive Change and Posttraumatic Growth

## Questions and Comments



# Upcoming Events:

- NOV 05**  **Maine's Youth Action Network Youth Leadership Conference presentation- Compassionate Conversations...**  
TBD
- NOV 09**  **Planning for Early Intervention in Psychosis across Massachusetts: Progress & Updates**
- NOV 09**  **Compassionate Communities & Cognitive Liberty**  
The Cognitive Liberty Project is hosting free panels with sponsorship from: Yale Program for
- NOV 10**  **Sexual Abuse in Boys and Men: Clinical Considerations**  
At least 1 in 6 boys is sexually abused by the time of their 18th birthday and this number and
- NOV 17**  **How Clinicians can Facilitate Positive Change and Post-traumatic Growth Following an Episode of...**  
This webinar will focus on how clinicians can support positive change and posttraumatic growth among
- NOV 22**  **Art, Brain, and Healing**  
In this presentation, I will provide an overview of three questions: how the brain processes art and
- DEC 01**  **Early Intervention for Psychosis in Young People: A Lived Experience and School Perspective**  
Join us for this listening session to gain insight on the early signs and symptoms of psychosis

To register, visit our website: [www.mhttcnetwork.org/newengland](http://www.mhttcnetwork.org/newengland)

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[newengland@mhttcnetwork.org](mailto:newengland@mhttcnetwork.org)



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