

Facilitating Post-Traumatic Growth & Recovery with the People We Serve



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Evoke Training & Consulting | C4 Innovations
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Roadmap



1. What is posttraumatic growth (PTG)?
2. What makes PTG more likely?
3. How can we facilitate recovery & PTG?

This training is for educational and informational purposes only. It is not intended to diagnose/treat any disorder, provide medical advice or healthcare, or serve as a doctor/patient relationship; or to provide specific clinical advice/consultation about someone in your care. Please be mindful of client confidentiality.



Stress-Related Growth

Posttraumatic Growth

Adversarial Growth

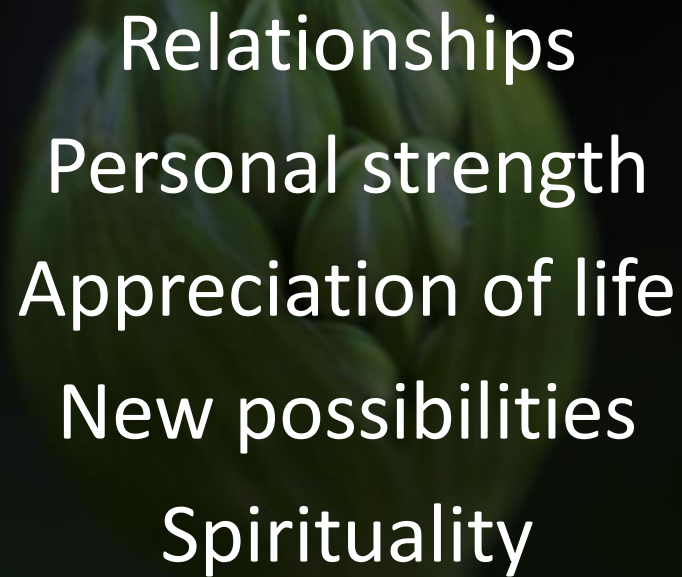
Benefit-Finding

Altruism Born of Suffering

What is PTG?

- Positive change experienced as a result of the struggle with a major life crisis or trauma
 - DSM-5 trauma
 - Other meanings of trauma
- Distinct from:
 - Resilience
 - Recovery

(Tedeschi & Calhoun, 1996)



Relationships
Personal strength
Appreciation of life
New possibilities
Spirituality

What PTG is NOT

- NOT a justification for violence and harm
- NOT a reason to forgo treatment / prevention
- NOT a standard to hold people to
- NOT the same as resilience or recovery

Who experiences PTG?

What makes it more likely?

- About 60% of people who survive adversity
- People who suffer
- People with certain traits/experiences...
 - What have you noticed?

(Helgeson, 2010; Tedeschi & Calhoun, 2006)

What makes PTG more likely?

acceptance (.20)

positive reappraisal (.38)

religious coping (.38)

optimism (.27)

social support (.26)

religiosity (.17)

spirituality (.23)

denial (.16)

perceived threat (.14)

(Helgeson et al., 2010)

(Prati & Pietrantonio, 2009)

How can we facilitate PTG?

- Good question: should we try to foster PTG?
- Better questions (?):
 - When...
 - With whom...
 - How...
 - What risks/benefits..?

How can we facilitate PTG?

- 1) By gently, curiously, respectfully exploring
- 2) By increasing facilitative factors
- 3) By using specific interventions

Gentle, curious, respectful exploration

On being an 'expert companion'

Rowing toward growth and recovery with OARS

- Open-ended questions
- Affirmations
- Reflections
- Summaries

Helpful (and unhelpful) things to say

- What are some things NOT to say when discussing PTG with a client... things that would be invalidating, pressuring, etc.?
- What are some helpful things to say to gently invite a client to reflect on opportunities for growth?

Increasing facilitative factors

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Writing

- Expressive writing (Pennebaker et al.)
- Prospective writing (Roepke et al.)

Therapy

- Cognitive-behavioral therapy
- Stress management
- Mindfulness training
- Narrative exposure therapy
 - + culturally adapted version!
- PTG interventions

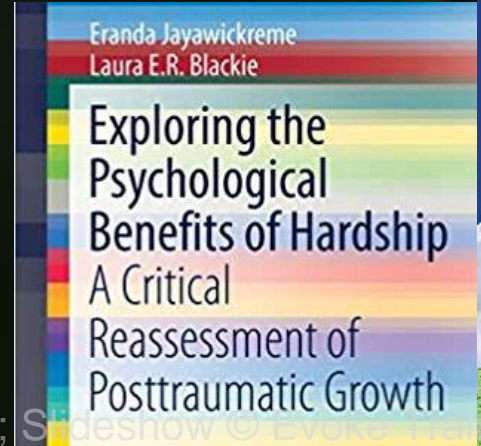
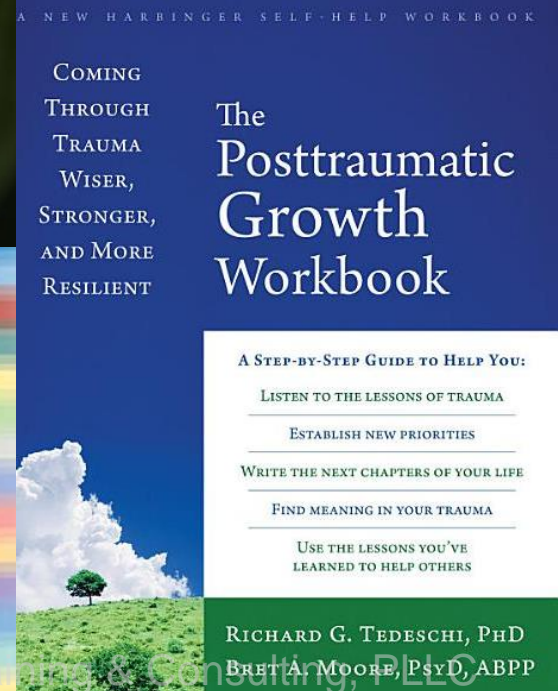
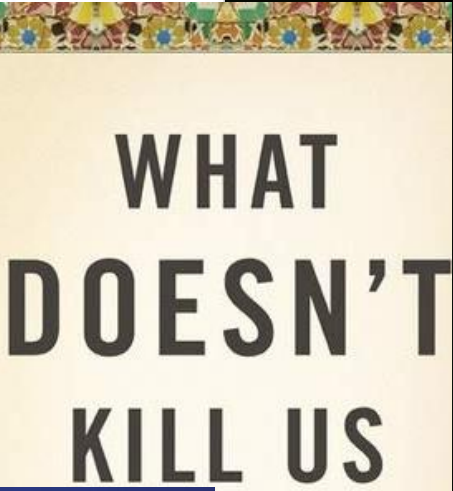
(Roepke, 2015)

Resources for learning

- Books & workbook →
- YouTube video by Rich Tedeschi:
<https://www.youtube.com/watch?v=VcymghZcxBs>
- Contact me with questions:
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podcast: Resilience in the Time of Coronavirus





“Anyone who willingly enters into the pain of a stranger is truly a remarkable person.”

– Henri Nouwen

Thank you for the work you do to create space for people in pain, and to help alleviate it.

Thank you:

C4 Innovations & MHTTC

Collaborators: Moriah Brier, Kelly Allred,
Marie Forgeard, & Eranda Jayawickreme

YOU for your engagement

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