

# How clinicians can facilitate positive, transformational change and growth following a 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

November 17, 2021



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Housekeeping Information



Participant  
microphones will be  
muted at entry



If you have questions  
during the event, please  
use the chat



This session is being  
recorded and it will be  
available by the next  
business day.



If you have questions after  
this session, please e-mail:  
[newengland@mhttcnetwork.org](mailto:newengland@mhttcnetwork.org).

# Disclaimer

This presentation was prepared for the New England MHTTC under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the New England MHTTC. This presentation will be recorded and posted on our website.

At the time of this presentation, Dr. Miriam E. Delphin-Rittmon served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the moderator and panelists and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant [#1H79SM081775](#) from the DHHS, SAMHSA.

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

How clinicians can facilitate positive, transformational change and growth following a psychosis



## ➤ How not to support posttraumatic growth

Expect posttraumatic growth

Think everyone should be growing

Try to make it happen

Ignore suffering and distress

Individualize posttraumatic growth

Encourage insensitive perspectives about other people

# How to support posttraumatic growth

- Gentle guidance when appropriate
- Support environments and contexts
- Working with different forms of distress
- Spiritual coping
- Alternative models
- Narrative construction
- Support social, political and economic change

# How clinicians can facilitate positive, transformational change and growth following a psychosis

## Questions and Comments





# Upcoming Events:

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

# Contact Us

[www.mhttcnetwork.org/newengland](http://www.mhttcnetwork.org/newengland)

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



New England (HHS Region 1)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration