

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

PRESENTERS

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MHTTC

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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

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➤ 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

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Questions and Comments



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