



Center Peace: Strategies for Post-Traumatic Growth

Lori Ashcraft
Rita Cronise
Michelle Zechner



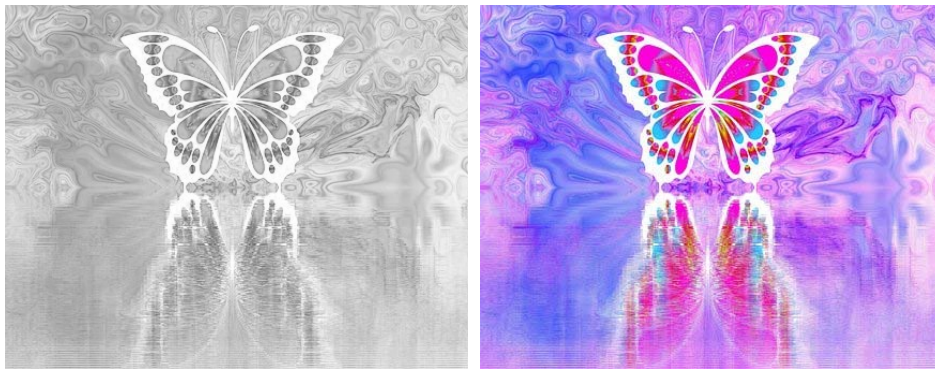
Who is in the Audience?



Peer specialist
Supervisor
Family
Service Provider
Other

- Have you noticed that some folks seem to roll with the punches, pick themselves up and move on to higher ground when then get knocked down? We can explore ways to do this so your “down time” is shorter and more productive?
- Have you noticed that some times when you get knocked for a loop you just don't even feel like getting back up? You feel hopeless and helpless to bring about a positive change? Well, we have learned some ways to do this and we can help you out?
- If you are one of those folks who just bounces back up and gets even stronger, we will ask you to come and tell us how you do this.

Bouncing Back & Growth Perspectives from Lori, Rita & Michelle



Hope for Today

- Explore resilience and post-traumatic growth
- Discover and share ideas for returning to center after adverse events
- Dialogue about our resiliency and post-traumatic growth beliefs

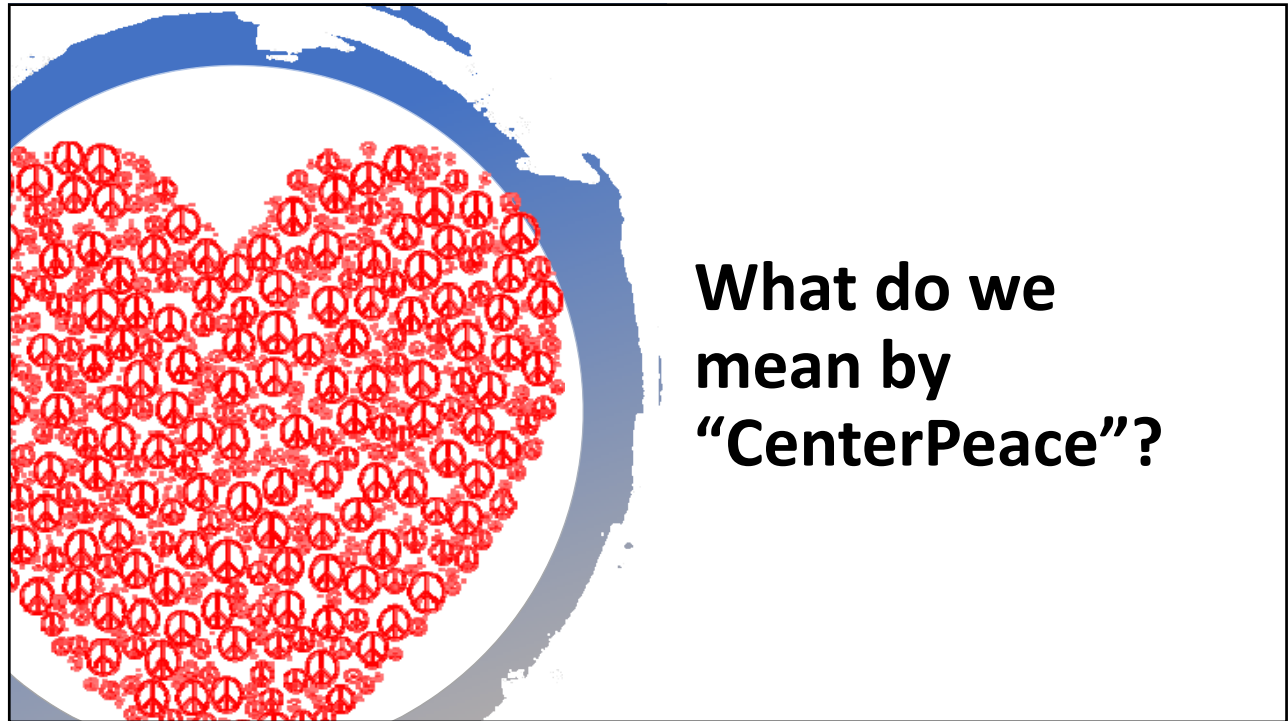


Breakout Discussions

- Pair/Share in breakout
- Spend 10 minutes discussing and come back to the main session
- Share
 1. How you define bouncing back for yourself?
 2. A situation where you bounced back
 3. A situation that you grew more into who you are and beyond illness or trauma.
 4. Come back to room for quick debrief

Ok to come back to main room at any time 😊

Breakout Debrief



**What do we
mean by
"CenterPeace"?**

Chat Box Question

**In a word or phrase, what is your
“CenterPeace”?**

What does wellbeing look like to you?

www.menti.com = code 40 50 37 4

Resilience



How to bounce back and move beyond to growth and a different place?

-  Reframing Difficult Situations
-  Connecting With Other People
-  Believing In Myself
-  Self-Compassion
-  Lifestyle Choices
-  Managing Emotions
-  Others?

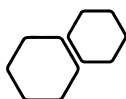
SAMHRI,nd; GGSC, 2016

Thoughts, Perspectives,
and Gems

WORDCLOUD
Mentimeter link here

Chat Box

How do you share your resilience with the people you support?



Using our Traumatic Pain for Movement

- <https://youtu.be/dcUAlpZrwog>



Phoenix rising from the ashes

Post-Traumatic Growth



- Not the same as resilience
- Trauma challenges core beliefs
- Endure prolonged psychological struggle
- Ultimately finds a sense of personal growth

Source: Lorna Collier, *Monitor on Psychology*, Nov. 2016, Vol 47, No. 10. Print version: page 48

Post-Traumatic Growth Inventory

- 1: Appreciation of life
- 2: Relationships with others
- 3: New possibilities in life
- 4: Personal strength
- 5: Spiritual change



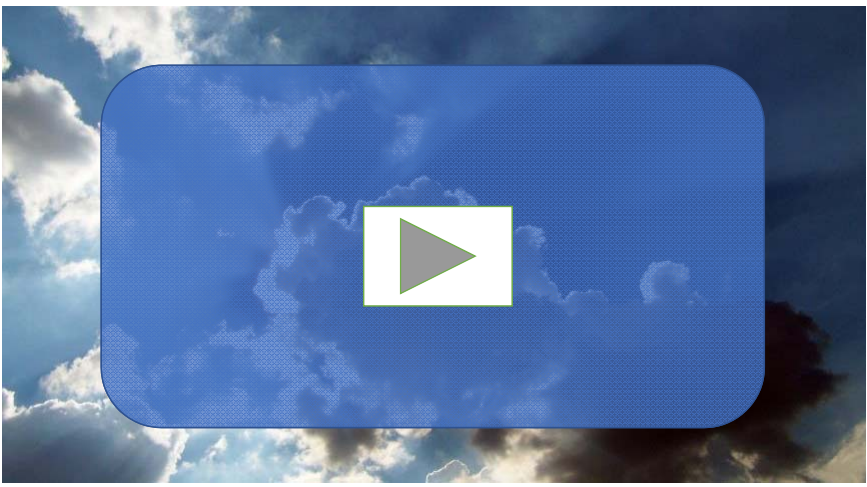
Source: Richard Tedeschi, PhD, and Lawrence Calhoun, PhD, *Journal of Traumatic Stress*, 1996

Silver Lining Questionnaire (Positive Psych.)



Show Questionnaire

Resilience and Post-Traumatic Growth



View Video

PERMA: How to Flourish

- Positive emotions
- Engagement
- Relationships
- Meaning
- Accomplishment



Seligman, 2011; 2018

Are you perma-licious?

PERMA – Positive Emotions



Focus on good events and emotions

Strategies for Positivity

- Pick something to feel more positive about (start small)
- Take a self-care break to notice your thoughts.
- What actions or activities help you generate positive emotions?

Robinson & Smith, 2020;GGSC, nd

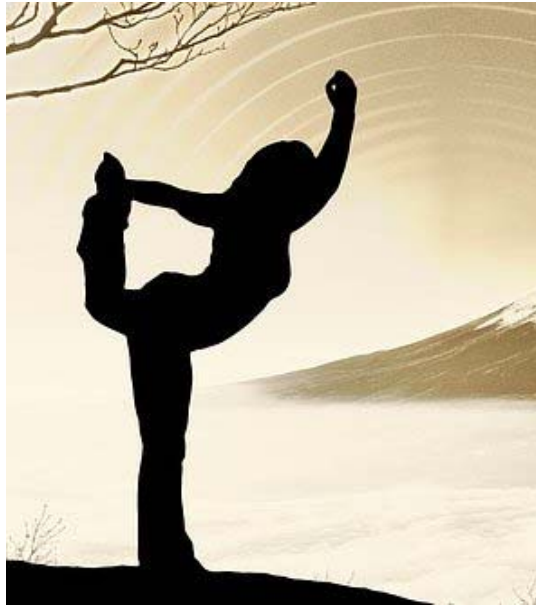
PERMA- Engagement

Meaningful activities & using your strengths in challenges

Strategies for engagement:

- When are you very focused & forget your surroundings?
- Note when you say “I used to enjoy...” or “When I have more time I like to ...”

Lifelong Learning Program (2014).



PERMA- Relationships



Positive interactions with others

Strategies for relationships

- Ask open-ended questions about hobbies, family and leisure
- Reaching out
- Review your good connections today

Robinson & Smith, 2020; SAMHRI,nd

PERMA - Meaning

Sense of higher purpose and connection



Strategies for Meaning

- What is meaningful for you?
- Spiritual or religious activities
- Help others

PERMA- Accomplishment

Reaching goals

Strategies for accomplishment

- Think of a recent success
- List your strengths
- Celebrate small wins

Chat-

What is something you've done this week that was an accomplishment?



Robinson & Smith, 2020

Returning to Your “CenterPeace”

Have you learned anything that can help you to remember and return to your own unique “CenterPeace”?



Discussion, Questions, Thoughts



What if 2020 is not **cancelled**?

What if 2020 is **not** cancelled?

What if 2020 is the year we've been waiting for?

A year so uncomfortable,

So painful,

So scary,

So raw.

A year that finally forces us to grow.

A year we finally become the person we were born to be.

A year we band together, instead of pushing each other further apart.

A year we recognize how much we need each other,

And need each other's differences.

A year that screams so loud,

Finally awakening us from our perpetual slumber.

A year that pushes us out of our comfort zone – out to the edges of our potential.

A year we finally accept the need for change.

Declare change! Work for change! Become the change!

2020 isn't cancelled. But rather the most important year of them all.

Leslie Dwight (2020)

References

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- South Australian Health and Medical Research institute (SAHMRI)(nd). PERMA+: Relationships. Retrieved from: <https://www.wellbeingandresilience.com/relationships>
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Resources

POST TRAUMATIC GROWTH

- Resilience and Post- Traumatic Growth, Mary Jo Bolton, MMFT, Clinical Director of Counseling Services, Manitoba Trauma Information & Education Centre Site [Video] <https://vimeo.com/65859730>
- Post Traumatic Growth -Positive Psychology site <https://positivepsychology.com/post-traumatic-growth/>
- Post Traumatic Growth https://www.researchgate.net/publication/277022047_Resilience_and_Posttraumatic_Growth_Recovery_Resistance_and_Reconfiguration
- Sodergren, S. & Hyland, M. (n.d.) Silver Lining Questionnaire. <https://ppc.sas.upenn.edu/resources/questionnaires-researchers/silver-lining-questionnaire>

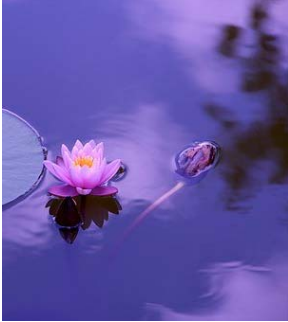
RESILIENCE & PERMA

- Greater Good Science Center (nd). *Resilience to Stress Activities*. https://ggia.berkeley.edu/#filters=resilience_to_stress
- The PERMA Model: Your Scientific Theory of Happiness <https://positivepsychology.com/perma-model/>
- PERMA : <https://positivepsychology.com/wp-content/uploads/2017/02/the-Perma-Model.pdf> or check out this video: https://www.youtube.com/watch?v=iK6K_N2qe9Y&feature=youtu.be
- Harvard University, The Human Flourishing Program (nd). *How to Flourish* <https://hfh.fas.harvard.edu/how-to-flourish>
- Positive Thinking: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

Check-In with Yourself

- How resilient are you right now?
http://www.resilience-project.eu/uploads/media/self_evaluation_en.pdf
- Finding a “Silver Lining” exercise
https://ggia.berkeley.edu/practice/finding_silver_linings
- Gain perspective about difficult events
https://ggia.berkeley.edu/practice/gaining_perspective_on_negative_events

*Center Peace: Strategies for Post-Traumatic
Growth*



Contact information:

Lori Ashcraft

lori@resilience4u.us

Rita Cronise:

rita.cronise@rutgers.edu

Michelle Zechner:

michelle.zechner@rutgers.edu