

Healing and Post-traumatic Growth

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Great Lakes ATTC

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Great Lakes (HHS Region 5)

ATTC

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

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SAMHSA

Substance Abuse and Mental Health
Services Administration

The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.

Connect
with
us!



Goal: Promote healing and post-traumatic growth for individuals in recovery.

Learning Objectives:

- Define and explain the concept of post-traumatic growth and its importance for clients that experienced trauma and that are diagnosed with SUD.
- Identify the five domains of PTG: personal strength, new possibilities, relating to others, appreciation of life, and spiritual/experiential change.
- Support individuals in finding positive meaning and growth opportunities following trauma.

Kintsugi

- Japanese art of putting broken pottery pieces back together.
- Gold
- Silver
- Platinum



Key Connections Between Kintsugi and Post-traumatic Growth

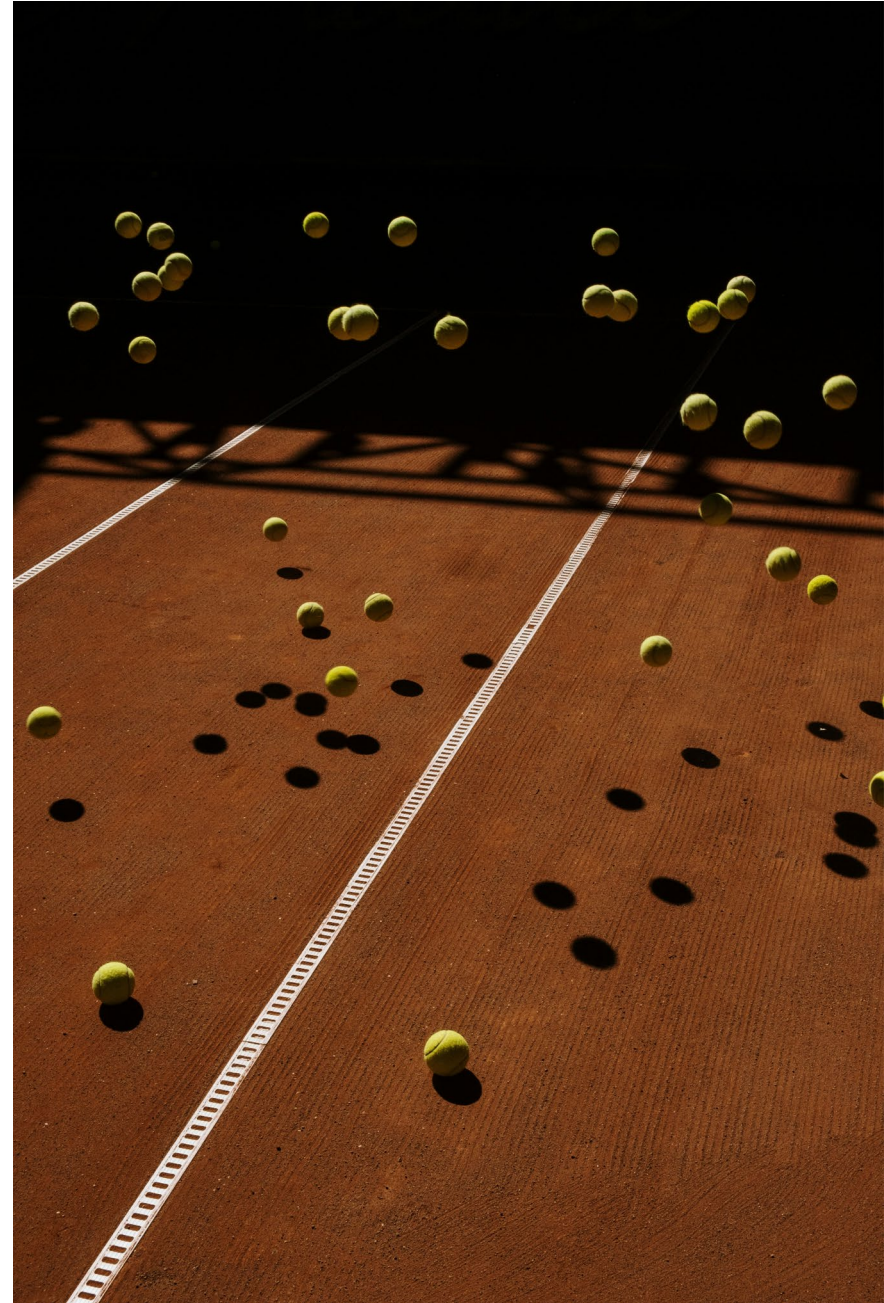
- Embracing Imperfection
- Transformation Through Healing
- Resilience and Strength
- Unique Beauty in Growth

What is Post-traumatic Growth (PTG)?

- Theory that explains positive psychological changes that individuals may experience after undergoing a traumatic event.
- Change in the meaning of life and on our belief system
- Improve life
- Sense of personal growth
 - Tedeschi, Richard G. . Transformed by Trauma: Stories of Posttraumatic Growth (p. 14).

Resilience

- Ability to bounce back
- Things that are resilient resist being deformed or bounce back to their original shape.



Resilience

- One important relationship between resilience and post-traumatic growth comes after a person has been in the posttraumatic growth process for a while.
- When core beliefs are rebuilt in a better form, they are better able to withstand future traumas. Therefore, people who have a stronger set of core beliefs are becoming more resilient.
- Posttraumatic growth provides a pathway to resilience.

Post-traumatic Growth Inventory

- Indicate for each of the statements the degree to which this change occurred in your life as a result of the crisis/disaster,

0 – I did not experience this as a result of my crisis.

1 – I experienced this change to a **very small** degree as a result of my crisis.

2 – I experienced this change to a **small** degree as a result of my crisis.

3 – I experienced this change to a **moderate** degree as a result of my crisis.

4 – I experienced this change to a **great** degree as a result of my crisis.

5 – I experienced this change to a **very great** degree as a result of my crisis.

Post-traumatic Growth Inventory

1. I changed my priorities about what is important in life.
2. I have a greater appreciation for the value of my own life.
3. I have developed new interests.
4. I have a greater feeling of self-reliance.
5. I have a better understanding of spiritual matters.
6. I more clearly see that I can count on people in times of trouble.
7. I established a new path for my life.
8. I have a greater sense of closeness with others.
9. I am more willing to express my emotions.
10. I know that I can handle difficulties.

Post -Traumatic Growth Inventory

11. I can do better things with my life.
12. I am better able to accept the way things work out.
13. I can better appreciate each day.
14. New opportunities are available which wouldn't have been otherwise.
15. I have more compassion for others.
16. I put more effort into my relationships.
17. I am more likely to try to change things that need changing.
18. I have stronger religious faith.
19. I discovered that I'm stronger than I thought I was.
20. I learned a great deal about how wonderful people are.
21. I better accept needing others.

Factor	Item Numbers
Personal Strength	4, 10, 12, 19
New Possibilities	3, 7, 11, 14, 17
Improved Relationships	6, 8, 9, 15, 16, 20, 21
Spiritual Growth	5, 18
Appreciation for Life	1, 2, 13

Five Domains of PTG



Personal Strength

- Experiencing trauma can lead individuals to recognize their inner strength.
- Feeling stronger and confident.
- People start advocating for themselves.

New Possibilities

- Adverse experiences can impact how we see the world.
- Changes in the perspectives: “I can do this”
- Individuals start establishing new life goals
 - Career
 - Jobs
 - Business
 - Hobbies



Improve Relationships/Relating to Others

- Develop a deeper sense of empathy and compassion.
- Increase patience and satisfaction
- Closer and meaningful relationships with family, friends and others who provide support.
- **Recovery** – Focus on healing and restoring relationships that may have been impacted by substance use.



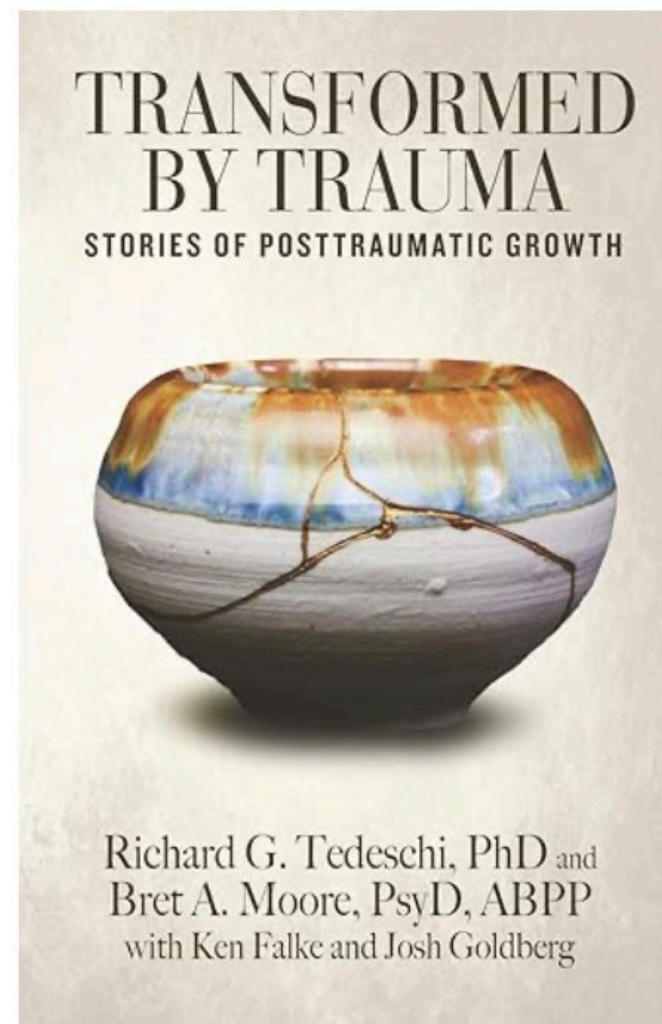
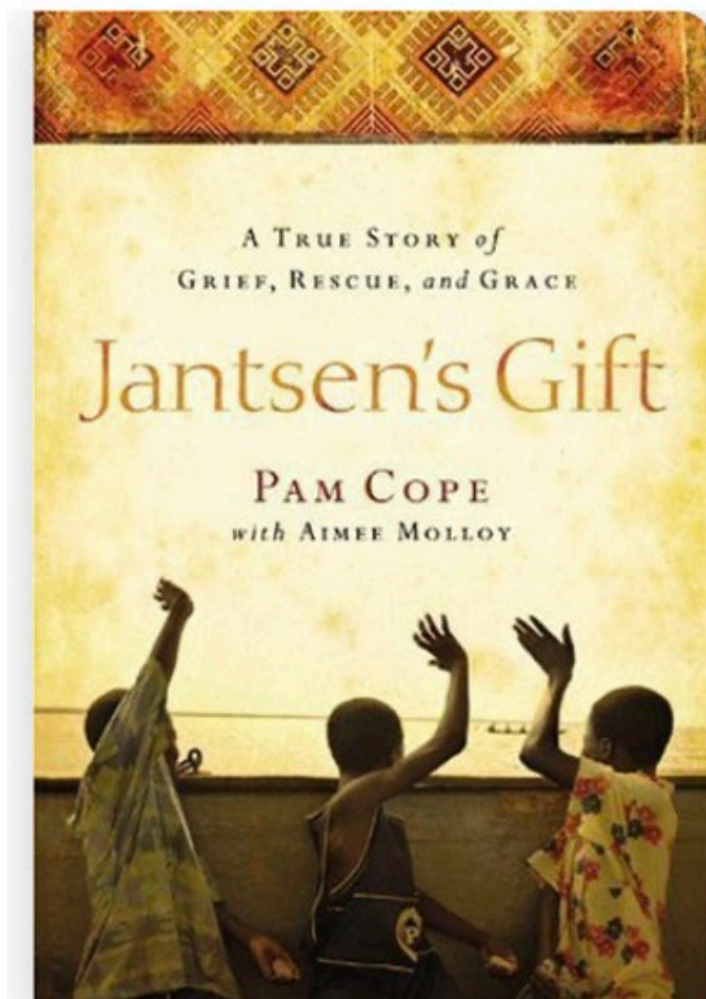
Appreciation of Life

“you don’t miss your water until your well runs dry.”

- Increase sense of appreciation for life
- People, events, and experiences are not taken for granted.
- Trauma survivors and those in recovery develop a deeper appreciation for sobriety, health, and wellbeing than before.

Spiritual or Existential Growth

- People could experience a deep sense of connectedness with something bigger than themselves.
- Develop new spiritual practices
- Reflections about the meaning of life
- Exploration of life purpose



5 Ways to Foster Post-Traumatic Growth

1. Education

- Changes to core belief systems
- Learn about stress, trauma, and its impact in our body.

5 Ways to Foster Post-Traumatic Growth



2. Emotional Regulation



Awareness of what you are feeling

Remove shame and blame from our body

Emotion validation



Control over the nervous system

Meditation

Physical exercise



Learn to manage strong emotions

Anger

Sadness

Anxiety

Guilt

5 Ways to Foster Post-Traumatic Growth

3. Disclosure

- Communicate and process the event/s
- Acknowledge what it is and its effects in short and long term.

5 Ways to Foster Post-Traumatic Growth

4. Narrative development

- Produce an authentic narrative about the trauma.
- Acceptance and reshape
- See obstacles as opportunities
- What is require to take the next step
- Acknowledge this is how are the things are right now
- Things are not stuck, and everything is in transition

5 Ways to Foster Post-Traumatic Growth

5. Service

- Pay it forward
- Support others experiencing the same events as you
 - Support groups
 - Coaching
 - Counseling
- Sense of service



Gracias
Thank You





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