


Posttraumatic Growth

Facilitating Transformation in RC Agencies





COMMUNITY AGREEMENTS

- ❖ Openness to learning and growth (self and others)
- ❖ Respectful of differences
- ❖ Participation is encouraged and voluntary
- ❖ Self-care is encouraged
- ❖ Confidentiality (personal sharing held in confidence)
- ❖ Completion of evaluation is appreciated
- ❖ Fun 😊 and insight are highly desired - 🙌

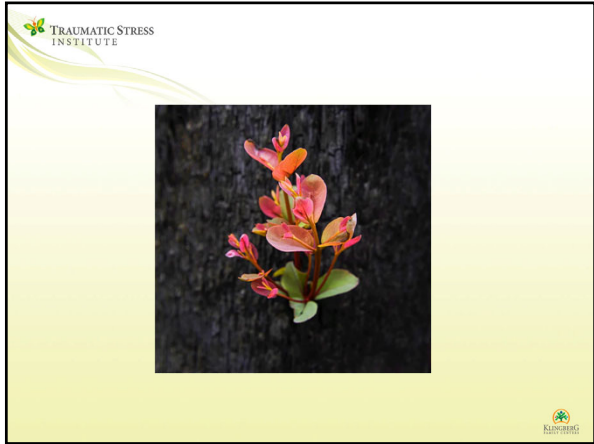




Sample Agenda

- 1:00 **Welcome and Introductions**
- 1:15 **Invitation to Explore Posttraumatic Growth Model**
- 1:30 **Acknowledging our Negative Experiences and Losses**
- 2:30 **Break**
- 2:45 **Facilitating Post-Traumatic Growth**
- 3:45 **Break**
- 4:00 **Domains of Post-Traumatic Growth**
- 4:45 **Invitation to Further Explore Posttraumatic Growth**
- 5:00 **Adjourn**





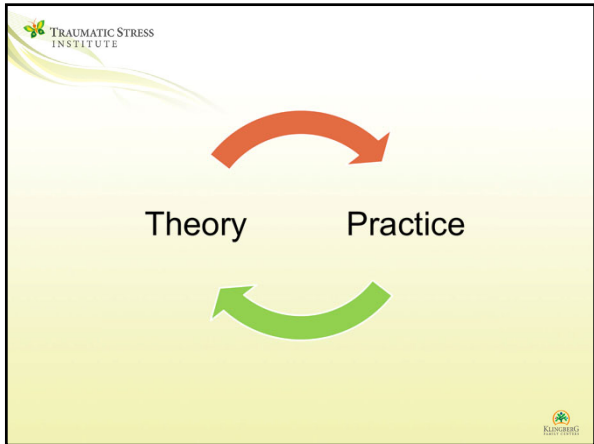
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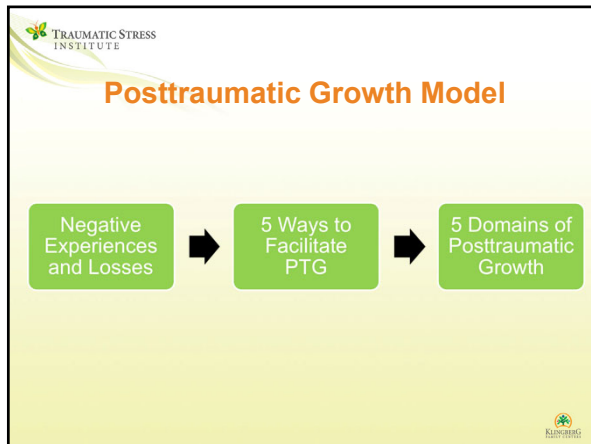
Posttraumatic Growth

“The experience of positive change that occurs as a result of the struggle with highly challenging life circumstances.”

Source: Richard Tedeschi & Lawrence Calhoun

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Posttraumatic Growth vs Resilience

- ❖ **PTG:** A positive psychological state that comes after one is exposed to and struggles with traumatic experiences (Tedeschi & Calhoun, 2004)
- ❖ **Resilience:** The ability of people who have experienced a highly challenging life circumstance to maintain relatively stable, health levels of psychological and physical function (George Bonanno, 2004)

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What negative experiences and losses have you as an RC treater, and your RC agency, experienced during the past 18 months?

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Exploration

Self-Reflection

Small Group

Large Group

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Disclosure

Service

Education

Emotion Regulation

Narrative Development

5 Ways to Facilitate Posttraumatic Growth

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Narrative Development

- ❖ What's the story you've been telling yourself about your experience at work?
- ❖ What's the story your agency has been telling itself about it's experience this past year?
- ❖ What's the new story you want to tell yourself about a better future that follows these difficult experiences?

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Exploration

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graph TD; SelfReflection[Self-Reflection] --> SmallGroup[Small Group]; SmallGroup --> LargeGroup[Large Group]; LargeGroup --> SelfReflection;
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Posttraumatic Growth Inventory

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5 Domains of Posttraumatic Growth

- Greater appreciation for life
- Closer relationships
- New possibilities or opportunities
- Personal strength
- Spiritual development

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Exploration

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graph TD; SelfReflection[Self-Reflection] --> SmallGroup[Small Group]; SmallGroup --> LargeGroup[Large Group]; LargeGroup --> SelfReflection;
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What has (or what might) posttraumatic growth look like for you as an RC Treater and for your RC Agency?

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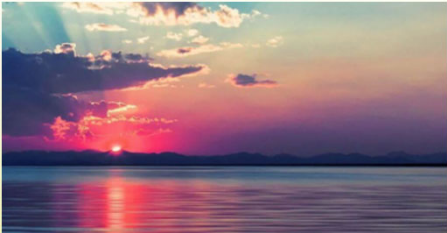
Next Steps



- ❖ Resources – Forthcoming in Trainer's Corner
- ❖ Evaluation
- ❖ Remaining 2021 Events

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