



RESILIENCE AND POST-TRAUMATIC GROWTH

Sergio Hernandez, MD

Jacobs School of Medicine Department of Psychiatry

Disclosures

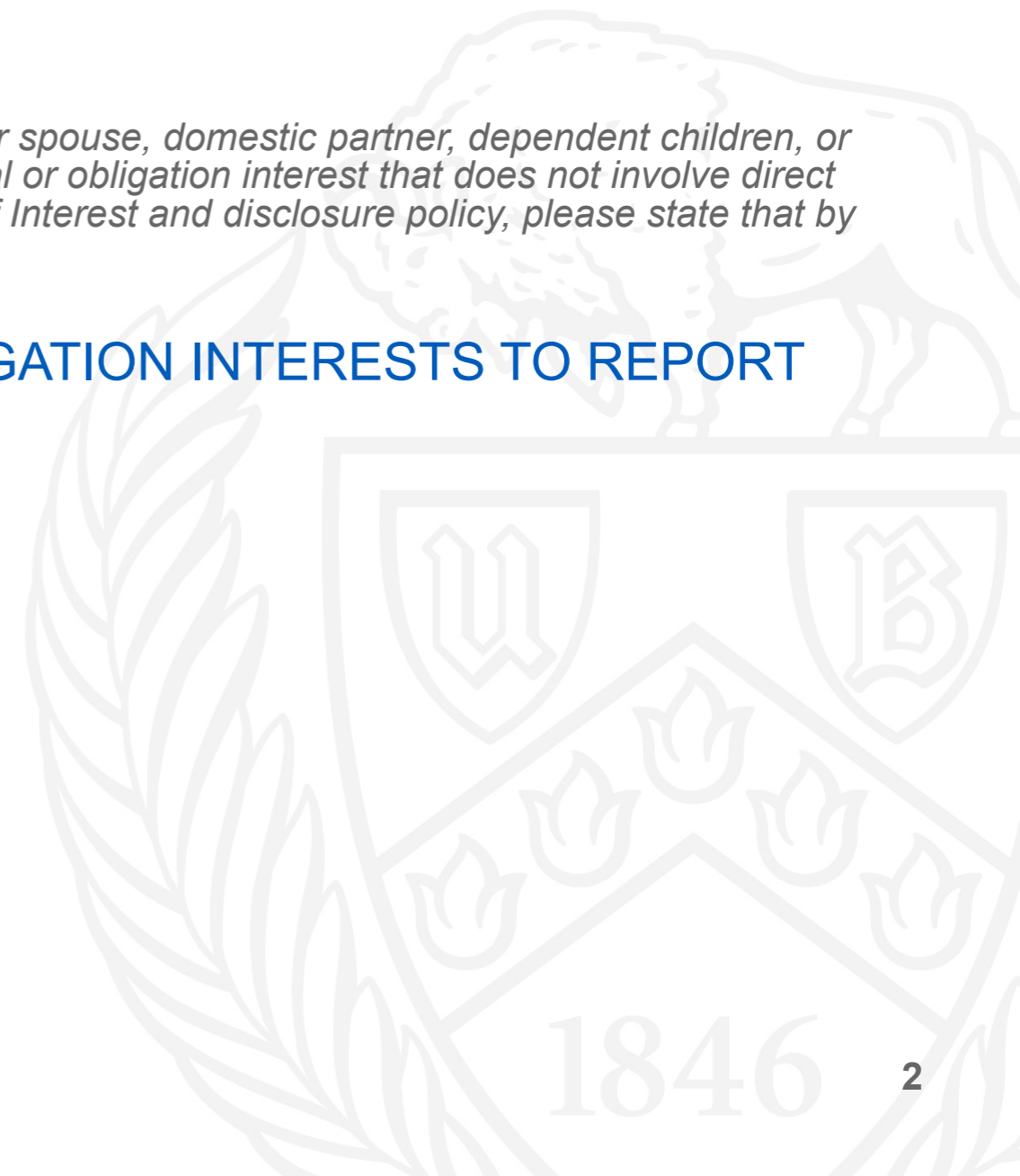
1. SIGNIFICANT FINANCIAL INTERESTS

NO SIGNIFICANT FINANCIAL, GENERAL, OR OBLIGATION INTERESTS TO REPORT

2. GENERAL AND OBLIGATION INTERESTS

All general and obligation interests are considered significant. If you, your spouse, domestic partner, dependent children, or any other family member residing in the same household HAVE a general or obligation interest that does not involve direct financial reward as cited in [Section 2.2.2](#) of the Jacobs School Conflict of Interest and disclosure policy, please state that by listing on this slide:

NO SIGNIFICANT FINANCIAL, GENERAL, OR OBLIGATION INTERESTS TO REPORT



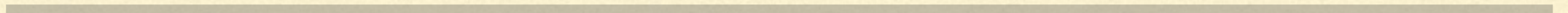
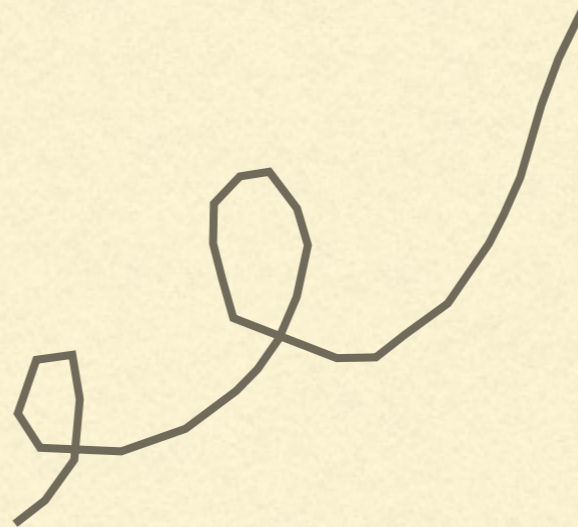
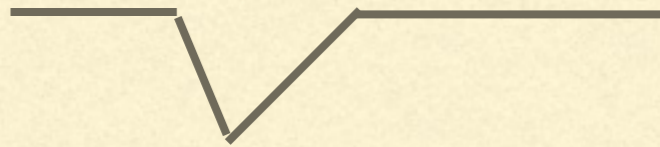
POSITIVE PSYCHOLOGY

- A branch of psychology that attempts to focus on an individual's strengths rather than focusing solely on negatives.
 - What is going right?
 - How can we use what is going right to be better?
-

OBJECTIVES

- Describe how the model of Post Traumatic Growth differs from traditional models of resilience.
 - List the 5 changes which occur in Post Traumatic Growth.
 - Describe 5 types of cognitive distortions.
-

MODELS OF RESILIENCE



POST-TRAUMATIC GROWTH

- Increased Inner Strength
 - Increased Opportunity
 - Shifts in Relationship
 - Shifts in Spirituality
 - Increased Appreciation
-

SHIFTS IN RELATIONSHIP

- Suffering is Everywhere
 - Take ourselves more seriously and compassionately
 - Clean house
-

SHIFTS IN SPIRITUALITY

- A sense of connection to something greater than ourselves.
-

INCREASED OPPORTUNITY

- The power of the **AND**
 - Exercise: Think of a current stressor and write it down
 - Add an AND and write one or two things that are also true
-

EXERCISE

- Share with the person next to you your statement and your AND statements.
 - As a group, what was the experience of adding the AND?
-

COGNITIVE DISTORTIONS

- Mind Reading
 - Externalizing
 - Max/min
 - Catastrophizing
 - Taking Personally
-

COGNITIVE DISTORTIONS

- Create a downward spiral
 - We are attached to a story and that makes things harder
-

THE **AND**

- Creates cognitively flexibility
 - Use when you notice repetitive negative thoughts
 - Practice in the small moments so that you are ready for the big ones.
-

RESILIENCE IS A CHOICE

MAN'S SEARCH FOR MEANING

VIKTOR FRANKL

- “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”
 - Who am I in the presence of this?
-

GREATEST SHOWMAN GREEN LIGHT

- https://www.youtube.com/watch?v=XLFEvHWD_NE
-