RESILIENCE AND POST-TRAUMATIC GROWTH

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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
“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