HOPE, TRANSFORMATION, AND POST-TRAUMATIC GROWTH

“The ocean of tears cannot drown us if karuna (compassion) is there.”

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GOALS!

1. Understand the impact of trauma & neurobiology research on our understanding of homelessness

2. Utilize knowledge to address the biopsychosocial needs of those experiencing homelessness

3. Use expertise to address societal issues responsible for the homeless crisis
THE SERIES

2. Trauma is the Public Health Issue of Our Time - www.nhchc.org
HOPE, TRANSFORMATION, AND POST-TRAUMATIC GROWTH

• Utilize the drivers of successful outcomes to build relationships and establish hope
• Be able to explain the science behind neuroplasticity and transformation
• Identify key components of services that promote post-traumatic growth

60 Presentation/30 Minute Questions
THE OTHER HALF OF THE STORY!!!

NORMAL LIFE

TRAUMA

SUFFERING

CHALLENGES

THE ABYSS: SPIRITUAL & EMOTIONAL DEATH

LIGHT

DARKNESS

POST TRAUMATIC GROWTH

TRANSFORMATION

HOPE

HELPER/MENTOR

NATIONAL HEALTH CARE for the HOMELESS COUNCIL
OUR ROLE

"When I was a novice, I could not understand why, if the world is filled with suffering, the Buddha has such a beautiful smile. Why isn’t he disturbed by all the suffering? Later I discovered that the Buddha has enough understanding, calm, and strength; that is why the suffering does not overwhelm him. He is able to smile to suffering because he knows how to take care of it and to help transform it. We need to be aware of the suffering, but retain our clarity, calmness, and strength so we can help transform the situation. The ocean of tears cannot drown us if karuna (compassion) is there. That is why the Buddha’s smile is possible." - Thich Nhat Hanh
POST-TRAUMATIC RECOVERY

• Recognition of the possibility of a better future
  → Hope: Change is possible
  → Self-Confidence: Change is possible and the patient can contribute to making it happen

• Recovery is determined by a mix of psychosocial support, resources, and motivation
POST-TRAUMATIC GROWTH

• When a traumatic event is seen as an opportunity for growth, it becomes just that.

• Growth will reinforce the person’s resiliency and robustness leading to a greater ability to recover from future disruptive events.

Siebert, 2005
DETERMINANTS OF SUCCESS
Goal: Shift View of Self, Relationship, World
Determinants of Successful Client Outcomes

- Client Characteristics
- Relationship
- Hope
- Techniques

Achor, 2010; Murphy, 2008
RELATIONSHIP WITH HELPER

“Recovery can take place only within the context of relationships; it cannot occur in isolation. In her renewed connections with other people, the survivor re-creates the psychological faculties that were damaged or deformed by the traumatic experience.”

– Judith Herman

Herman, 1997
SPONTANEOUS SYNCHRONIZATION
KEY CHARACTERISTICS OF HELPING RELATIONSHIPS

TRUST
Assured reliance on the character, ability, and strength of the helper

Trust increases likelihood that clients function in their Window of Tolerance

SAFETY
Without safety, patient will exist in survival mode

Physical and psychological safety should be consistently assessed/increased
HOPE

- The belief change is possible
- Similar to a placebo effect
HOPE

Hope reduces pain and activates the reward centers of the brain:

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<th>Hormone/Nervotransmitter</th>
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Mate, 2010
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<td>Oxytocin</td>
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THE JOURNEY TO POST-TRAUMATIC GROWTH
PATIENT’S JOURNEY TOWARD POST-TRAUMATIC GROWTH

Internal Regulation
Integration
Post-Traumatic Growth

Courtois & Ford, 2009; Herman, 1997
NEUROPLASTICITY
PATIENT’S JOURNEY: INTERNAL REGULATION

• Establish safety

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: INTERNAL REGULATION

- Establish safety

- Awareness & management of arousal states

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: INTERNAL REGULATION

- Establish safety
- Awareness & management of arousal states
- Work through memories

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: INTEGRATION

• Find meaning

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: INTEGRATION

• Find meaning
  → Why did this happen to me?
  → No good answers
  → Victim to hero mindset

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: INTEGRATION

- Find meaning

- Integrate trauma into view of self & world
  - Power of controlling their story
  - Claiming power over the trauma

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: INTEGRATION

- Find meaning
- Integrate trauma into view of self & world
- Maintain safety
PATIENT’S JOURNEY: POST-TRAUMATIC GROWTH

• The new journey

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: POST-TRAUMATIC GROWTH

• The new journey
• Prevent future trauma

Courtois & Ford, 2009; Herman, 1997
PATIENT’S JOURNEY: POST-TRAUMATIC GROWTH

• The new journey

• Prevent future trauma

• Return stronger & wiser

Courtois & Ford, 2009; Herman, 1997
THE OTHER HALF OF THE STORY!!!
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