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Unlocking the Journey of Posttraumatic Growth

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Dr.







What is Trauma?

Big T and small t



Trauma is

Subjective
Relational
Contagious



**“Trauma is relational,
and the healing
is also relational”**



Types of Trauma



Individual



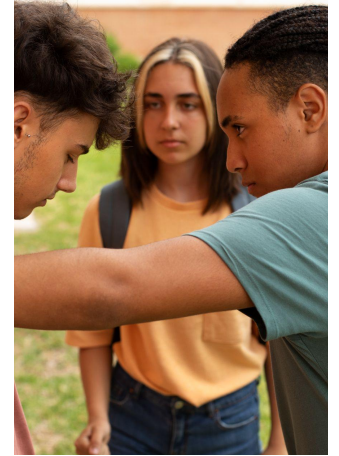
Intergenerational



Collective

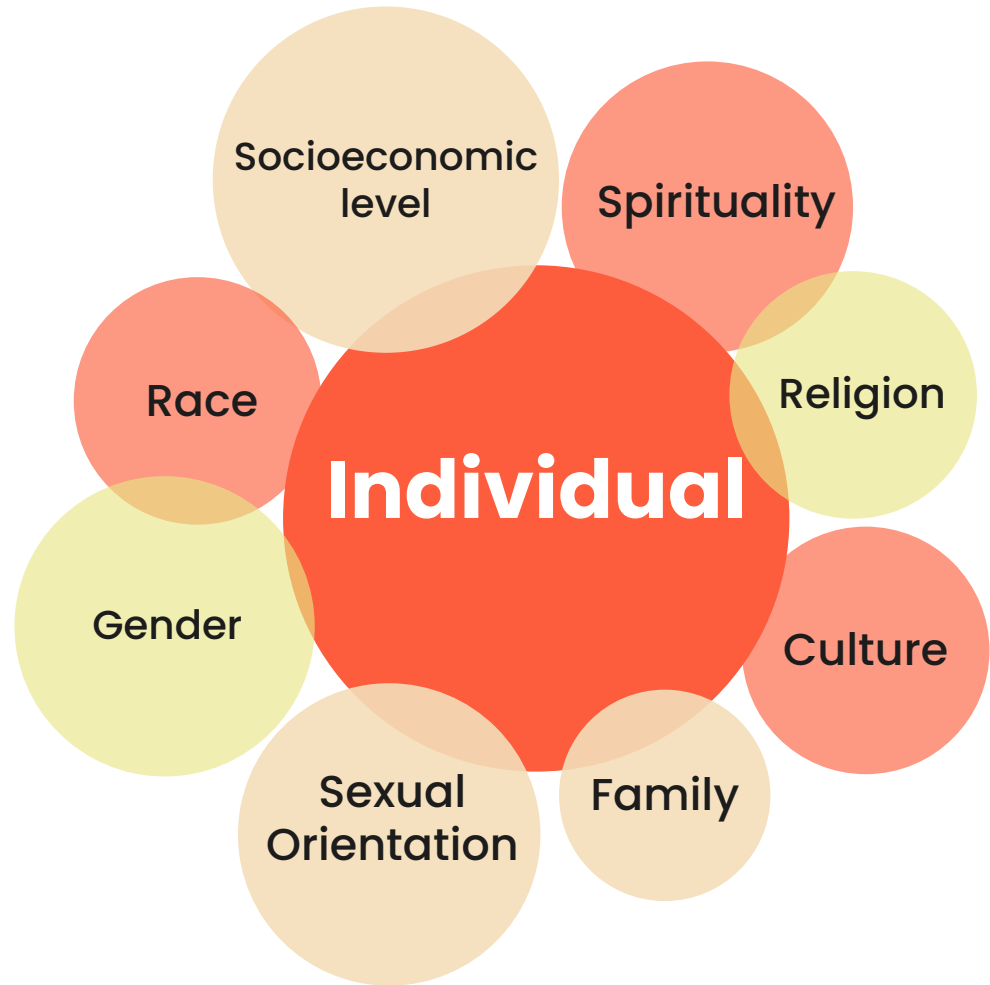


Historic



Systemic

Trauma in Context



An aerial photograph showing a stark contrast between a lush green forest and a large, cleared area. A wide, turbulent river of orange-brown mud flows through the cleared land, which is littered with fallen branches and debris. The forest remains dense and green on the right side of the image, while the left side is dominated by the muddy river and the cleared ground. The text 'Facing Climate Trauma' is overlaid on the right side of the image.

Facing Climate Trauma

Emotional response
to environmental issues,
eco-anxiety, systemic inequality,
generational fear.

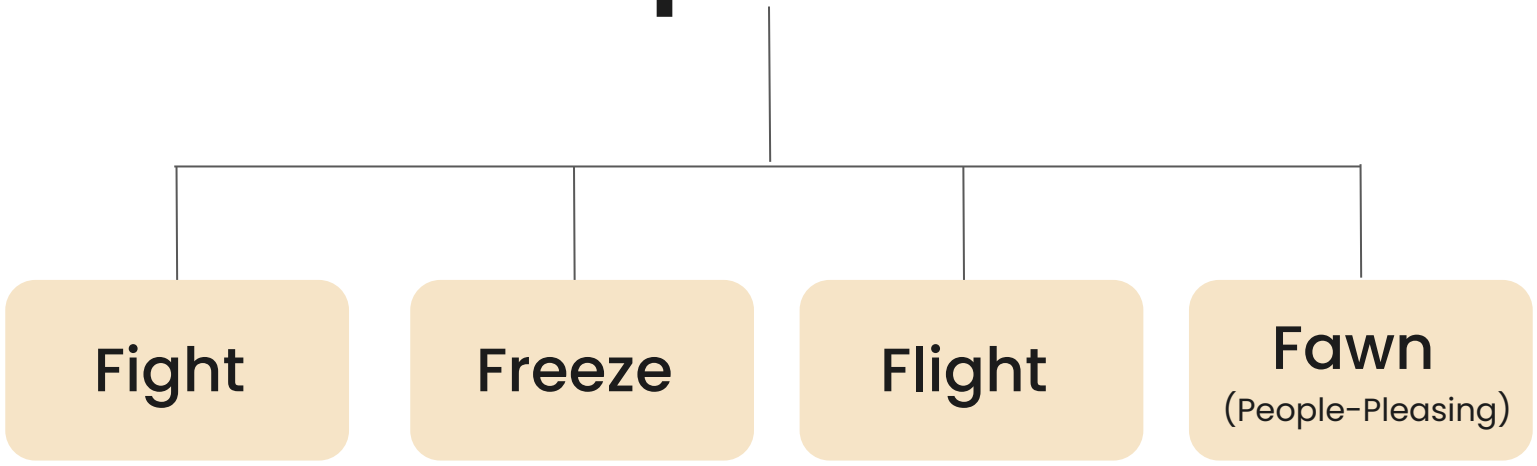
Understanding Ambiguous Loss

When someone is physically absent but psychologically present, or physically present but psychologically absent."

-Pauline Boss



Common Trauma Responses:



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graph TD; A[Common Trauma Responses:] --- B[ ]; B --- C[Fight]; B --- D[Freeze]; B --- E[Flight]; B --- F["Fawn (People-Pleasing)"]
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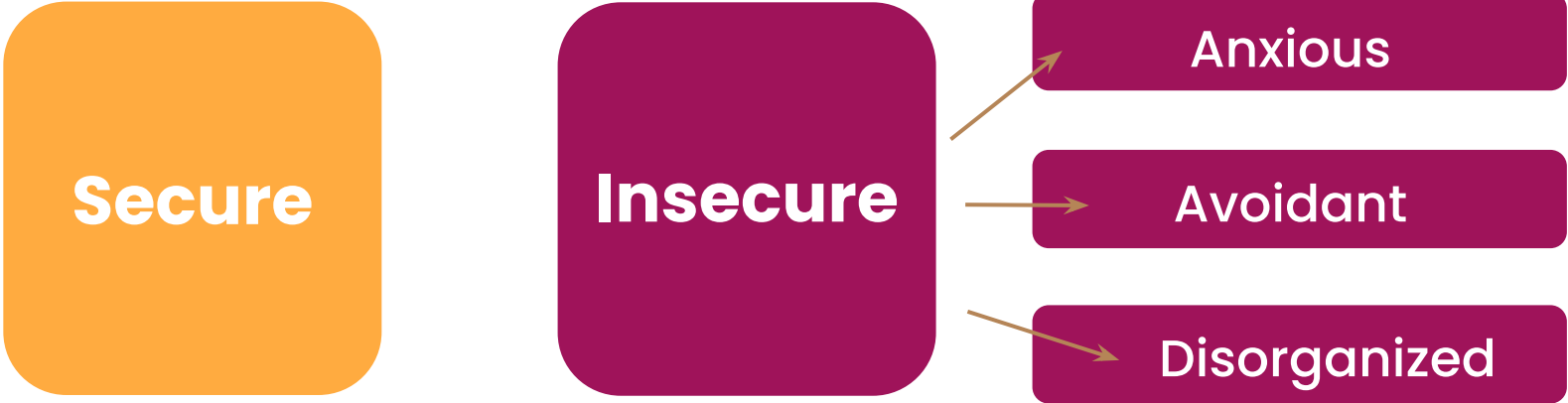
Fight

Freeze

Flight

Fawn
(People-Pleasing)

Attachment Styles



A diagram illustrating attachment styles. It features two main categories: 'Secure' and 'Insecure'. 'Secure' is represented by an orange rounded square. 'Insecure' is represented by a purple rounded square. From the 'Insecure' square, three arrows point to three stacked purple rounded rectangles labeled 'Anxious', 'Avoidant', and 'Disorganized'. The entire diagram is set against a white background with a faint orange tree branch in the top left corner.

Secure

Insecure

Anxious

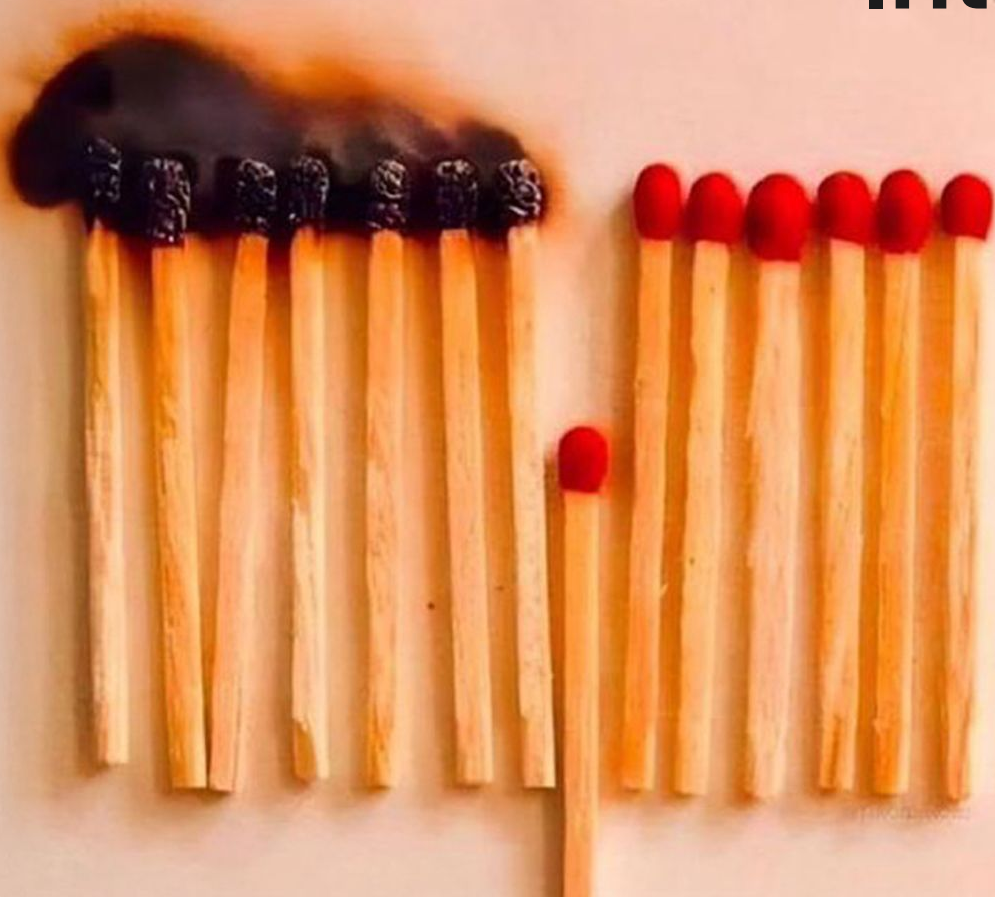
Avoidant

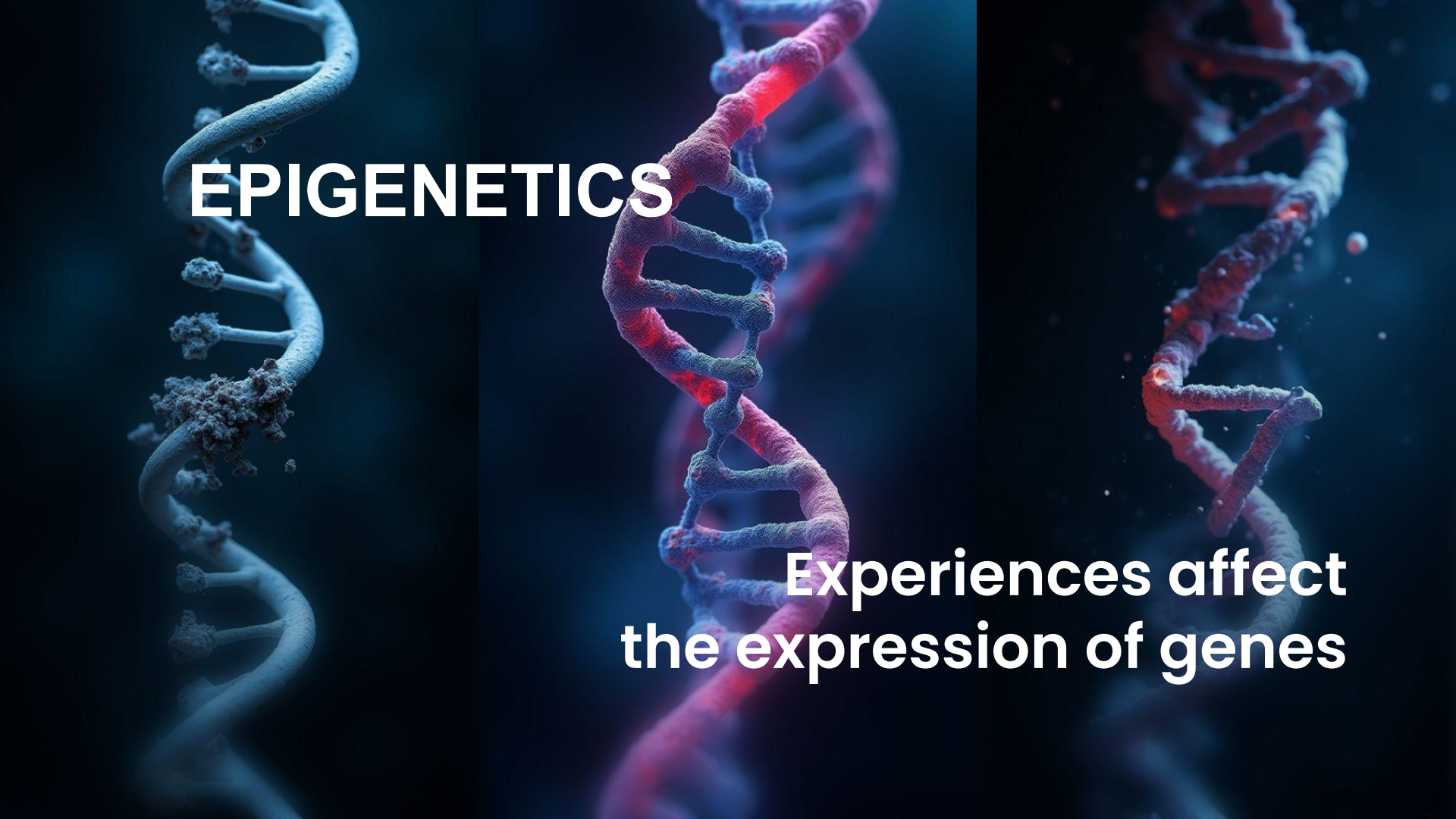
Disorganized

A group of four people, two men and two women, are shown from behind, hugging each other in a living room. The woman in the foreground has long, curly brown hair and is wearing a light pink shirt. The man next to her is wearing a brown long-sleeved shirt and has his arm around her. Another woman with short dark hair is wearing a purple shirt and is also part of the hug. The background shows a living room with a blue carpet, a brown sofa, and a large window with a plant in the corner.

**“Collective
trauma requires
collective healing”**

Intergenerational transmission of Trauma



The image features three vertical panels, each showing a DNA double helix. The left panel has a blue helix with a large, textured, greyish-brown mass attached to one of the strands. The middle panel has a red helix with a glowing red segment on one strand. The right panel has a white helix with a glowing red segment on one strand. The background is dark blue with some light particles.

EPIGENETICS

**Experiences affect
the expression of genes**

Posttraumatic Growth PTG



The path to Posttraumatic Growth



To post Traumatic **Growth**

Transforming:
Wisdom and Growth

5

Being:
Integration

4

Becoming:
A New Narrative

3

Awakening:
Safety and Protection

2

Awareness:
Radical Acceptance

1

FIVE STAGES

From Trauma

Flight + Fight + Freeze + Fawn

Radical Acceptance

The Awareness Stage



Radical Acceptance

The Awareness Stage



Radical Acceptance

The Awareness Stage





Safety and Protection

The Awakening Stage

A surreal landscape featuring a person in a red jacket standing on a wooden pier that extends over a vast, calm blue sea. The sky is a deep blue, filled with large, fluffy white clouds. Numerous rectangular screens of various sizes float in the air, displaying different scenes, including landscapes and abstract patterns. Several bright, white, diagonal streaks of light cut across the sky. The overall atmosphere is dreamlike and contemplative.

New Narratives

The Becoming Stage

The background is a solid, vibrant orange. Scattered across the lower-left and center portions of the frame are several light-colored wooden puzzle pieces. These pieces are interconnected by thin, bright yellow lines, forming a network or web-like structure. The puzzle pieces are of various shapes, some with tabs and others with blanks, and they are arranged in a way that suggests a process of assembly or integration. The lighting is even, highlighting the texture of the wood and the sharpness of the yellow lines.

Integration

The Being Stage

Wisdom and Growth

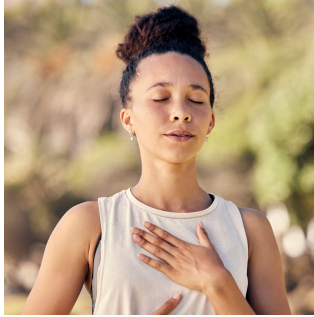
The Transforming Stage





- ❖ From breakdowns to breakthroughs
- ❖ Turning Pain into Purpose
- ❖ Bouncing forward
- ❖ New strength, new priorities, new meaning
- ❖ Transform crisis into opportunities

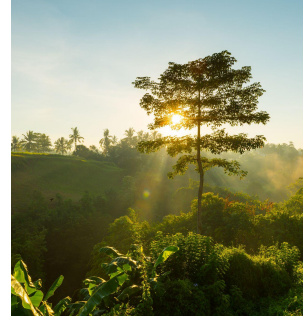
Essential Tools For Growth



Breathwork



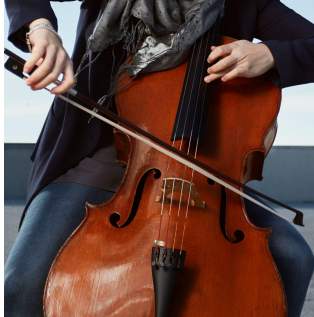
Movement



Nature



Meditation



Art and Music



Community
and Social



Spirituality



Rituals and
Routines





Healing the world



**“The wound
is the place
where the light
enters you”**

-Rumi

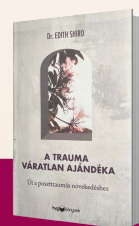
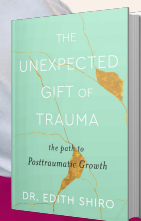


Where are you on your PTG journey?





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