

Crisis Intervention (ED and WL): Expect Recovery and Resilience to Promote Post-trauma Growth with Positive Psychology 170518 Page 1 of 6

A. **Description:** This 3-hour introduction surveys common events that precede contact in hospital emergency departments and warm lines. Practical considerations are discussed for providing peer support with identified peers and their significant others. The topics include: 1) Mental/behavioral compensation (illness); 2) Suicide; 3) Homicide and other crime victims and perpetrators; 4) Intoxication, blackouts, overdose or delirium tremens; 5) Death and dying, 6) Acute and chronically disabling conditions, 7) Physical and emotional abuse; and 8) 1013 or 2013 involuntary commitment. Upon completion of this session participants will be able to:

1. Establish rapport quickly,
2. Learn the story or stories of the reason(s) for contact including events and the people involved,
3. Identify existing supports and next-steps plans with the identified peer and involved significant others, and
4. Offer and connect with desired, ongoing peer support resources.

The goal: A habit of engaging in compassionate conversations with equanimity that promote resilience in oneself and others.

*Participate in this session's **audience polls** by going to www.responseware.com via your smart phone, tablet or computer web browser. Enter as **Guest** with Session ID: **Growth***

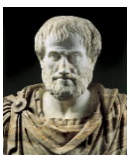
“If we had a keen vision of all that is ordinary in human life, it would be like hearing the grass grow or the squirrel’s heart beat, and we should die of that roar which is the other side of silence.”

George Eliot (Mary Ann Evans). (1872). *Middlemarch*.

“But like a compass seeking north, there lives in me a still, sure, spirit part. Clouds of doubt are cut asunder by the lightning and the thunder shining from the compass of my heart.”

Crosby, D. (1988). *Compass*.

B. “...the Other Side of Silence”



Equanimity = Latin – having an equal mind/soul = a state of psychological stability and composure which is undisturbed by experience of or exposure to emotions, pain, or other phenomena that may cause others to lose the balance of their mind

The basis of eudaimonia (vs hedonic happiness) – a sense of connection with self and others, a sense of meaning, equanimity

C. George S. Braucht; LPC, CPCS & CARES; Brauchtworks Consulting: *Applying Science to Practice*; www.brauchtworks.com

- ✓ M.S. in Experimental/Physiological Psychology then Community Psychology
- ✓ Taught first psychology class at Georgia College in 1979
- ✓ Licensed Professional Counselor and Certified Professional Counselor Supervisor: Crisis, AOD & MH recovery; Social justice; Recovery residences & Peer services
- ✓ Co-founder and Faculty, Certified Addiction Recovery Empowerment Specialist (CARES) Academy



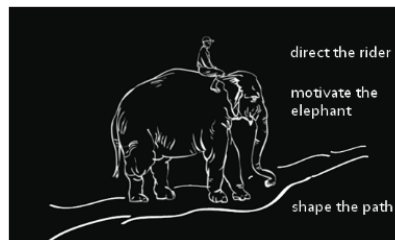
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- ✓ Lead Curriculum Developer and Faculty: 1) RecoveryPeople's *Recovery Residence Manager Training* and 2) the Recovery Outcomes Institute's *Recovery Navigational Support & REC CAP Training*
- ✓ Georgia Association of Recovery Residences Board & Charter Board Member, National Alliance for Recovery Residences
- ✓ Certified Trainer in the Partners for Change Outcome Management System with Dr. Barry Duncan's Better Outcomes Now

D. Two Ancient Truths. Haidt, J. (2006). *The happiness hypothesis: Finding modern truth in ancient wisdom.*

1. The mind is divided into parts that sometimes conflict.

1.1. "Thinking" - Fast (System 1): **elephant** & Slow (System 2): **rider**; Tverski & Kahneman (1974, 2011)



2. Shakespeare: "Thinking makes it so." The Buddha: "Our life is the creation of our mind." Today we can explain why most people's minds have a bias toward seeing threats and engaging in useless worry. We can also do something to change this bias by using three techniques that increase happiness, one ancient and two very new.

3. Three potential solutions



- 3.1. Developing Recovery-oriented Systems of Care that include Social Model of Recovery Programs
- 3.2. Listening to recovery stories as a peer
- 3.3. Personal practices
 - Meditation
 - Joy journal
 - Post-traumatic growth inventory
 - Survivor story

E. Solution A: Recovery-Oriented Systems of Care (ROSC)

1. Paradigm Shift to Enhance Acute Care with Chronic Support and Social Model of Recovery Programs = Both/And!

1.1. Acute Care: Focus ➔ the Disease Process by Disease Experts who teach (treat) "what's wrong with you" ➔ Expect relapse! ➔ **Stigma and discrimination**

1.2. Chronic Care: Focus ➔ the Recovery Process by Recovery Experts who learn "what's right with you" ➔ Expect recovery and resilience! ➔ **Hope and redemption**



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2. Social Model Recovery Programs. Borkman, Kaskutas, Rooms, Bryan, & Barrows. (1998). An historical and developmental analysis of Social Model Programs. *Journal of Substance Abuse Treatment*, 15 (1), 7-17.
 - 2.1. Emphasize social and interpersonal connection aspects of recovery.
 - 2.2. Value experiential knowledge.
 - 2.3. Promote peer-to-peer connections, mutual aid and other supportive environments in which recovery or wellbeing is the common bond.
 - 2.4. Require active work in individualized recovery programs.
 - 2.5. Emphasize peer-to-peer AND practitioner-client relationships that mutually blend or enhance treatment AND recovery, resilience or wellness plans.

F. Solution B: Listen to recovery stories for the benefits of sustained connections

Until lions have historians, tales of hunting will always glorify the hunter. *African Proverb*
If you want to travel fast, go alone. To go far, travel with many. *African Proverb*

What to look and listen for? The goal: A habit of engaging in compassionate conversations with equanimity that promotes resilience in oneself and others

Discovering Others' Worldviews: [Mind Map Four Key Dimensions](#)

- I. Individual: Physical and mental health
- II. Interpersonal: Significant close relationships or "family"
- III. Social: Work, school & friendships (fun)
- IV. Overall: General sense of well-being

🌀 See Outcome Rating Scale at www.betteroutcomesnow.com

G. Wellbeing's Five Elements. PERMA: No one element defines wellbeing but each contributes; *Three aspects of happiness feed into life satisfaction

1. Positive emotion*: The pleasant life; pleasure, ecstasy, comfort, warmth, etc.

See Solomon, R. L. (1980). The opponent-process theory of acquired motivation: The costs of pleasure and benefits of pain. *American Psychologist*, 35, 691-712.

"How strange would appear to be this thing that men call pleasure! And how curiously it is related to what is thought to be its opposite, pain! The two will never be found *together* in a man, and yet if you seek the one and obtain it, you are almost bound always to get the other as well, just as though they were both attached to one and the same head.... Wherever the one is found, the other follows up behind. So, in my case, since I had pain in my leg as a result of the fetters, pleasure seems to have come to follow it up." Plato. *Phaedo (On the Soul)*.

2. Engagement*: Thought, feeling and time are usually absent in the flow state; you go into flow when your highest strengths are deployed to meet the highest challenges that come your way

Look up - Gary Turk:

https://www.youtube.com/watch?time_continue=7&v=Z7dLU6fk9QY



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3. Relationships: Doing a kindness produces the single most reliable momentary increase in well-being
“The capacity to *be* loved is the master strength” George Valliant (2000)
4. Meaning*: Belonging to and serving something that you believe is bigger than the self
Know your why - Michael Jr.: <https://www.youtube.com/watch?v=1ytFB8TrkTo>
5. Achievement: Accomplishment for the sake of accomplishment; when free of coercion is often pursued for its own sake, even when it brings no positive emotions, meanings or relationships
Well-being is a combination of feeling good as well as actually having meaning, satisfying relationships and accomplishment

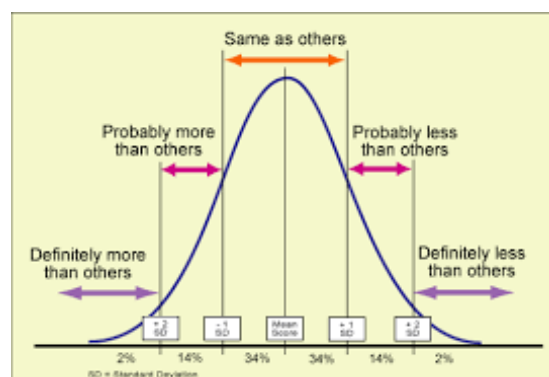
H. Resilience and Post-trauma Growth (PTG)

1. The PTG Inventory, Tedeschi & Calhoun. (1999).
http://brauchtworks.com/yahoo_site_admin/assets/docs/Post-Traumatic-Growth-Inventory_VIII-B_gb.306192305.pdf

2. Three Ps Stunt Recovery Following Setbacks/Trauma, Sandberg & Grant. (2017). *Option B: Facing adversity, building resilience and finding joy.*

“Resilience comes from deep within us and from support outside of us. It comes from gratitude about what’s good in our lives and from leaning into the suck. It comes from analyzing how we process grief and from simply accepting the grief. Sometimes we have less control. Other times we have more. I learned that when life pulls you under, you can kick off the bottom, break the surface, and breathe again.”

- 2.1. Personalization: Believing that we are at fault or personally responsible
 - 2.2. Pervasiveness: Believing that an event will affect all areas of our life
 - 2.3. Permanence: Believing that the aftershocks of an event will last forever
3. PTSD reportedly occurs in 20% of the Americans who served in Iran and Afghanistan while the British rate is 4%; no such comparable effects have been found following the Civil War.



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Intense depression and anxiety are common following extreme adversity (and prosperity) yet in the long run the individuals arrive at a higher level of psychological functioning than before

“What does not kill me makes me stronger” Friedrich Nietzsche. (1889). *Twilight of the idols*.

“And I know the pain your feeling and I have the scares of healing, so hold on, hold on.”

Diane Durrett (2002). *Love has a right to be wrong*

I. Five Contributors to Post-trauma Growth: Sandberg & Grant (2017). *Option B: Facing adversity, building resilience and finding joy*.

1. Understand the response to trauma: shattered beliefs about the self, others and the future
2. Anxiety reduction: techniques for controlling intrusive thoughts and images
3. Constructive self-disclosure: telling the story
4. Create a trauma narrative: embrace the paradox of loss and gain, grief and gratitude, and vulnerability and strengths: a) personal strengths called upon, b) some relationships improved, c) spiritual life strengthened how life itself was better appreciated, and d) what new doors opened
5. Articulate life principles and stances that are more robust to challenge. May include: a) new ways to be altruistic, b) accept growth without survivor guilt, c) craft a new identity as a trauma survivor or newly compassionate person, and d) take seriously the s/heroic journey myth to tell the world an important truth about how to live = **Advocacy**

“The one thing you can’t take away from me is the way I choose to respond to what you do to me. The last of one’s freedoms is to choose one’s attitude in any given circumstance.” Viktor Frankl. (1946). *Man’s search for meaning*.

J. Three Exercises for Post-trauma Growth

“Having fun is a form of self-compassion; just as we need to be kind to ourselves when we make mistakes, we also need to be kind to ourselves by enjoying life when we can.... Seeking joy after adversity is taking back what was stolen from you.... But happiness is the frequency of positive experiences, not the intensity.” Sandberg & Grant. (2017).

1. **Joy Notes:** Write down three moments of joy each day! Typically these are momentary flashes. So as you go through your day, recognize them and say to yourself, “this will go in today’s Joy Notes!”
2. **VIA Character Strengths Survey:** viacharacter.org, Register, it’s free! Complete the 240-question survey, and receive your strengths inventory report – See the good in YOU!
3. **Whole Health Action and Management (WHAM), ???**

“When we are no longer able to change a situation, we are challenged to change ourselves.” Viktor Frankl. (1946). *Man’s search for meaning*.

K. Relationship Enhancement Skills (PINK OARSI)

http://brauchtworks.com/yahoo_site_admin/assets/docs/Relationship_Enhancement_Skills_PINK_OARSI_130418.86201220.pdf



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L. First Interaction Roles and Goals Self-Assessment and Feedback

http://brauchtworks.com/yahoo_site_admin/assets/docs/First_Interaction_Roles_and_Goals_Self-assessment_Feedback_160918.261184648.pdf

M. Peer Reception or Beginning Exchange (PROBE)

http://brauchtworks.com/yahoo_site_admin/assets/docs/Peer_Reception_or_Beginning_Exchange_PROBE_160716.4863244.pdf

N. CARES Core Competencies Self-assessment and Development Plan: **Every 6 months?**

http://brauchtworks.com/yahoo_site_admin/assets/docs/CARES_Core_Competencies_Self-assessment_Development_Plan_160713.262101641.pdf

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4. Sandberg, S. & Grant, A. (2017). *Option B: Facing adversity, building resilience and finding joy*. New York: Knopf. leanin.org
5. Seligman, M. E. P. (2011). *Flourishing: A visionary understanding of happiness and well-being*. New York: Simon & Schuster. authentichappiness.org
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7. Tedeschi, R. G. & Calhoun, L. G. (1999), The Posttraumatic Growth Inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress*, 9 (3), 455 – 471.
8. University of Pennsylvania's Positive Psychology Center: ppc.sas.upenn.edu and Authentic Happiness: authentichappiness.sas.upenn.edu
9. Values in Action (VIA) Institute on Character: viacharacter.org

