

# **The Other Side of Trauma:**

## **Post-Traumatic Growth and Resiliency**

**Bridges to Resilience Conference \* Ron Huxley, LMFT**

# DISCLOSURE

# S


**None...**



# Post-Traumatic Growth (PTG)

**Explores the transformation that  
follows trauma!**





# Post-Traumatic Growth (PTG)

**Trauma/crisis breaks our Assumptive World!**  
**Core beliefs that ground, stabilize, and orient people.**  
**Catalyst of Growth!**

# Post-Traumatic Growth (PTG)

## **Three Fundamental Assumptions:**

**The world is benevolent**

**The world is meaningful**

**I am worthy**

# Rebuild

~~Three Fundamental Assumptions:~~

Post-Traumatic  
Growth (PTG)

The world ~~is benevolent~~

The world ~~is meaningful~~

I am ~~worthy~~

# Rebuild

~~Three Fundamental Assumptions:~~

Post-Traumatic  
Growth (PTG)

The world: **Good and bad exists**

The world: **I have choices....**

I am: **Resilient, survivor, supported!**



A young green plant sprout with two leaves is growing out of dark, rich soil. The background is dark and out of focus, showing more soil and some faint green shapes.

PTG and Resilience  
“Myths...”

**It isn't Instant Recovery or  
Quick Fix**

**Uniform Experience**

**No pain or memory**

**Don't need people**

**One-size-fits-all! (processing)**





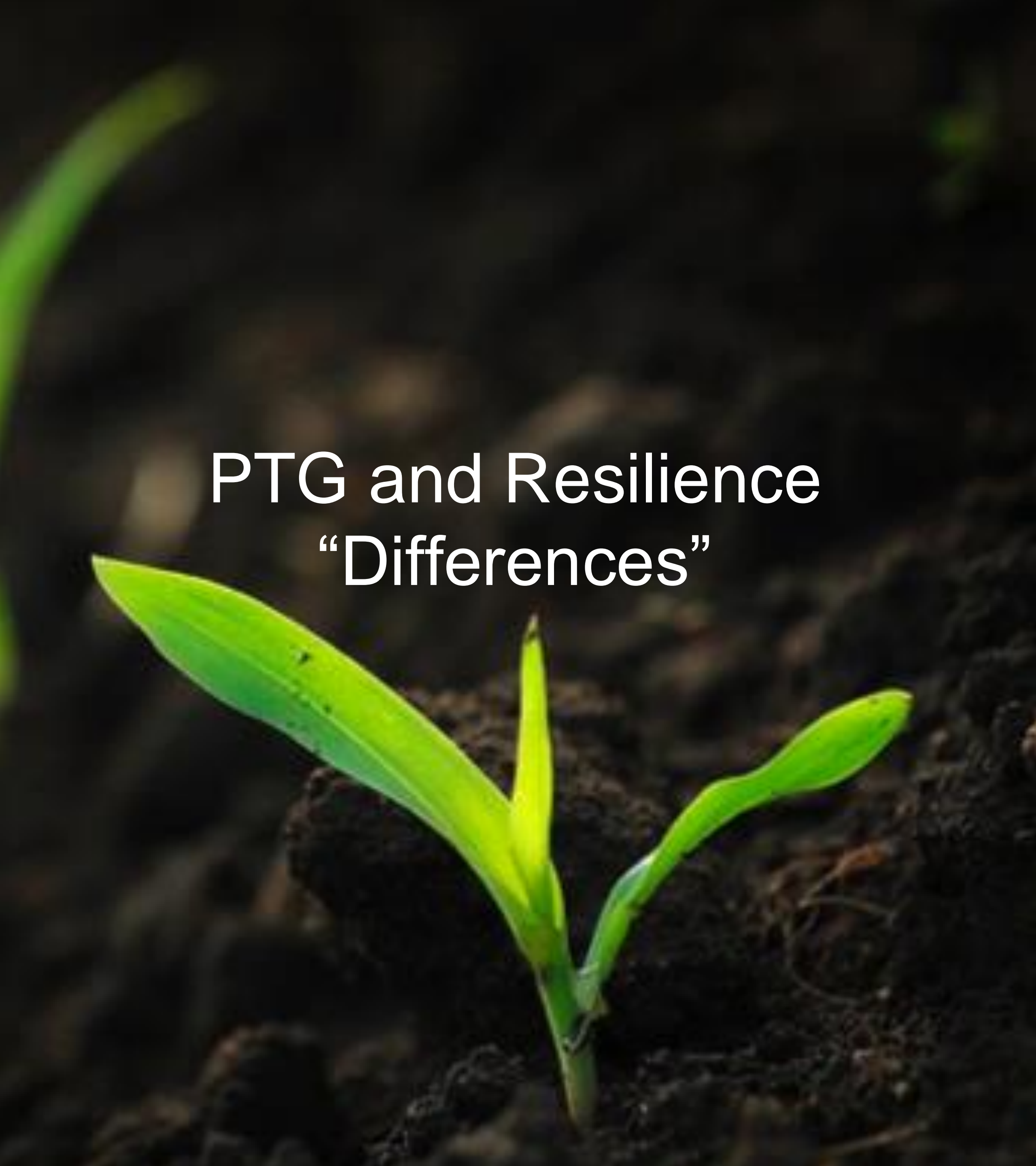
PTG and Resilience  
“Differences...”

**PTG and resilience are  
different**

**Resilience is “bouncing  
back” to the original  
state of functioning  
before the trauma...**

**PTG is bouncing  
forward!**

**Problem solved vs  
lessons learned**

A young green plant sprout with two leaves is growing out of dark, rich soil. The plant is positioned in the lower-left quadrant of the image. The background is a blurred, dark green, suggesting a natural outdoor setting.

PTG and Resilience  
“Differences”

**Recovery Points**

**Obstacles = Threat**

**PTG view as  
Opportunities**

**Coping vs Thriving**

**Post-Traumatic Thriving!**



# Post-Traumatic Growth (PTG)

**Acceptance Coping: Letting go creates room for  
new “life lessons” and “open up” to new experiences**

**“Our hope can only be as deep as our lament.”**

**-Cole Arthur Riley**

# 5 Domains of PTG

01

**New opportunities have emerged from the struggle.**

**New interests, life paths.**

02

**Closer relationships with people or greater compassion for others who suffer.**

03

**Sense of one's own strength.**

**“If I lived through that, I can face anything.”**

04

**Greater appreciation of life and changed sense of priorities.**

05

**Spiritual development and life experienced at deeper level of awareness.**



Let's take the PGTI  
and discuss...

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**PTG Inventory**

# Things I can GROW

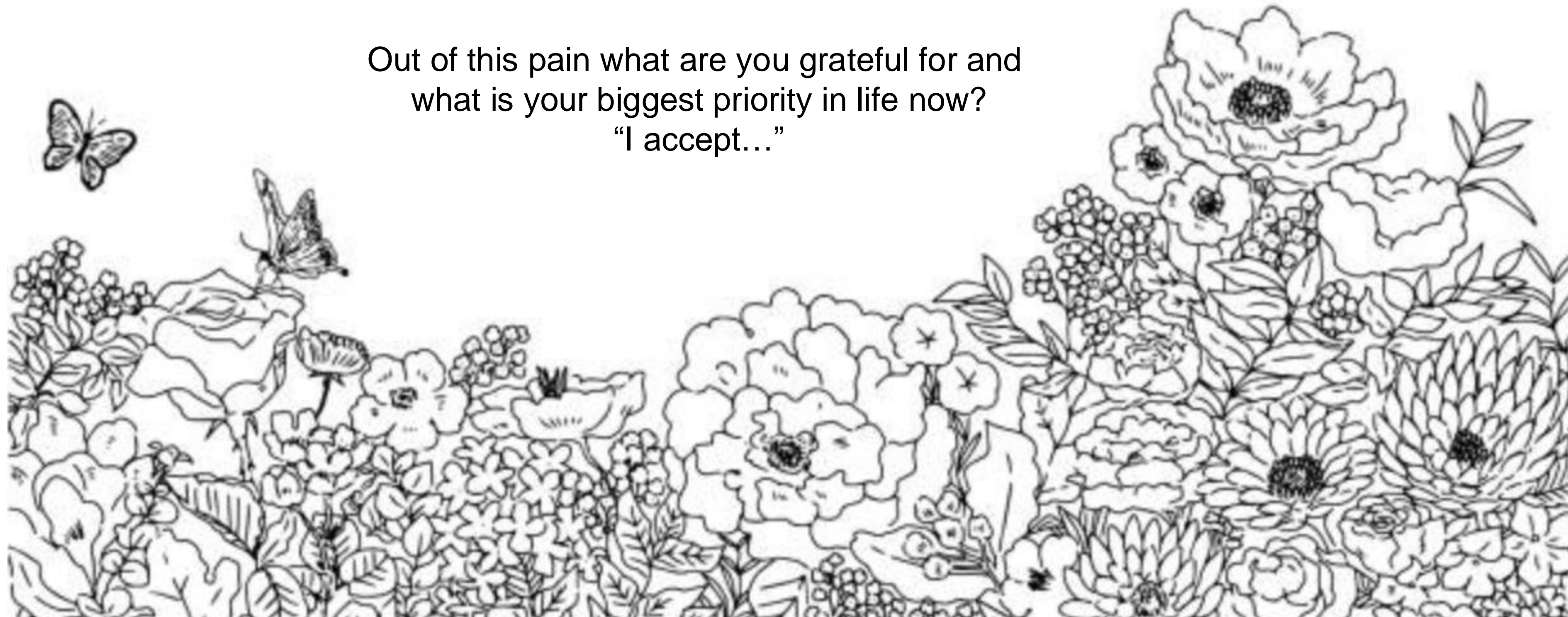
What beliefs/spiritual practices have helped  
you in this journey?  
“I believe...”

In what ways have you been surprised by your own  
strengths and ability to survive?  
“I can...”

What new interests or activities have you  
engaged in that help you cope or feel better?  
“I dream...”

Who has been most helpful to you during this  
time and what have they done that has helped?  
“I cherish...”

Out of this pain what are you grateful for and  
what is your biggest priority in life now?  
“I accept...”



# **Expert Companions**

**The Expert Companion plays a crucial role in facilitating the individual's journey toward post-traumatic growth**

**Let's pick a "companion"**

# Deliberate Rumination

**“Thinking with Intention”**

**Trauma > Intrinsic Rumination >  
Deliberate Rumination + Gratitude = PTG**



# Peaks and Valleys

**“Life is a journey...seasons...has its ups and downs”**

**“I never lose. I win or I learn” - Nelson Mandela**

# Resiliency Boat

**Weather / Crew / Sail / Waters / Anchor / Oars**

# Resiliency Boat

**Weather**

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\_\_\_\_\_

\_\_\_\_\_

**Sail**

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Crew on deck**

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\_\_\_\_\_

\_\_\_\_\_

**Choppy waters**

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Oars**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Anchor**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Compassion Meditation

**Inhale...**

**Exhale...**



# Wrap Up

One takeaway from this training?

[RonHuxley.com](http://RonHuxley.com)

[FamilyHealer.tv](http://FamilyHealer.tv)

[TraumaChampions.Substack.com](http://TraumaChampions.Substack.com)

