

THRIVING! GO BEYOND RESILIENCE

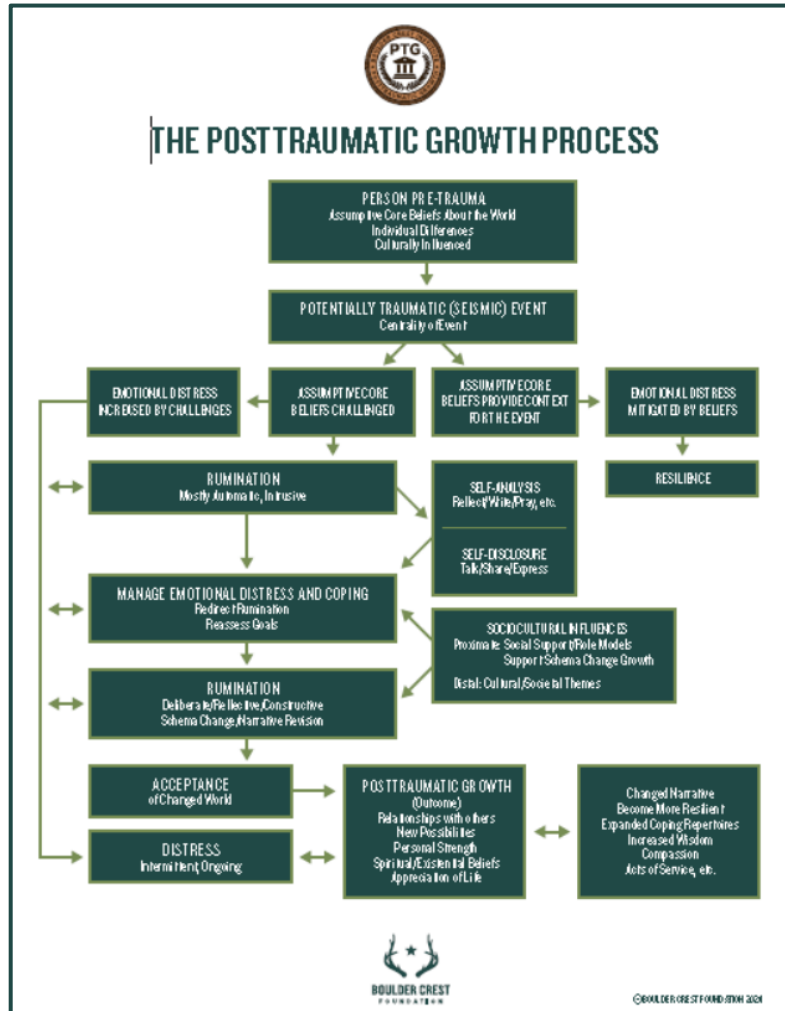


Navigating the Roadmap to Post-Traumatic Growth (PTG)

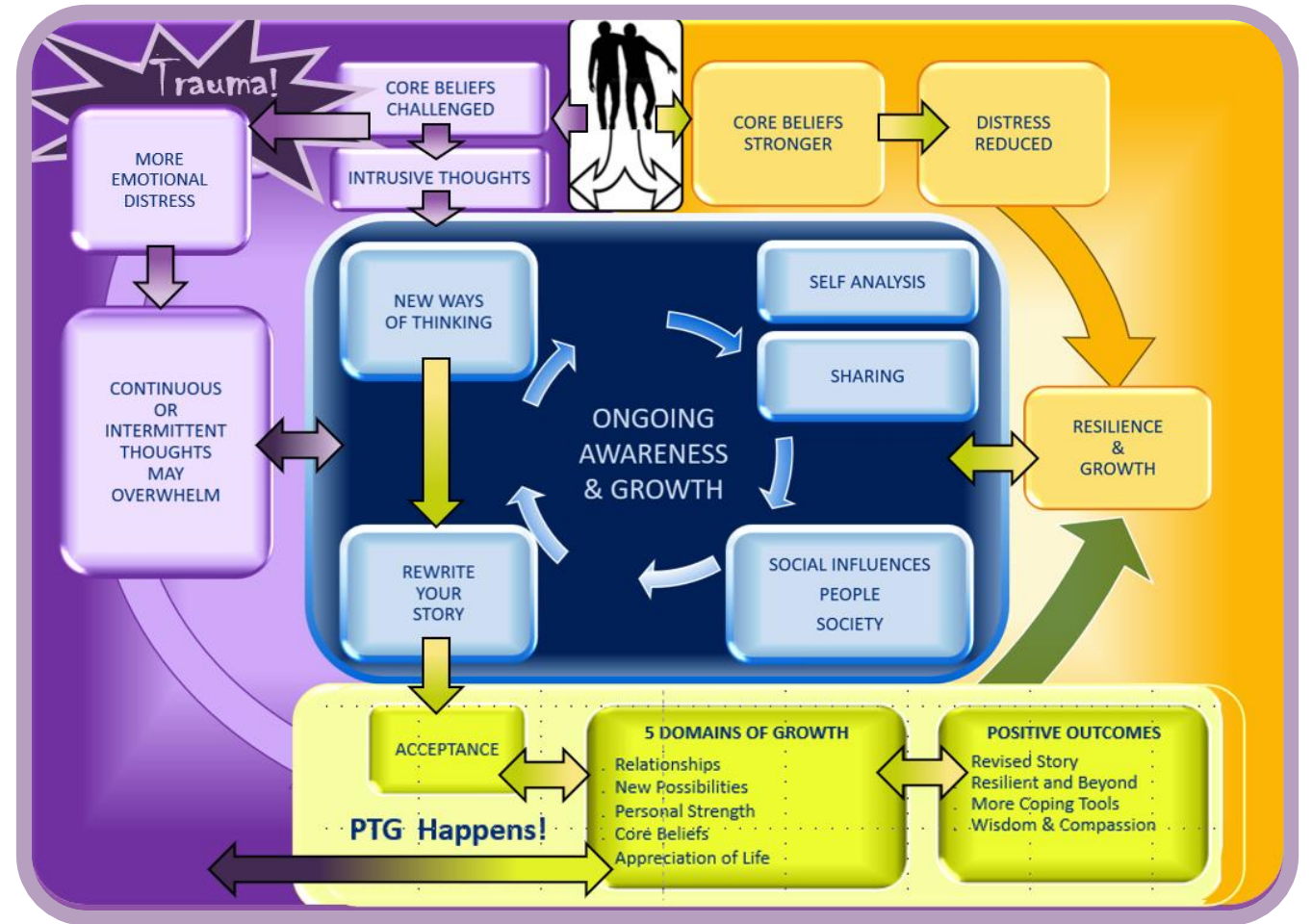
Post-Traumatic Growth

Not just a wishful idea.

PTG: a scientific approach with proven results



Graphics adapted from the original PTG Process flowchart

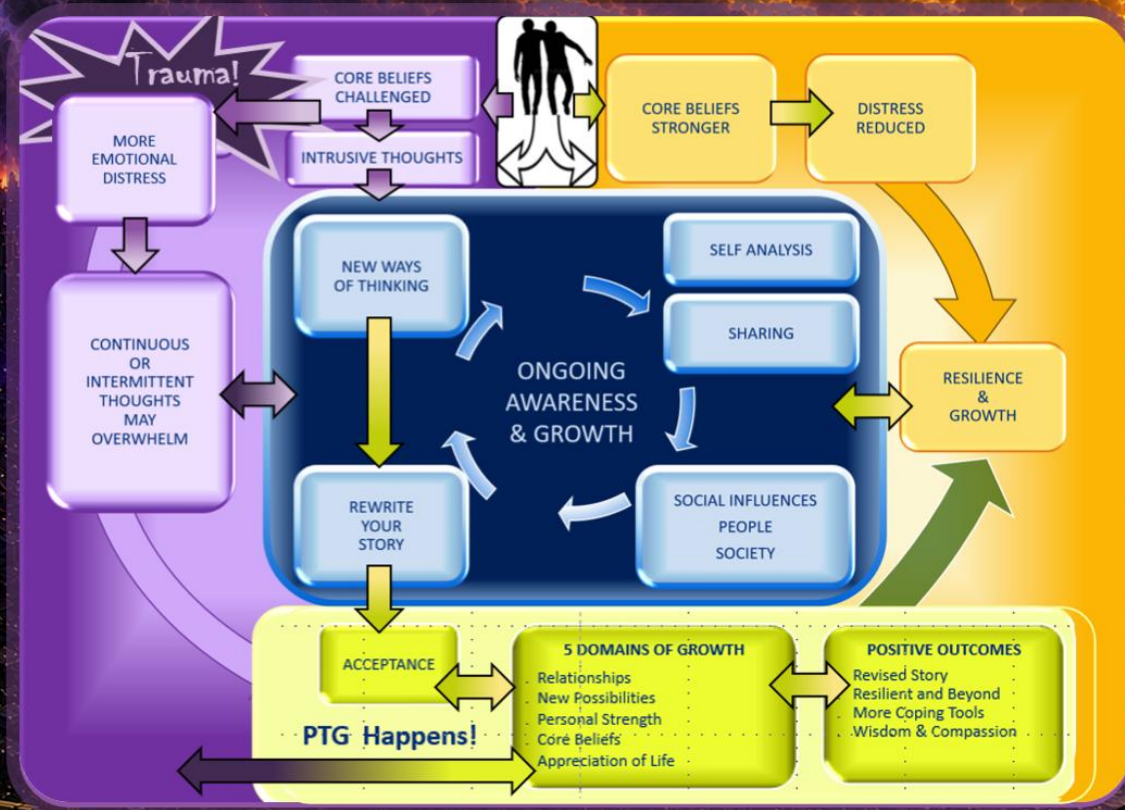


A 2024 study published in "Frontiers in Psychology" evaluated 184 veterans. Participants showed a **54% increase in PTG scores** and a **49% decrease in PTSD symptoms**.

Gains were maintained at 18-month follow-up



PTG: BEYOND RESILIENCE



The Master Map:

PTG is not a standalone technique; it is an overarching framework for the trauma journey

Beyond Baseline:

Moving past traditional symptom reduction to unlock unexpected personal transformation

Bounce Forward:

Shifting the target from merely "recovering" to completely rewriting your life narrative

Integrate Skills:

A structured arena where your existing clinical tools find their ultimate purpose

The **Process** is the **Phases of PTG**: *how* we grow
The **Outcomes** are the **Domains of PTG**: *where* we grow

Post-Traumatic Growth (PTG™)
Both a Process and a Series of Outcomes

The Domains of Post-Traumatic Growth



Disruption
of Our
Life Narrative

Seismic
Event

Before After

The graphic designs are inspired by the pioneering work of
Dr. Richard Tedeschi & Dr. Lawrence Calhoun

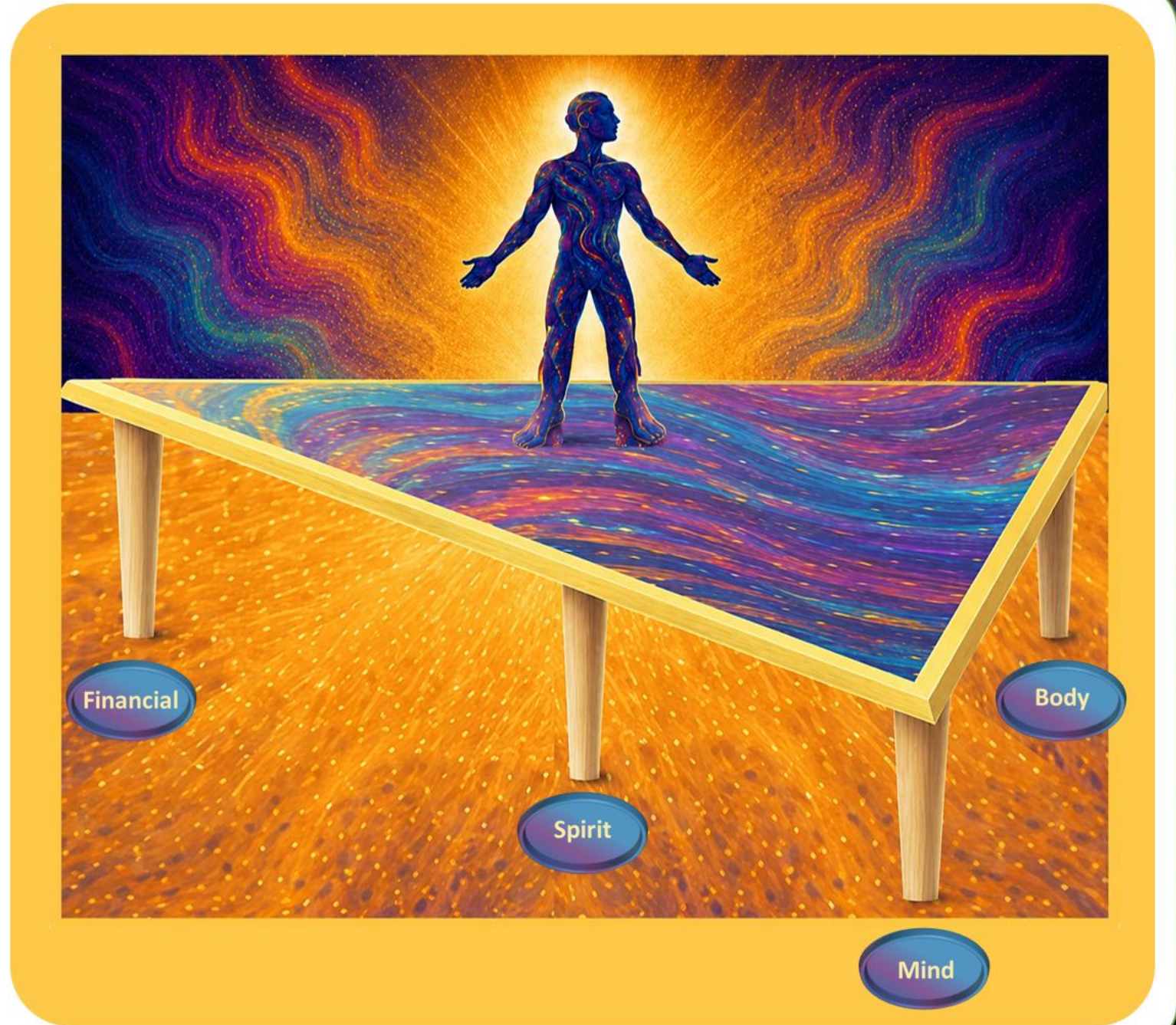
bouldercrest.org



The Triangle framework is built on four key elements - essential wellness pillars:



- **Mind:** Think clearly, Engaged for PTG
 - **Body:** Healthy lifestyle for the life you envision
 - **Financial:** Build a strong financial foundation
 - **Spirit:** Fill up the center, the core of our being
-
- When one area is out of balance it impacts every part of your life
 - When aligned it creates strength, clarity, and congruence.
 - Assess your own wellness to build a stronger, more stable foundation for growth



The Role of an Expert Companion

A Travel Guide through the Process



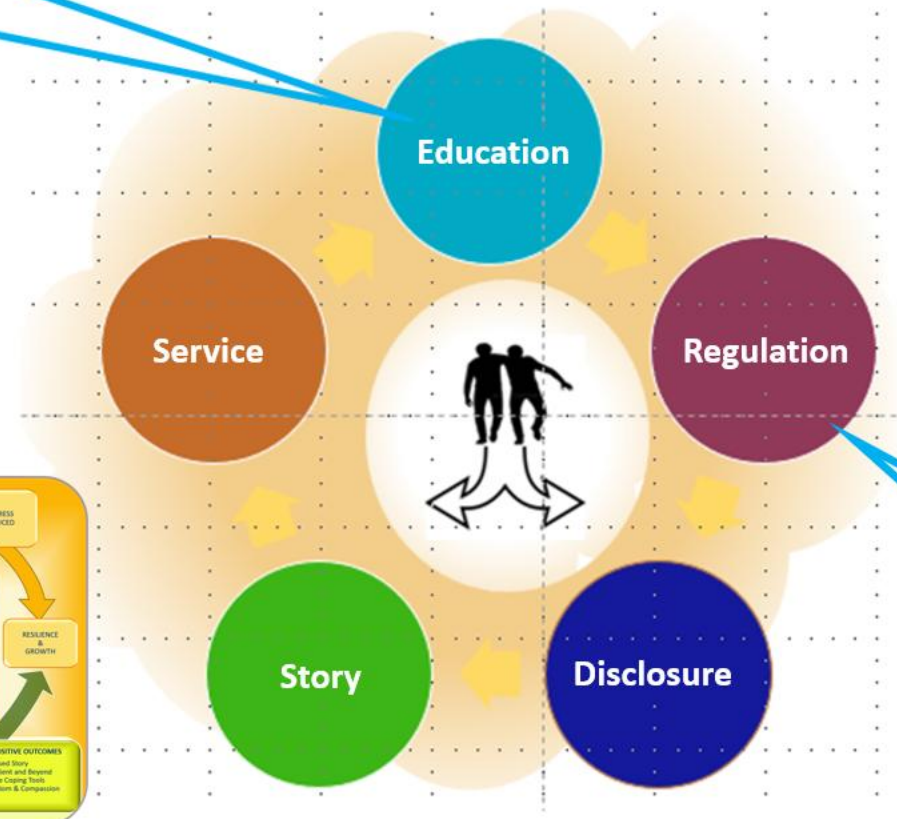
Expert Companions are like scaffolds for repairing a building:

- They don't build the house. the survivor does.
- They provide stability so the builder doesn't fall.
- They stay until the structure is strong enough to stand on its own.

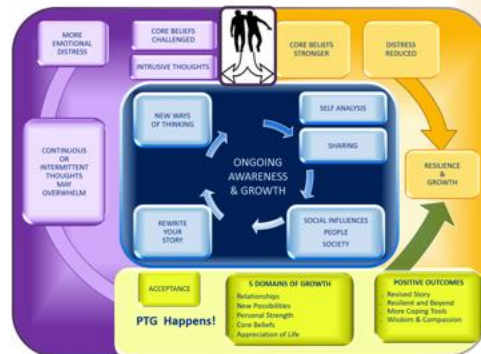
Conversational sharing
Collaboration built on trust

The Travel Guide helps:

- Explain the Journey Ahead
- Navigate Emotional Moments
- Corral Intrusive Thoughts
- Sort Out What to Believe
- Shape New Identity:
One Who Contributes & Serves



Provides a systematic checklist for self-regulation

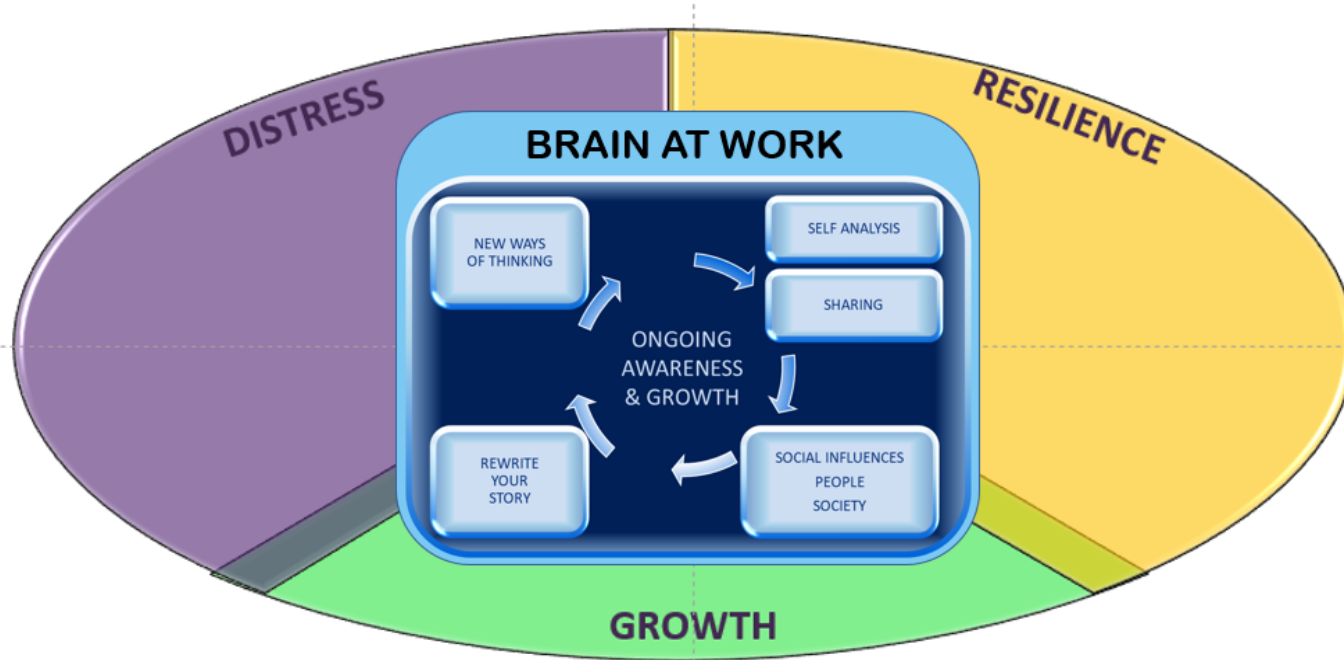


5 Phases of Expert Companionship



From Trauma to Resilience & Growth

The PTG Process Zones



PTG Places of Interest

The Gold Zone

Core beliefs offer home to trauma
 Distress is minimized
 Core beliefs reinforced > Beyond Resilience!

The Grey Zone

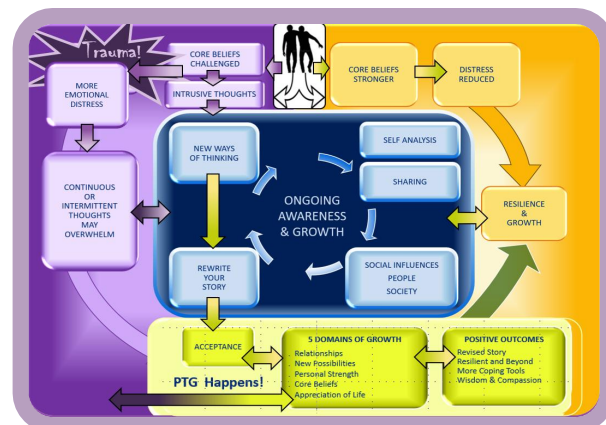
Assumed Core Beliefs Challenged
 Challenges cause more emotional distress
 Intrusive, uncontrollable thoughts may overwhelm

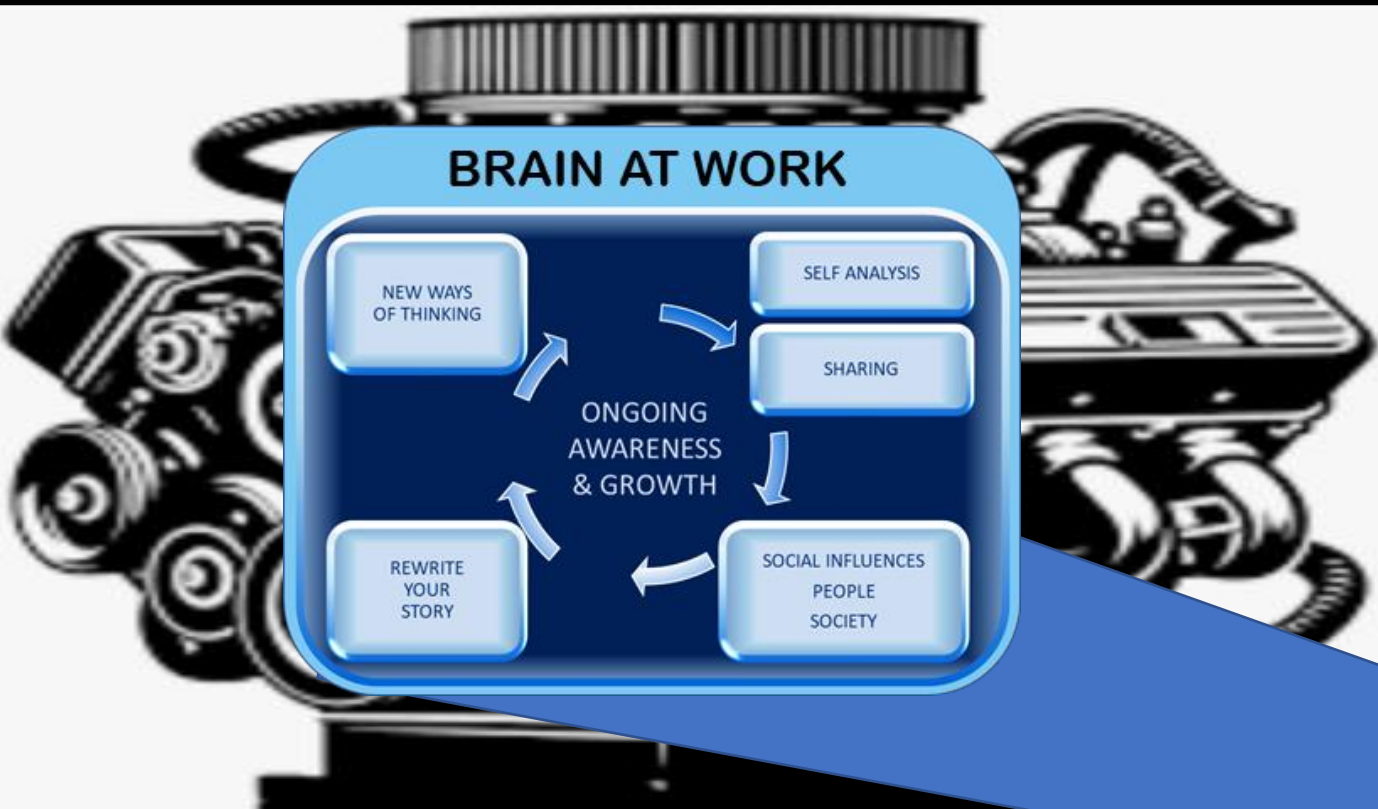
The Blue Zone

Self Analysis (reflect, write, pray ...)
 Self Disclosure (talk/share ...)
 Influences: support, role models, culture, society...
 Coping Skills: redirect thoughts, reassess goals
 Construct New Story: intentional reflection

The Green Zone

Acceptance: Changed world is okay
 PTG! Good things happening
 in the 5 domains
 Many positive outcomes possible





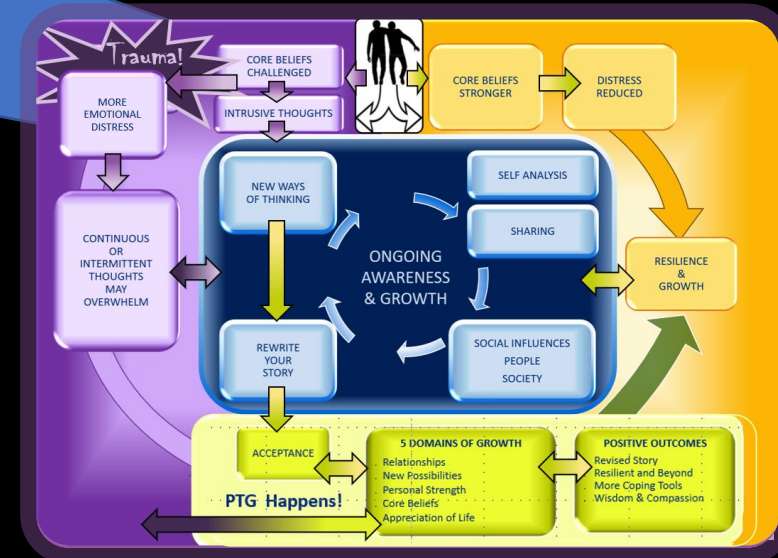
Picture the heart of the PTG process as an engine.

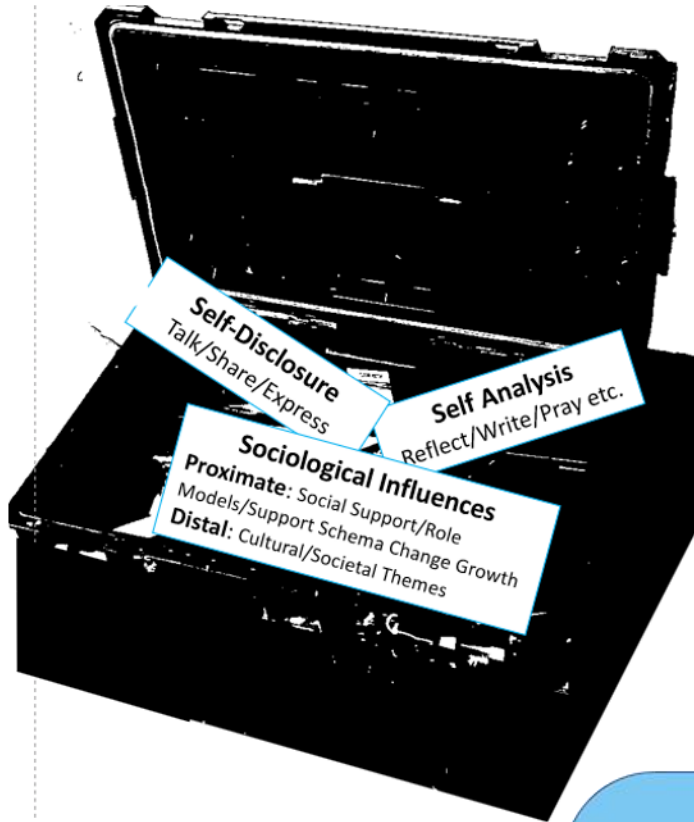
These are the steps we repeat as needed to rise above emotional distress to actual growth. Other parts of the PTG process are fed into it or result from it.

In these steps we struggle - hopefully Struggle Well - throughout our lives, no matter what the current crisis may be or how great the trauma that colors our lives.

Here we concentrate our efforts to achieve post-traumatic growth and to continually refine it and grow in every aspect, every domain, of our lives.

The Post-Traumatic Growth Engine





- Sports
- Exercise
- mindfulness
- Breathing, calming techniques
- Prayer, meditation
- Healthy cooking, eating
- Journaling
- Write a new chapter in your life story
- Write a letter to your old self
- Creative Arts
- Photography
- Dancing
- Singing, humming
- Listening to inspiring music, podcasts

Fuel for the Engine Tools for the Toolbox

A few starter ideas

Many tools and techniques for psychological aids can be used throughout the PTG process. Many fit best in approaches to help manage

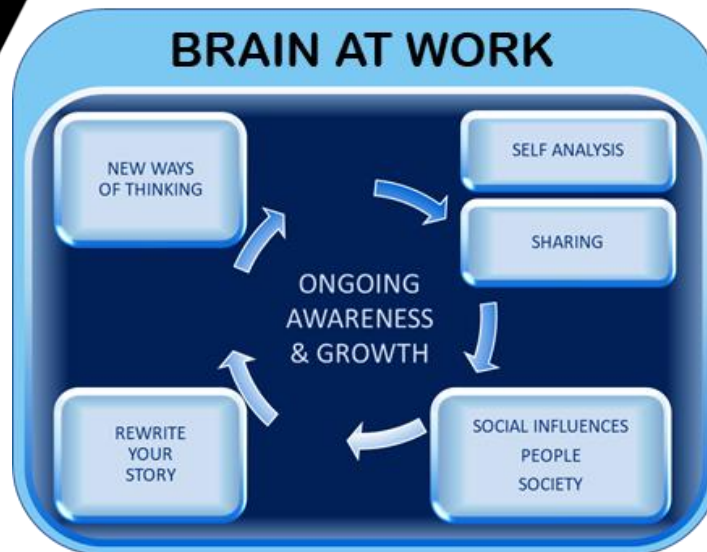
Emotional Distress

and during the process of

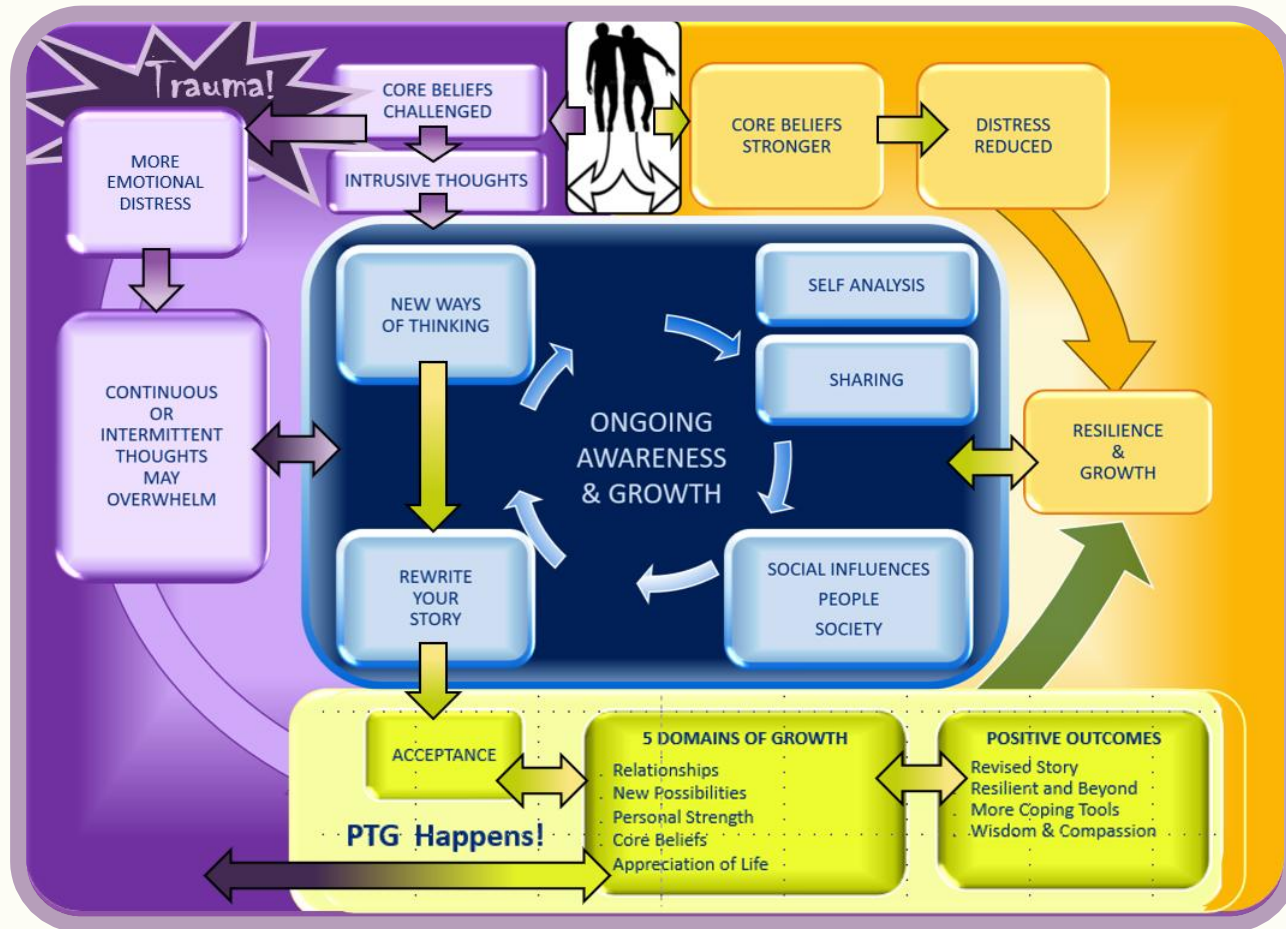
Constructive Rumination

encouraging a new chapter

in their life story



Applying the PTG Process



Watch for Part 2 which discusses approaches to using Post-Traumatic Growth principles for maximum impact

