

BEYOND RESILIENCE ➤ THRIVE!

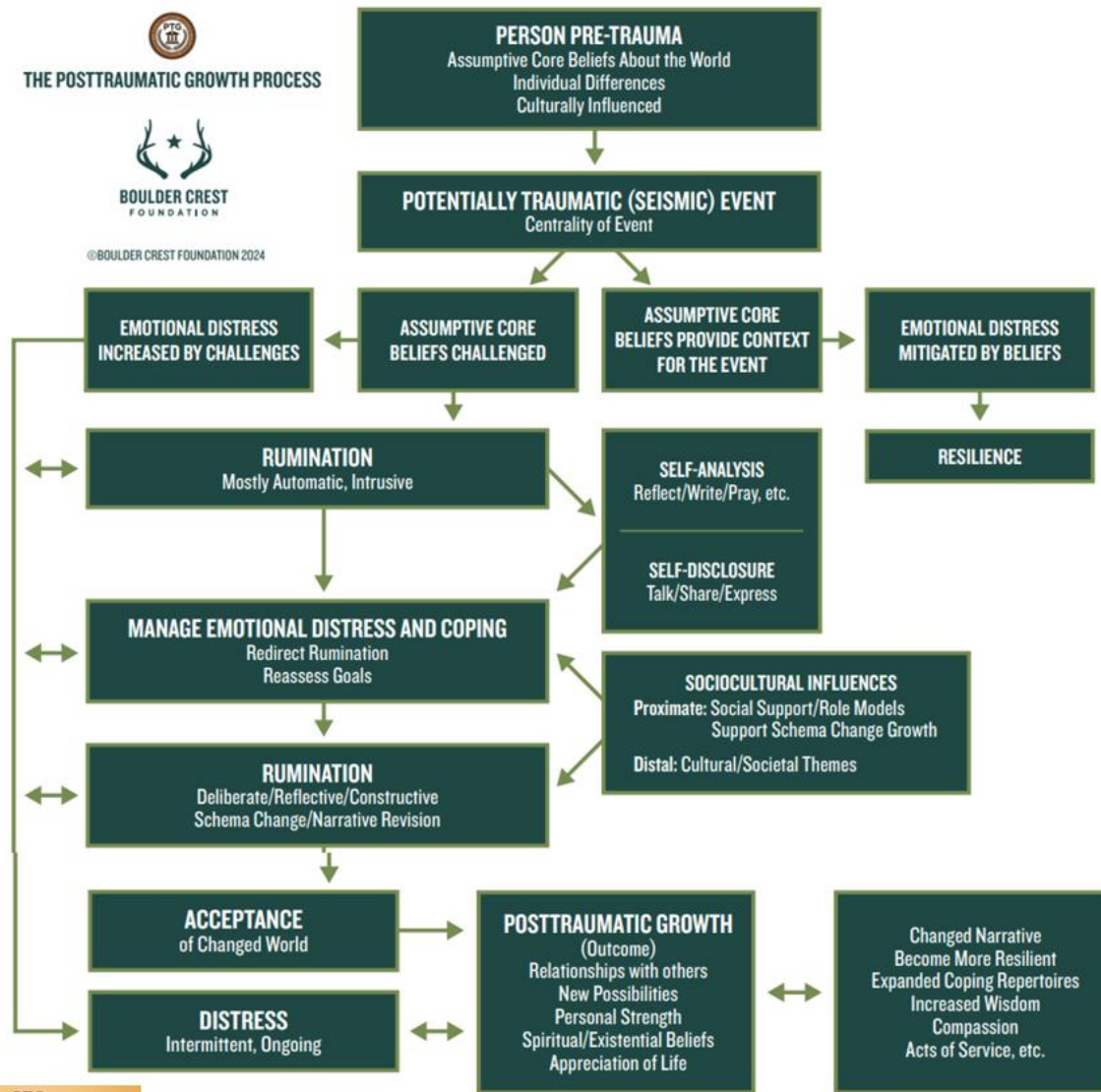


Co-created with ChatGPT & PowerPoint by Resilient Village Ukraine team

Navigating the Path of Post-Traumatic Growth (PTG)

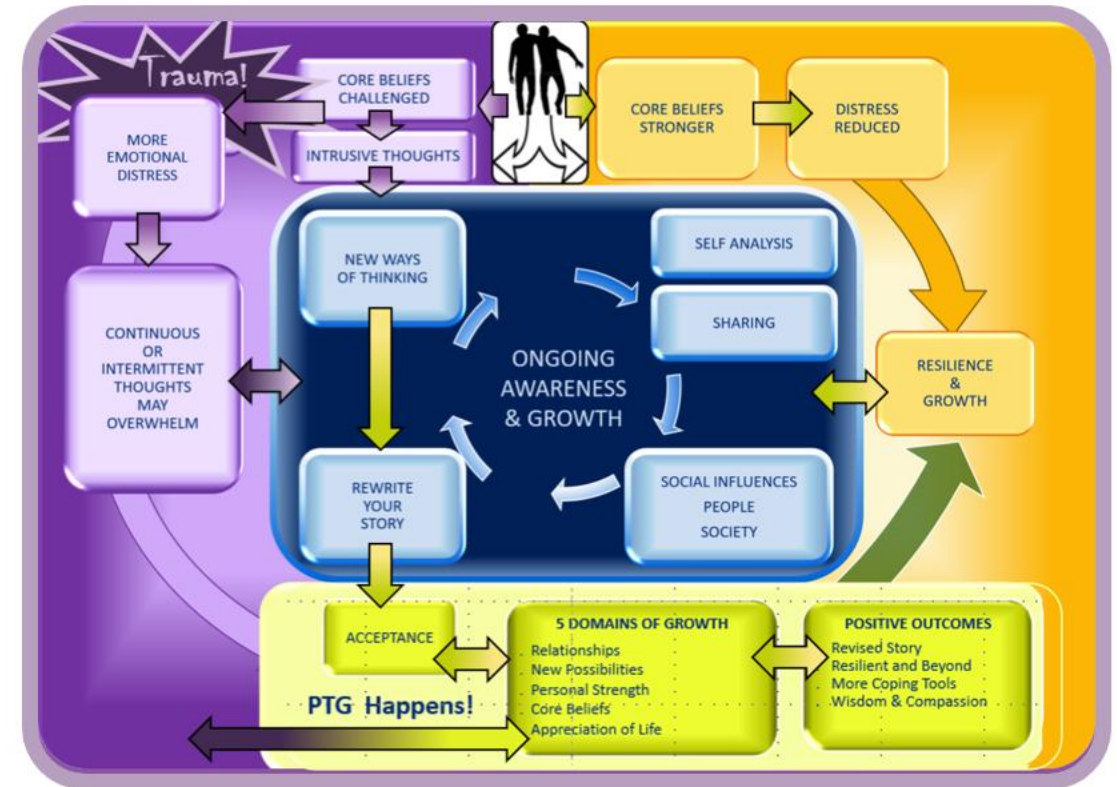


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Post-Traumatic Growth

Not just a wishful idea.
PTG: a scientific approach with proven results



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

Gains were maintained at 18-month follow-up

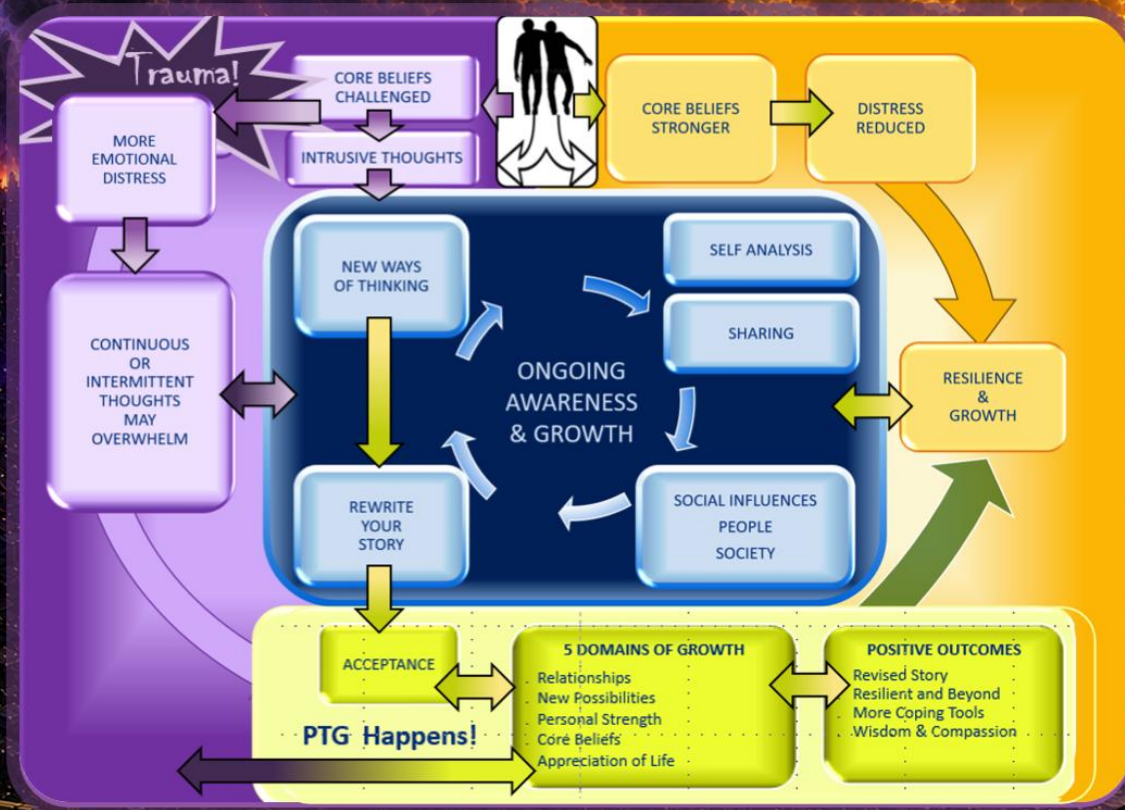
Presentation graphics adapted from the original PTG Process flowchart developed by Dr. Richard Tedeschi & Dr. Lawrence Calhoun

<https://bouldercrest.org/app/uploads/2024/10/PTG-Process-Flowchart.pdf>



Bouldercrest.org

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

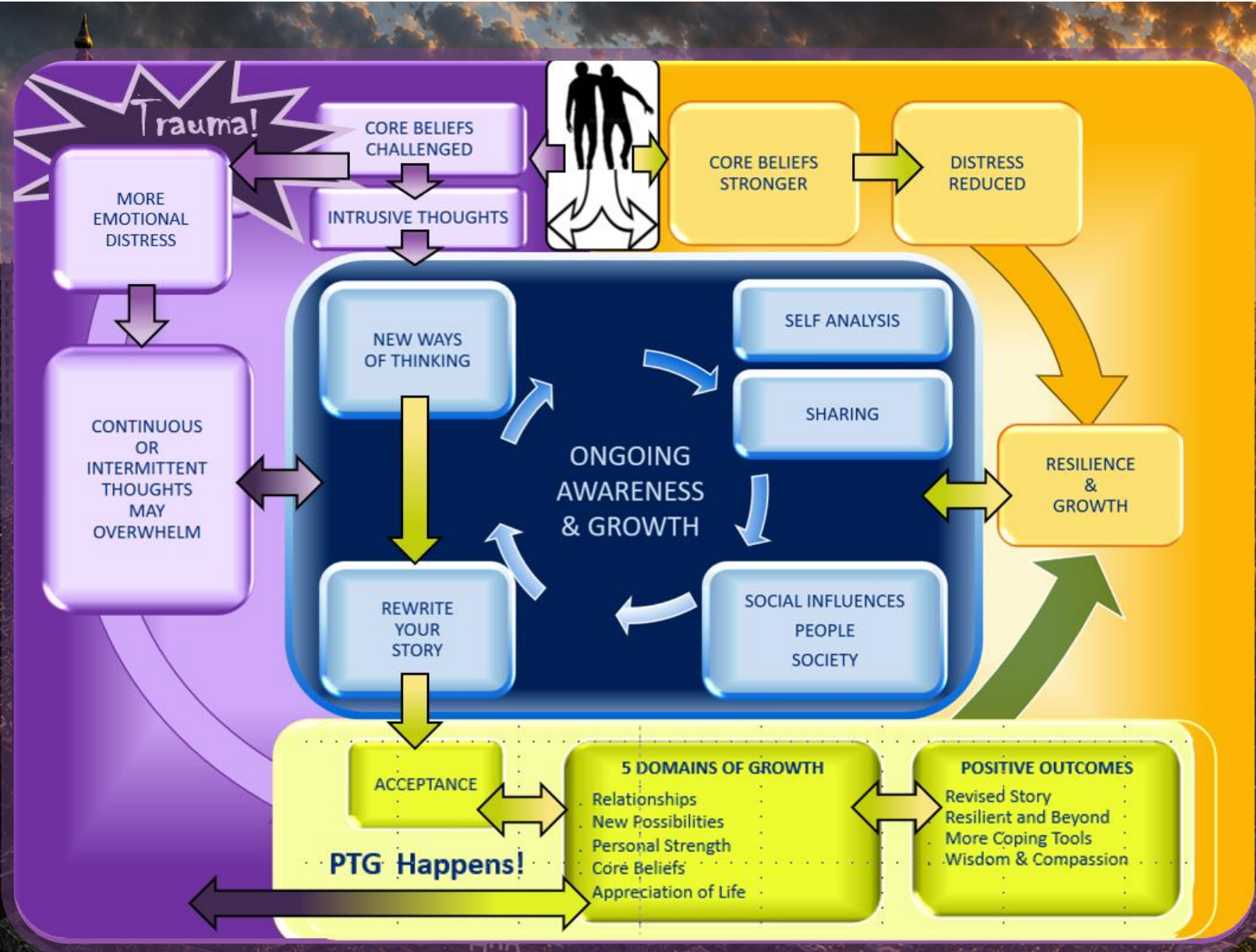
Bounce Forward:

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

A Guided Tour Along the Path to PostTraumatic Growth



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



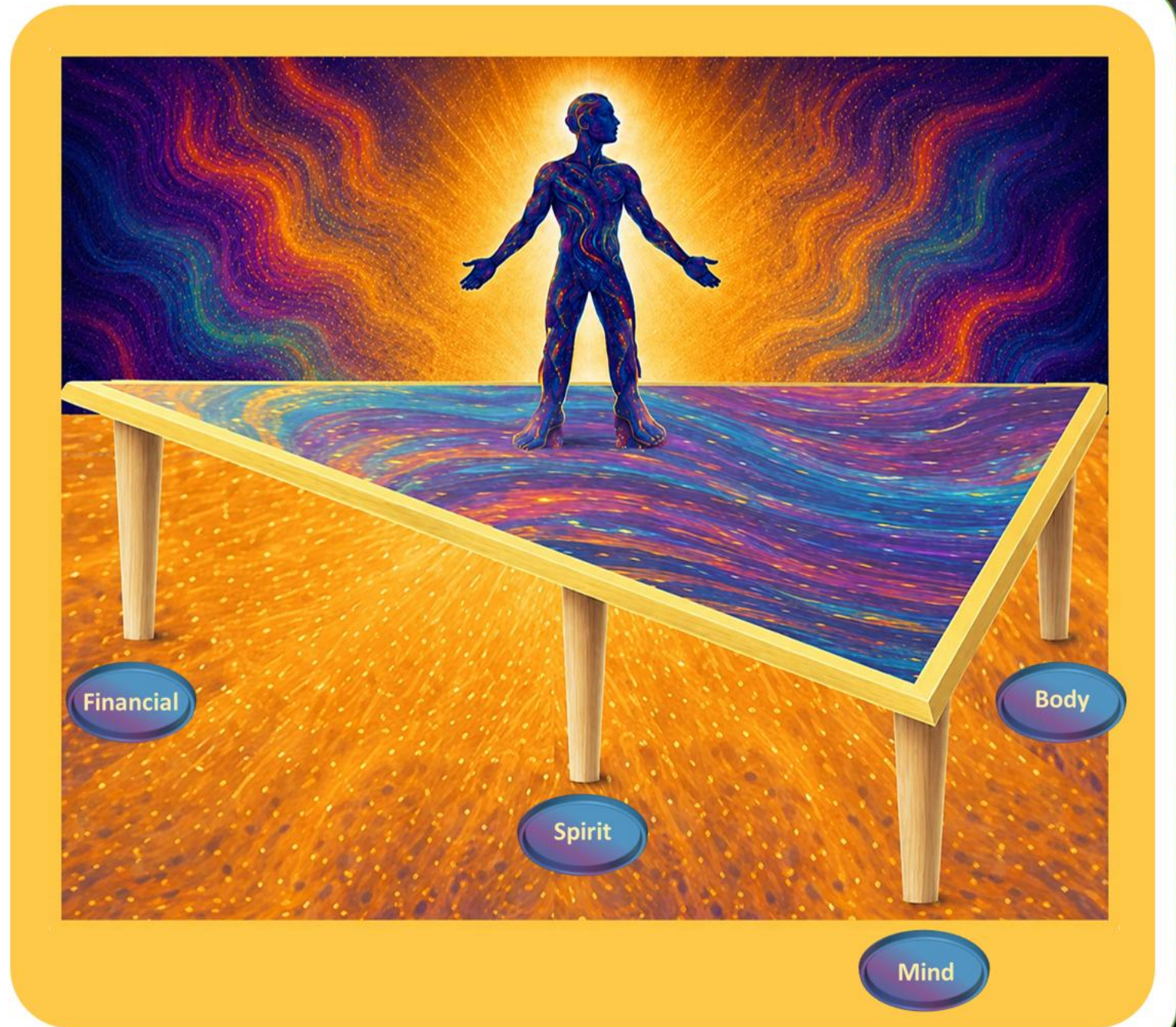
The graphic designs throughout are inspired by the pioneering work of
Dr. Richard Tedeschi & Dr. Lawrence Calhoun
bouldercrest.org



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



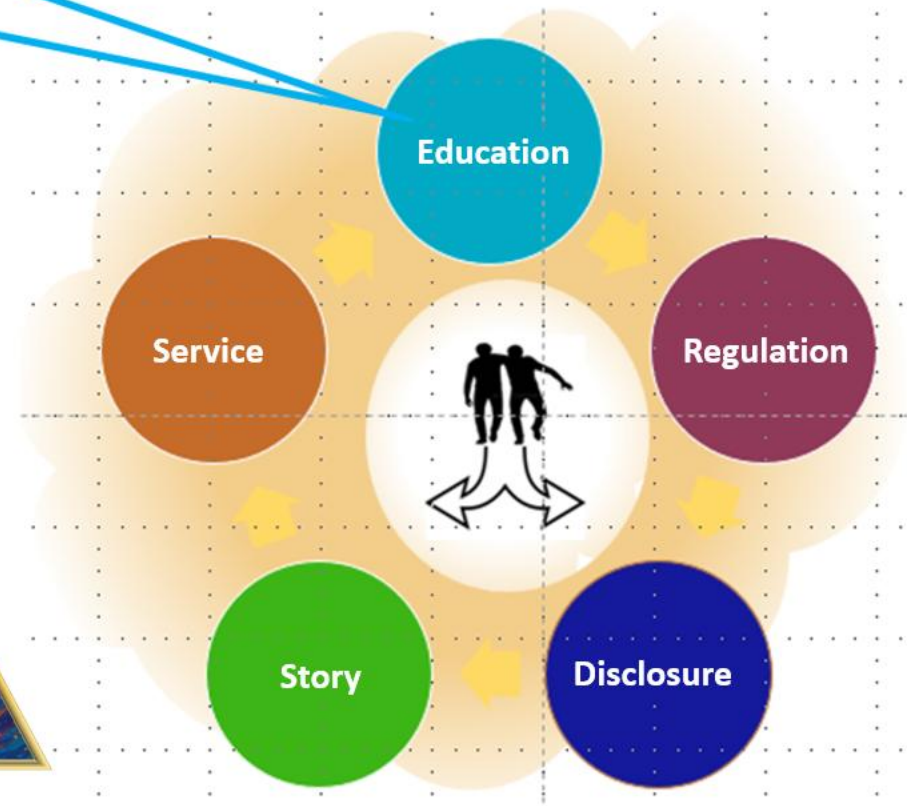
Expert Companions are like scaffolds for repairing a building:

- 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.

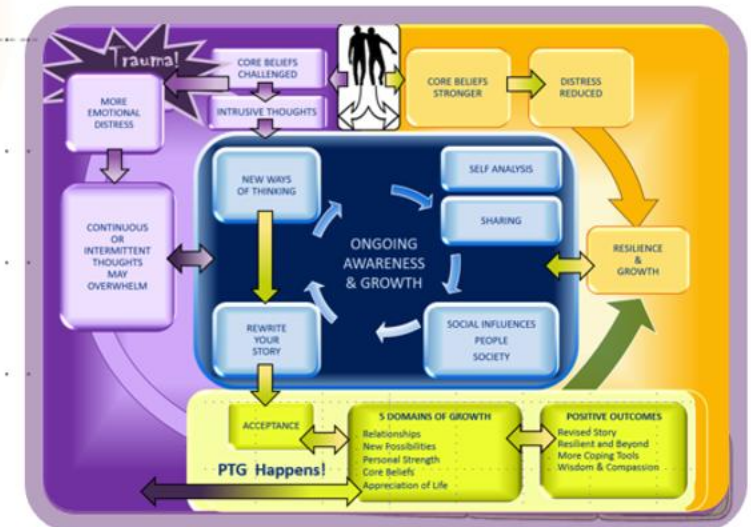
Conversational sharing
Collaboration built on trust

The Travel Guide helps:

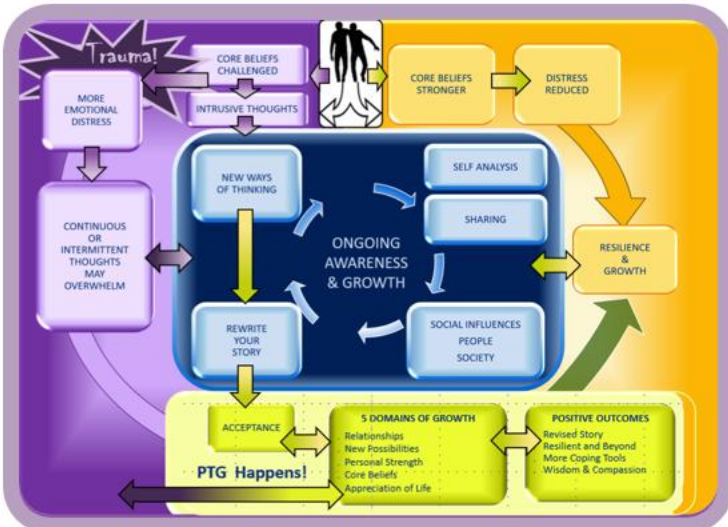
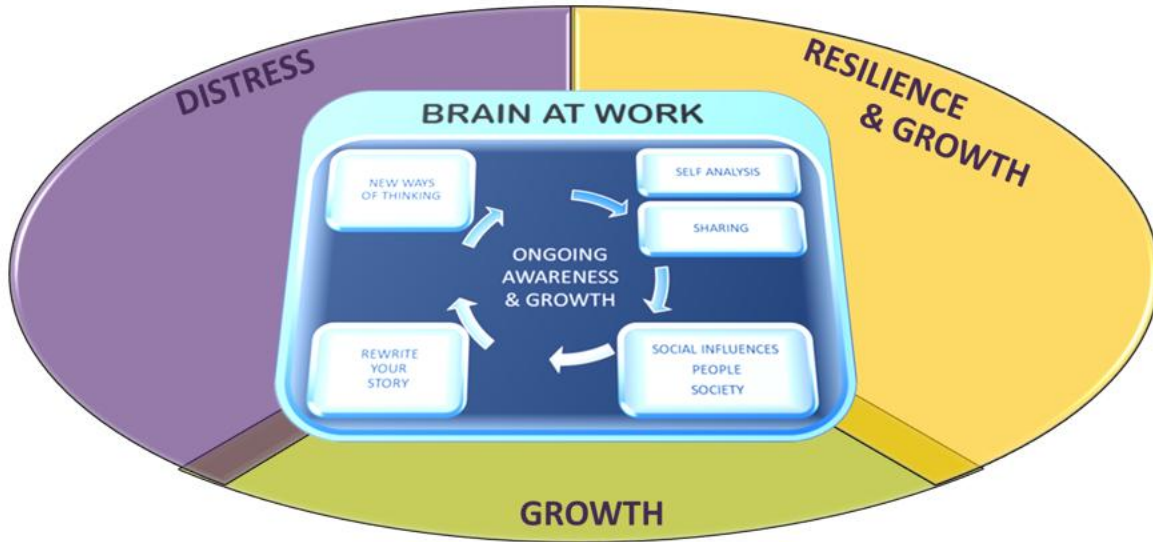
- Explain the Journey Ahead
- Navigate Emotional Moments
- Corral Intrusive Thoughts
- Sort Out What to Believe
- Shape New Identity:
One Who Contributes & Serves



5 Phases of Expert Companionship



Strategic Overview of PTG Process



Purple Zone

- Our core beliefs are challenged
- The challenges cause more emotional distress
- Intrusive, uncontrollable thoughts may overwhelm

Blue Zone

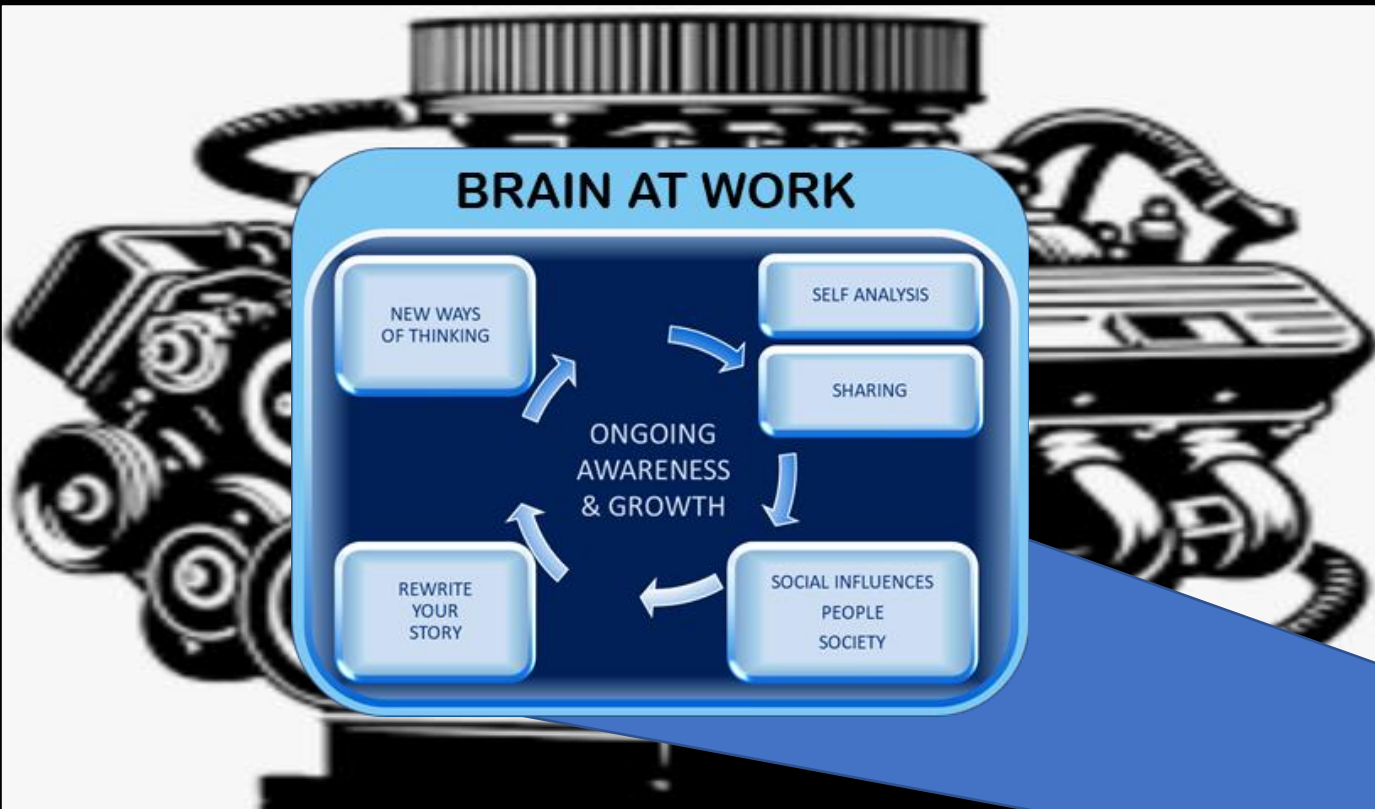
- Ongoing struggle to control thinking using various tools
- Self-Analysis: reflect, write, pray ...
- Self-Disclosure: talk/share what we are going through ...
- Influences in life: supporters, role models, culture, society ...
- Coping Skills: redirect thoughts, reassess goals, priorities ...
- Construct New Story: intentional reflection, visioning ...

Green Zone

- Acceptance: New world order? It's okay.
- PTG! Good things are happening in the 5 domains.
- Many positive outcomes are possible.

Gold Zone

- Core beliefs capable of embracing trauma
- Distress is minimized
- Core beliefs reinforced → Beyond resilience to growth, thriving!



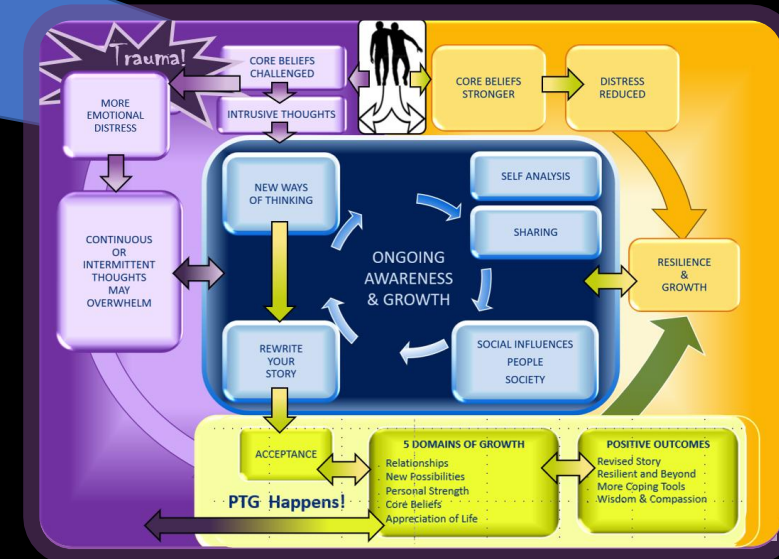
Picture the heart of the PTG process as an engine.

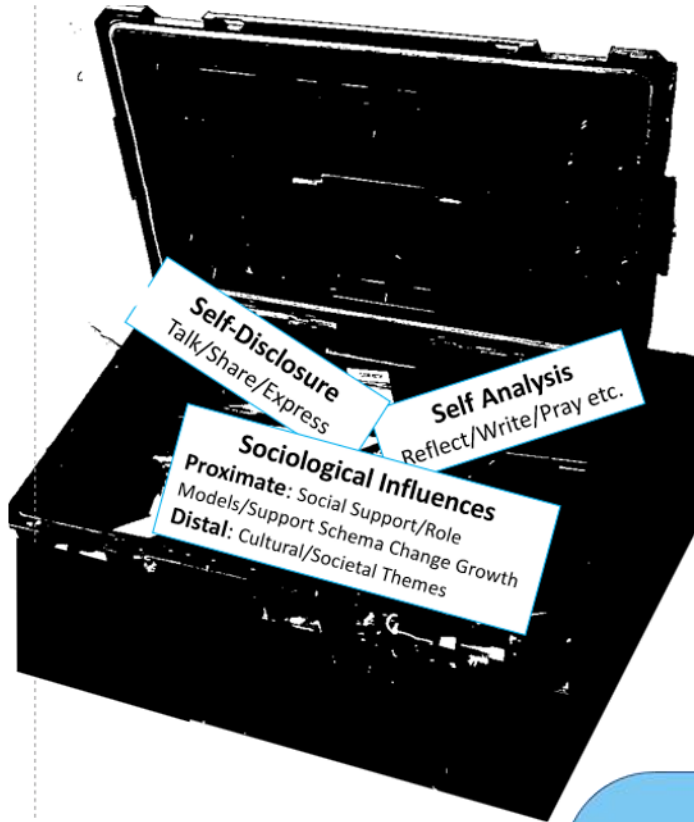
These are the steps we repeat as needed to rise above emotional distress to actual growth. Other parts of the PTG process are fed into it or result from it.

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

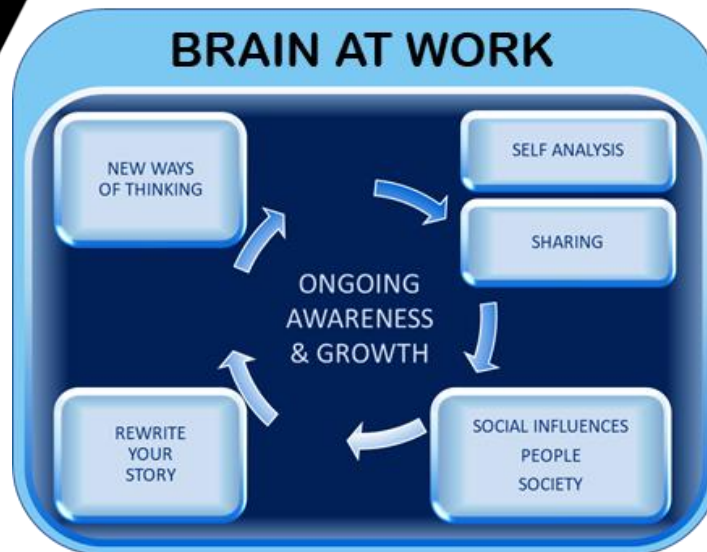
Emotional Distress

and during the process of

Constructive Rumination

encouraging a new chapter

in their life story



Part 2: More about Bouldercrest and the Ukrainian Connection

Bouldercrest.org



Warrior PATHH

Peers train their own to understand and achieve PTG For: service members veterans first responders and their families



ПТР в Україні!

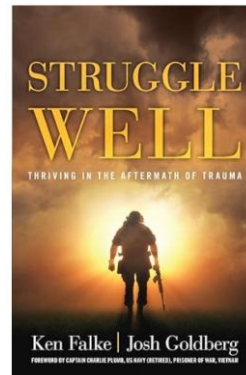
Як кваліфікований практик-неспесціаліст з пост-травматичного розвитку (ПТР), я допомагаю ознайомити не лише наших солдатів та ветеранів, а й усіх в Україні з цією методологією зростання в часи стресу, в часи війни.



Struggle Well

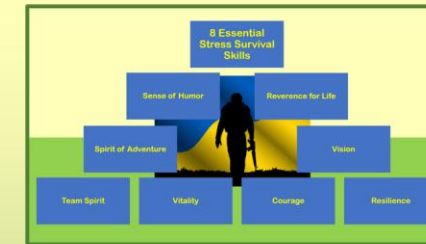
Provides actionable strategies to:

- make peace with past trauma
- live in the present
- plan for a great future
- transform struggle into profound strength and lifelong growth



Also discover the wide array of workshops available through

Resilient Village Ukraine



Building Total Resilience
Military & Civilian Workshops

The Resilience Projects
In coordination with



Resilient Village Ukraine

An Overview of
Globally Respected Authorities
with Links & Apps to Learn More

Adapted for Military in Ukraine



Building Blocks for
Personal & Unit Resilience
on the Battlefield

Combine with other resilience projects
for total immersion learning

Resilient Village Ukraine

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PTG Qualified by the Boulder Crest Institute for Posttraumatic Growth



Reach out to us for
inquiries
workshops
collaborations
speaking engagements

Credits & Tools

Visual Art & Background Imagery were generated with assistance from ChatGPT (OpenAI). Gemini (Google AI) assisted with polishing final drafts, gathering research links, and compensating for personal physical limitations. However, all arguments, analyses, fact-checking, external hyperlink verifications, and text construction are entirely the author's own work.

