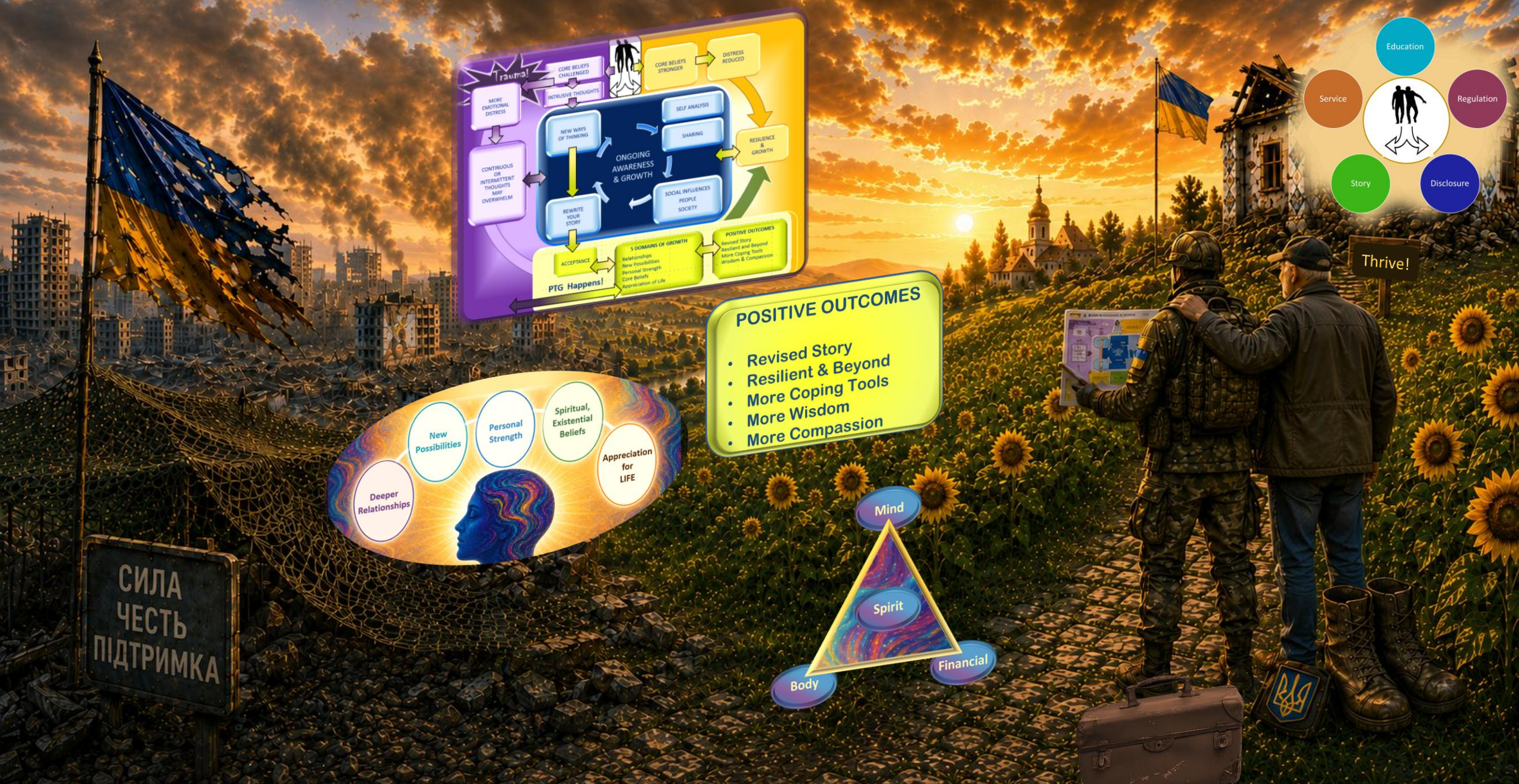




Part 2: Pathways Forward to Post-Traumatic Growth

View Part 1 first! *A Visual Guide to PTG* [Youtube.com/@ResilientVillageUkraine](https://www.youtube.com/@ResilientVillageUkraine)



Post-Traumatic Growth: a Review of PTG Essentials

Boulder Crest Foundation programs

- **Warrior PATHH**
- **Struggle Well**

What makes these programs uniquely effective?

- Developed by mental health professionals but delivered by peers
- Peers understand military or emergency services culture, there is a common bond
- No diagnosis, no medications: just positive approaches to growing stronger in crises

Peer-to-peer works better because

- They understand each other
- They speak the same language
- They've all been through it
- Easier to develop trust

Struggle Well

bouldercrest.org/program/struggle-well/

Warrior PATHH:

bouldercrest.org/program/warrior-pathh/



Post-Traumatic Growth (PTG)

TRANSFORMING
THE LIVES OF
OVER 130,000

SERVICE MEMBERS, VETERANS,
FIRST RESPONDERS, FAMILIES

PTG in U.S. Army

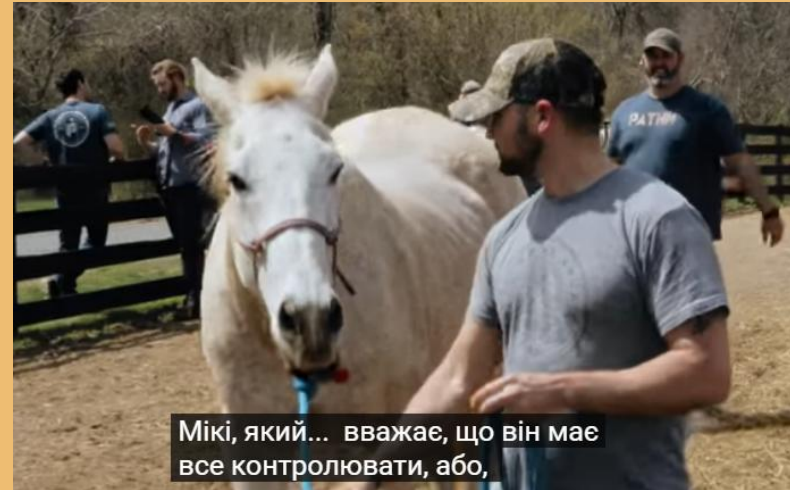
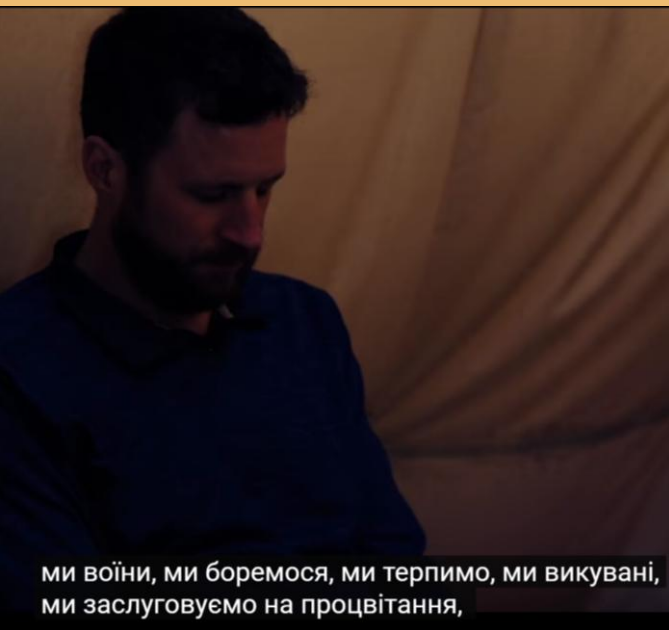
Master Resilience Training (MRT)

Shift from “treatment only” to
“performance” model

ADVERSITY: a catalyst for
strength & perspective

The Warrior PATHH Program

youtube.com/watch?v=BUfFkMUUM9U



- **Peer-Delivered:**
Led by fellow combat veterans, first responders who have successfully walked the road from struggle to strength.
- **Not Treatment/Clinical:**
Frames recovery as "training" rather than medical treatment.
- **The 5 Elements of PTG:**
Trains veterans to understand their trauma, using it to build a new, positive future story.
- **Long-Term Support:**
Includes 18 months of ongoing coaching to ensure the transformation is sustained.



**Boulder Crest Retreat and the USO Present:
Songwriting with: Soldiers**

youtu.be/LU_VMD0EytK?si=GZPUkwoTgbebgWag

The Warrior PATHH



Bouldercrest.org



STRUGGLE WELL

Struggle Well is a prevention-focused program based on the science of Posttraumatic Growth. By partnering with first responder agencies and active serving military units, we're fundamentally changing the culture from the inside-out.

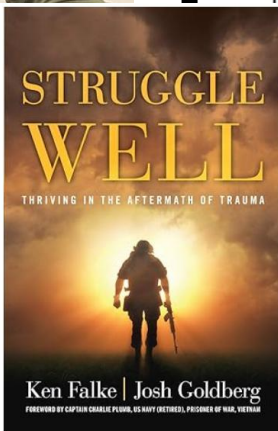
1-Day Struggle Well Training Course The 1-day training is focused on cultivating awareness of the Struggle Well philosophy.	2-Day Struggle Well Training Course The 2-day training is ideal for leaders and senior management, and have proven incredibly effective within the first responder leadership.	5-Day Struggle Well Training Course The 5-day training is ideal for informal leaders, peer support personnel, leaders, and trainers.
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Struggle Well

Provides actionable strategies to:

- making peace with past trauma
- living in the present
- planning for a great future

Transform struggle into profound strength and lifelong growth



A comprehensive approach to transform active serving military and first responder cultures
Not another wellness program

Struggle Well objectives:

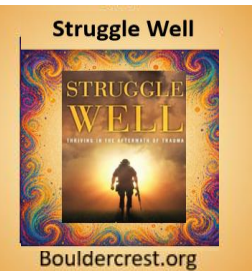
- **normalizing the struggles**
- **democratizing their ability to struggle well**

Trains

- active serving military units
- first responder agencies
often at their workplace

Transforms struggle into strength and growth,
Leads to better service for themselves, their family, community, and country.

Learn to Struggle Well!





ми заслуговуємо на процвітання,
звільніть цю травму, відпустіть її,

I retired from the Marine Corps in my 40s, and went into Warrior PATHH in my 80s. I went through this program and it did me good. ”

— Carl Jozaitis, Vietnam War Veteran, Warrior PATHH Graduate



WHO WE SERVE
READ STORIES OF STRENGTH & HOPE



“Warrior PATHH reminded me I was a warrior again. It rekindled the fire inside my soul that had been extinguished by abuse and trauma. ”

— Rich C.



I was at my rock bottom, and Boulder Crest brought me back to life. Gave me my sense of purpose back. ”

— Program participant



PTG



Bouldercrest.org



What if
we approached trauma differently?

What if
instead of focusing only on
stress and symptoms,
we helped people transform their
struggle into strength
through the science of
Posttraumatic Growth (PTG)?

youtube.com/watch?v=BUfFkMUUM9U

youtube.com/watch?v=ep8oc0Fkq_U

youtube.com/watch?v=vMOtiCIUo7s

youtube.com/watch?v=8lbD8rRbEsE&t=3s

Без команди,
без карти,
без місії.

Але найскладнішою моєю битвою
був переїзд додому.



WHAT IF



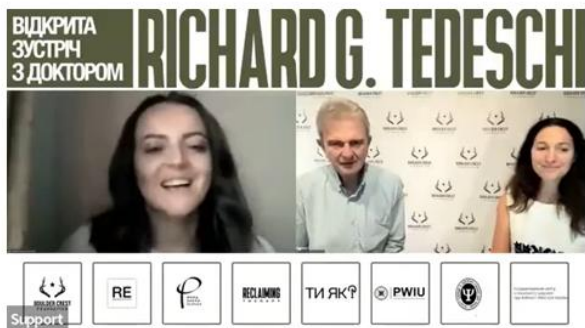
неймовірним стресом на своїй роботі?
Що, якби розмова

WE FOCUS
LESS
ON DIAGNOSIS
AND
DISORDER



та
можливостях Надії?

PEOPLE BELIEVED
THEY CAN
CHOOSE GROWTH
IN THE AFTERMATH
OF TRAUMA



Інтерв'ю з доктором
Річардом Тедескі, творцем
методології пост-
травматичного зростання
(ПТГ) для подолання
травми протягом життя

Модератор: доктор
Олена Бідованець



Пост-травматичний зростання (ПТР) в Україні!

Методологічна основа

- **Засновники:** Д-р Річард Тедескі та д-р Лоуренс Г. Калхоун.
- **Мета:** Трансформація травми у внутрішню силу та стійкість.

Впровадження

- **Ключові партнери:** «Серце Азовсталі» та Boulder Crest Foundation.
- **Модель:** Підтримка «рівний-рівному» під керівництвом підготовлених ветеранів.
- **Результати:** 90 захисників Маріуполя вже проходять програму.

Майбутній національний стандарт

- **Освіта:** Інтеграція в університетські програми.
- **Законодавство:** Розробка державних механізмів підтримки ветеранів.
- **Візія:** Перехід від країни, визначеної травмою, до країни, визначеної силою.



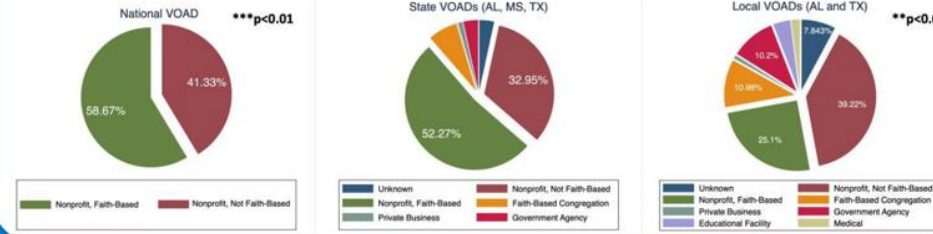
Кваліфікація ПТР
Онлайн-навчання доступне
українською мовою!



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

Inspiration For Scalable Disaster Response in Ukraine

Organization Type by VOAD Level



A few of many NGOs across USA

- Voluntary Organizations Active in Disaster (VOAD)
- United Way (2-1-1)
- Samaritan's Purse
- Billy Graham Rapid Response Team:
- Baptists on Mission:
- Operation Hope:
- Team Rubicon (TR)

American Red Cross

HERMITS PEAK FIRE RESPONSE

40 FAMILIES ASSISTED
145 TOTAL VOLUNTEERS
4,788 VOLUNTEER HOURS

CHAPLAIN

National Voluntary Organizations Active in Disaster

National VOAD is a coalition of 70+ of the nation's most reputable national organizations (faith-based, community-based and other non-profit organizations) and 56 State/Territory VOADs, which represent Local/Regional VOADs and hundreds of other member organizations throughout the country.

Volunteer CSOs In America and Around the World

United Way 2-1-1
Get Help. Give Help.

SOCIAL

An avalanche occurred recently in Zingorya, a remote village in the Badakhshan province. In response, the Aga Khan Agency for Habitat has trained over 702 Community Emergency Response Teams and 187 Avalanche Preparedness Teams comprising over 19,000 volunteers in order to encourage villagers to be self-reliant and prepared.

OPERATION HOPE
EXPANDING ECONOMIC OPPORTUNITY FOR ALL

TEAM RUBICON
DISASTER RESPONSE

TEAM RUBICON
DISASTER RESPONSE

Applying Concepts to Ukrainian Communities

- Cooperation Framework
- Information Access
- Specialized Mobilization
- Unified Strength
- Holistic Support
- Scalable: local to global

Resilient Village Ukraine

Leslie L. Wilson

Emergency Manager, Disaster Response & Recovery
Bucha, Kyivska Oblast, Ukraine

Website: ResilientVillageUkraine.org
YouTube.com/@ResilientVillageUkraine
LinkedIn.com/in/llwilsonservices
Connect:
LLWilsonGlobal@gmail.com



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.

