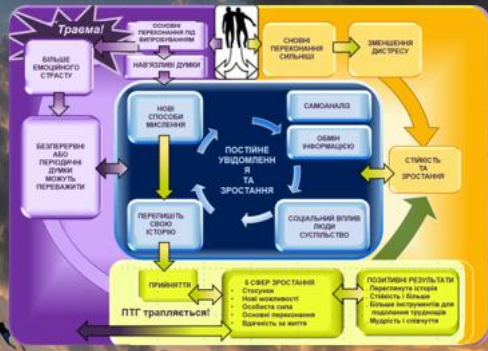


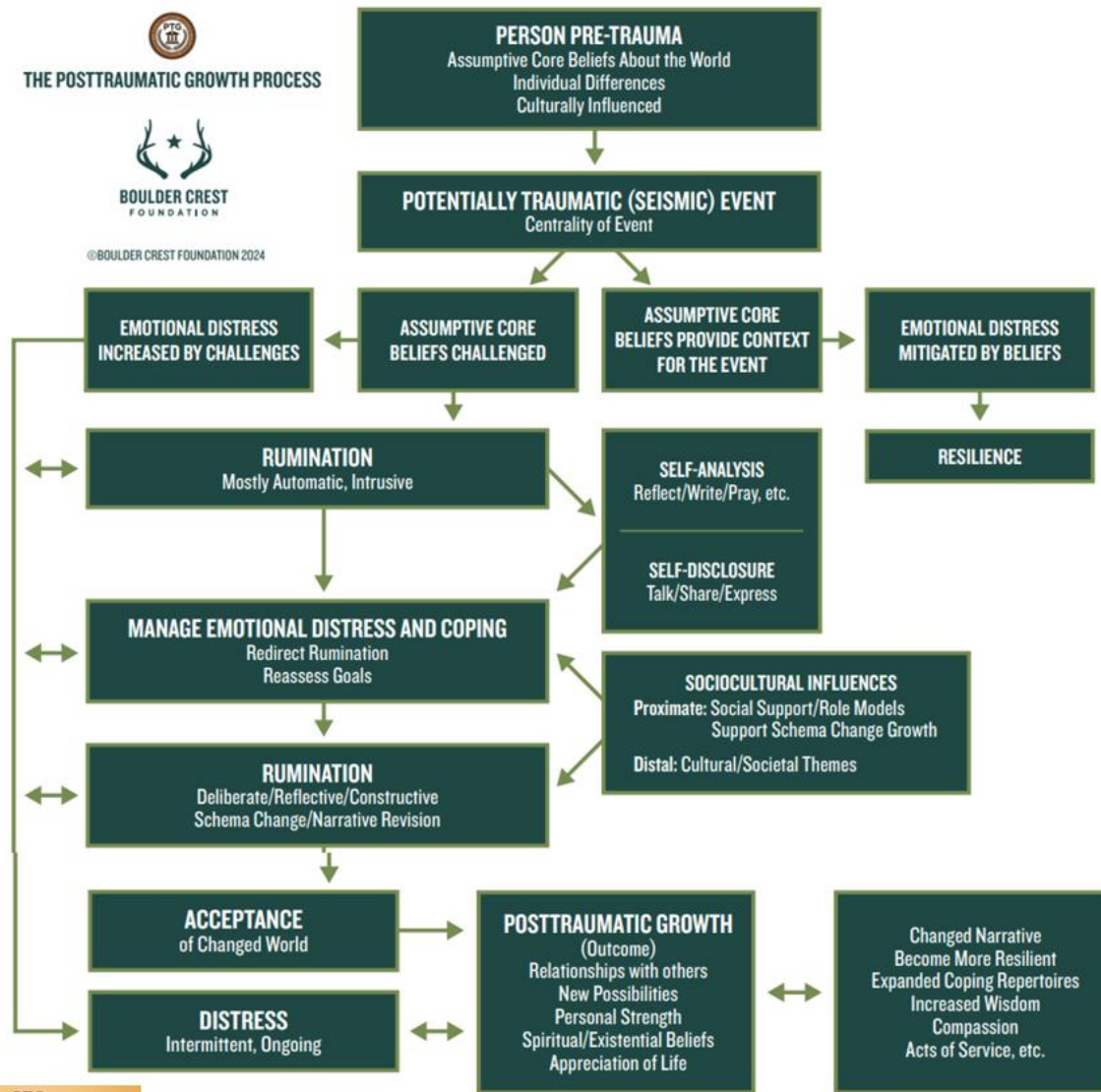
BEYOND RESILIENCE ➤ THRIVE!



## Navigating the Path of Post-Traumatic Growth (PTG)

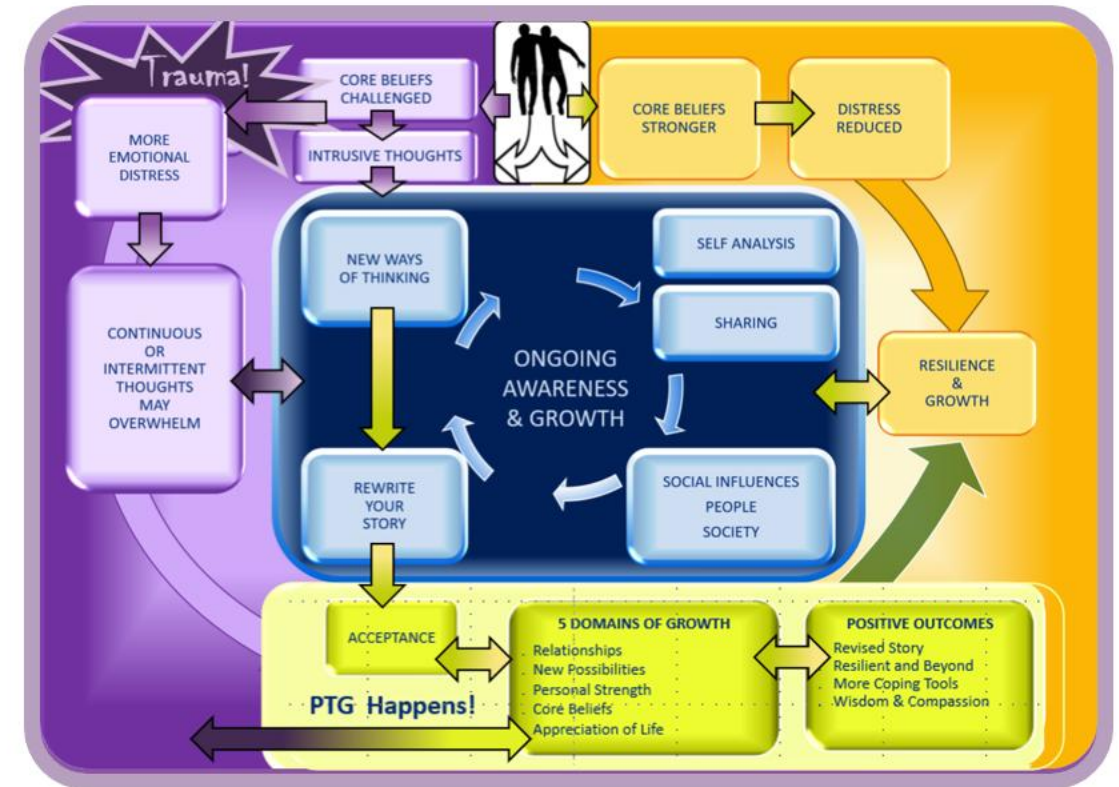


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# Post-Traumatic Growth

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**

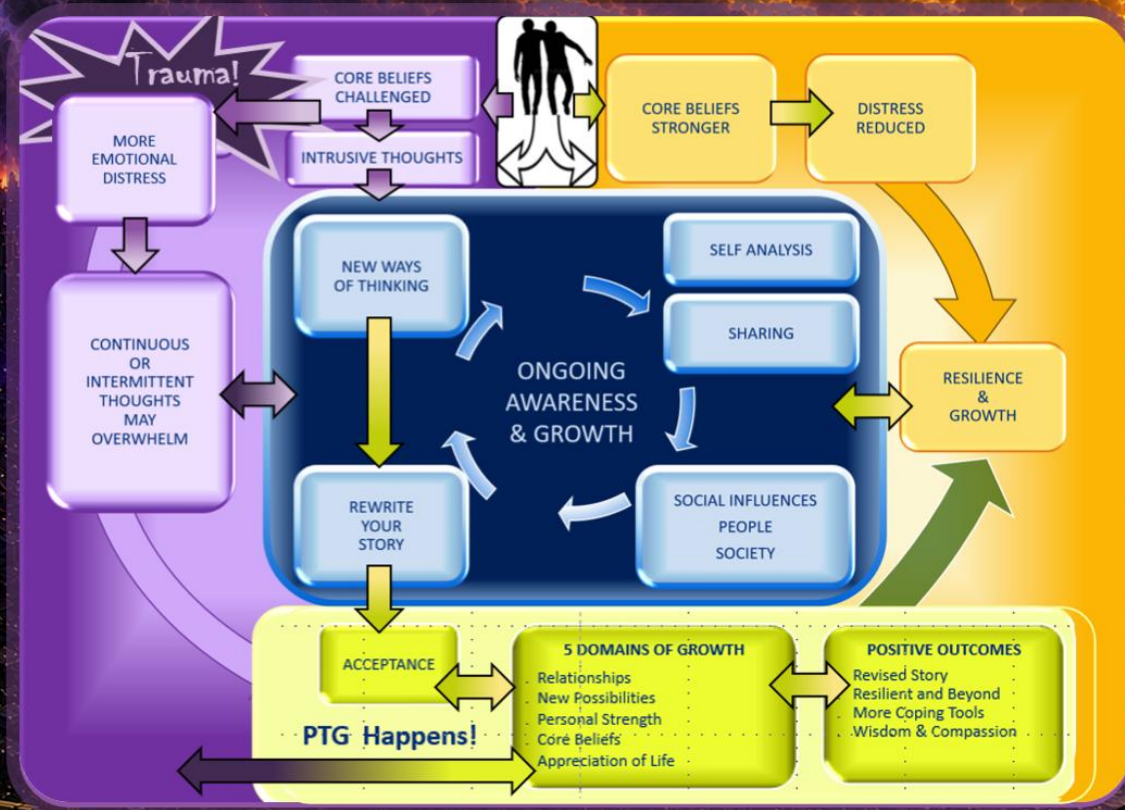
Gains were maintained at 18-month follow-up

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>



# 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



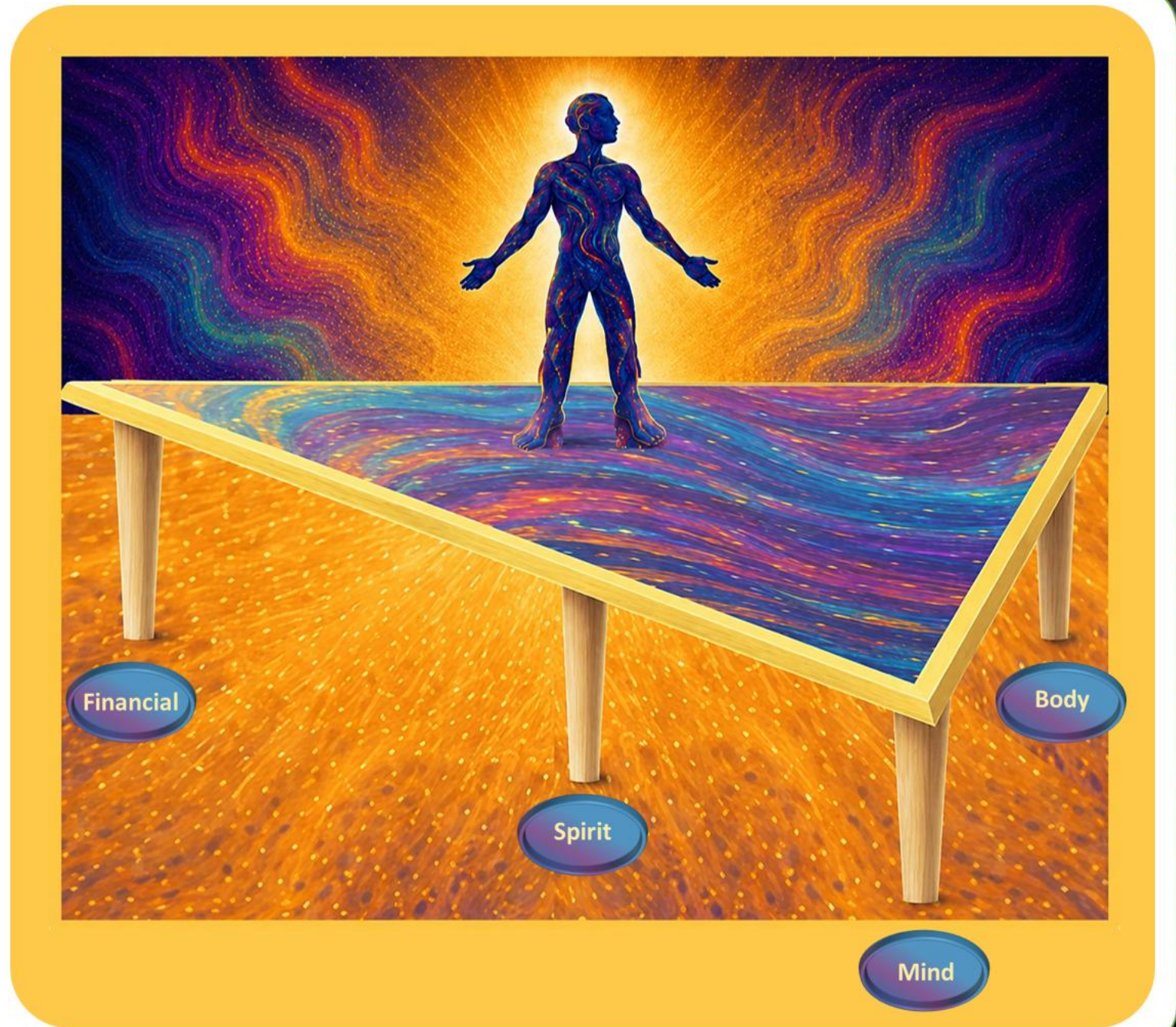
The graphic designs throughout are inspired by the pioneering work of  
Dr. Richard Tedeschi & Dr. Lawrence Calhoun  
[bouldercrest.org](http://bouldercrest.org)



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



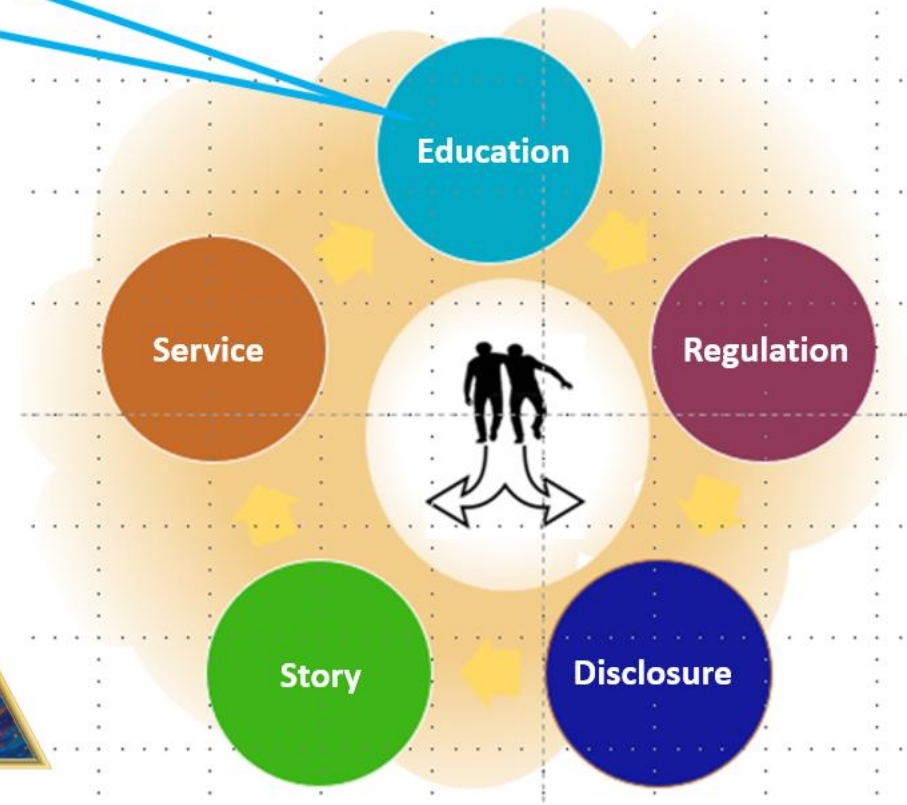
**Expert Companions are like scaffolds for repairing a building:**

- 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.

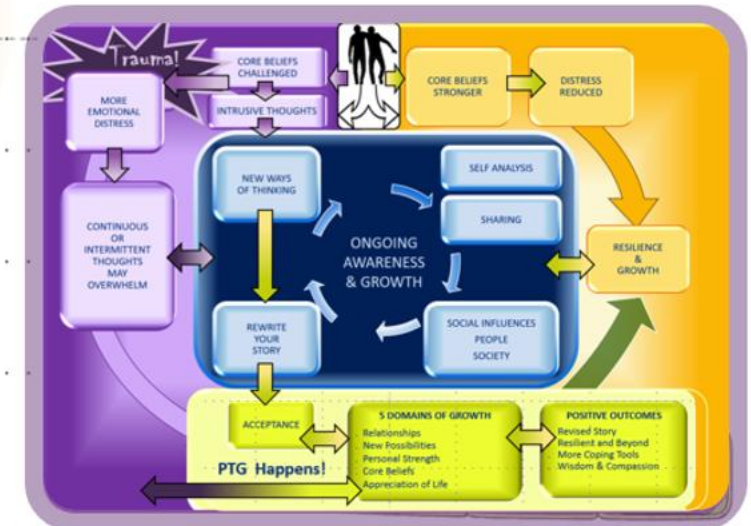
Conversational sharing  
Collaboration built on trust

The Travel Guide helps:

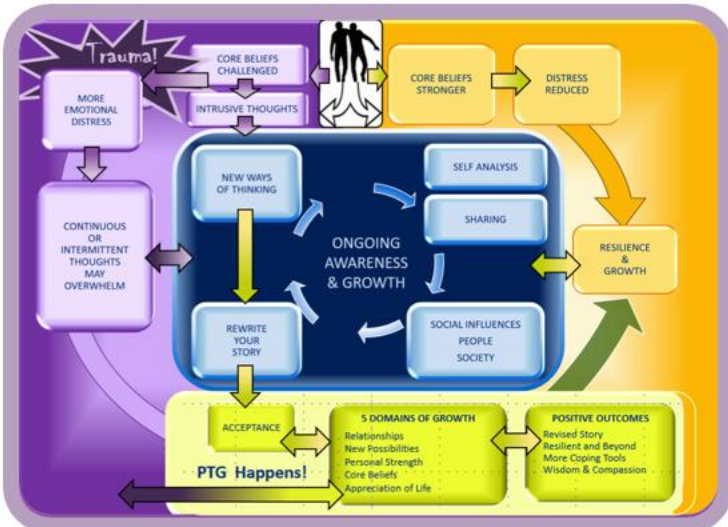
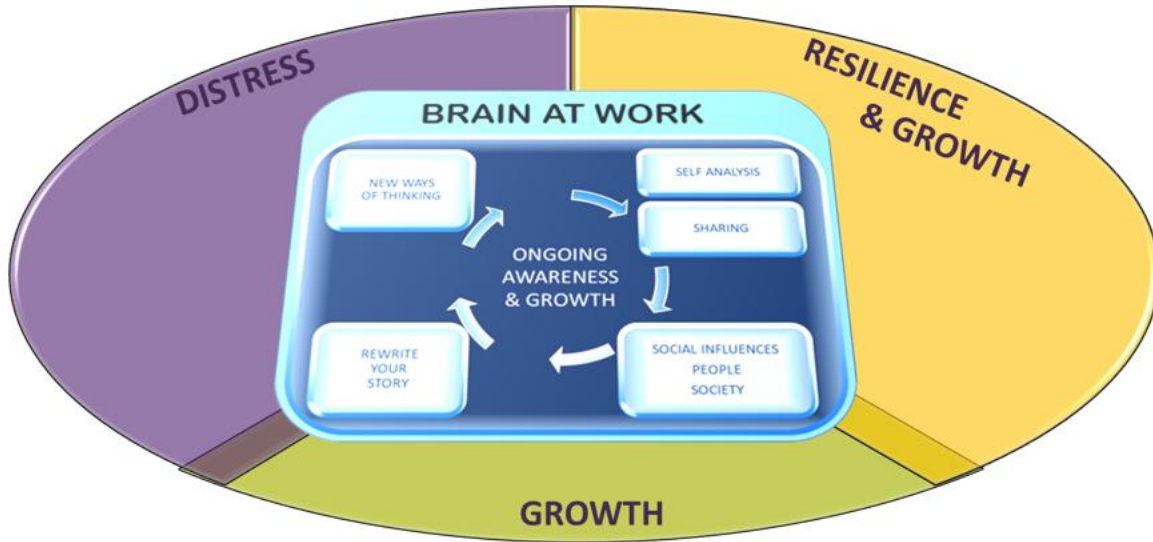
- Explain the Journey Ahead
- Navigate Emotional Moments
- Corral Intrusive Thoughts
- Sort Out What to Believe
- Shape New Identity:  
One Who Contributes & Serves



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

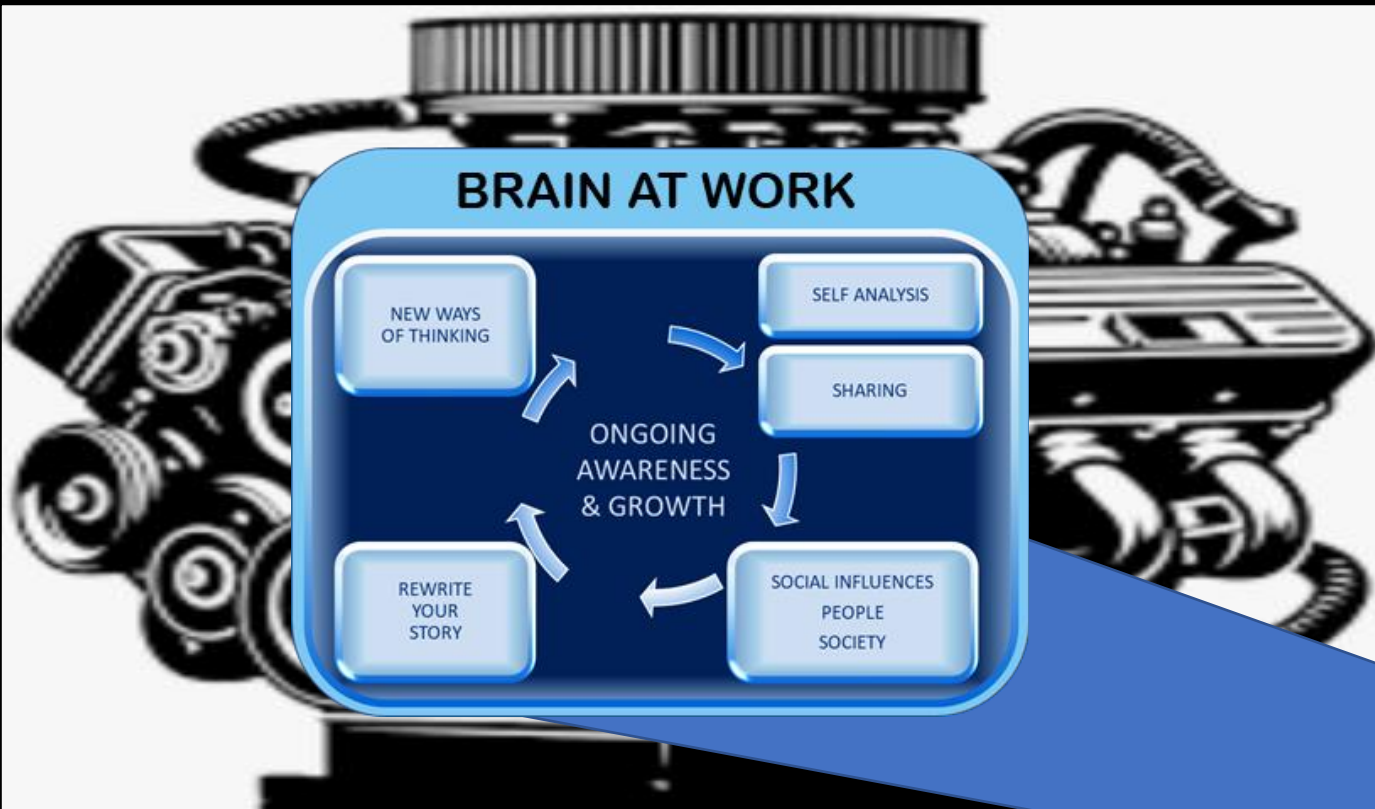
- Ongoing struggle to control thinking using various tools
- Self-Analysis: reflect, write, pray ...
- Self-Disclosure: talk/share what we are going through ...
- Influences in life: supporters, role models, culture, society ...
- Coping Skills: redirect thoughts, reassess goals, priorities ...
- Construct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



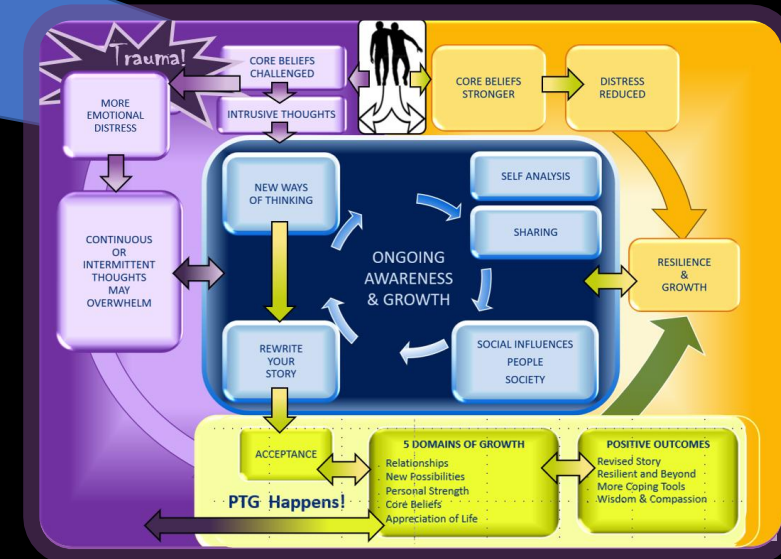
Picture the heart of the PTG process as an engine.

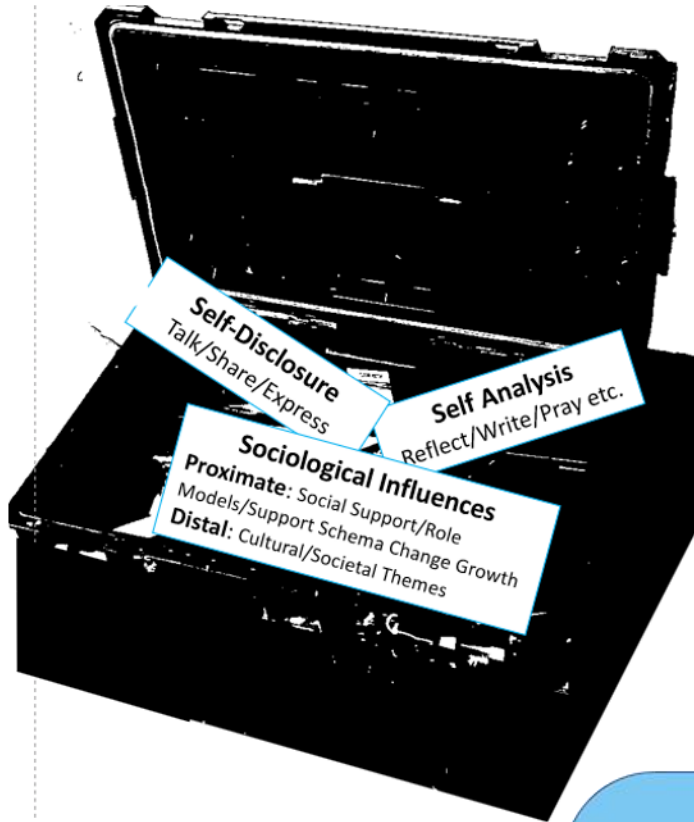
These are the steps we repeat as needed to rise above emotional distress to actual growth. Other parts of the PTG process are fed into it or result from it.

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

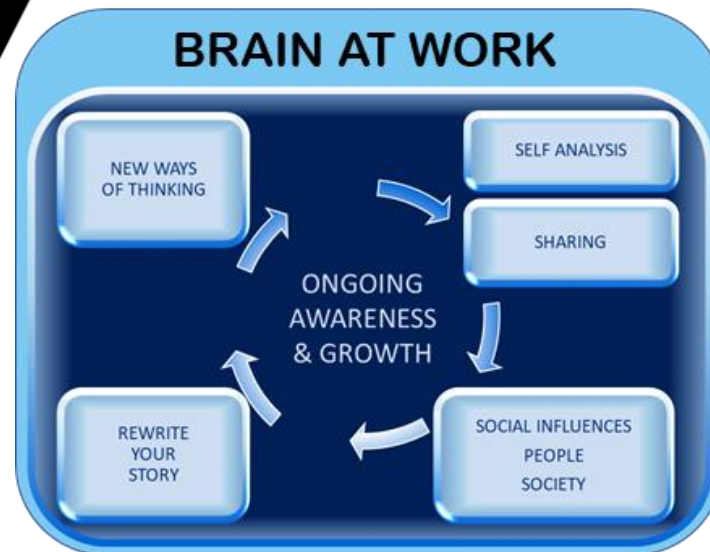
**Emotional Distress**

and during the process of

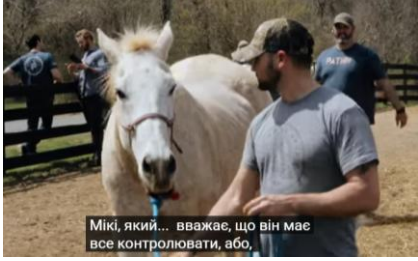
**Constructive Rumination**

encouraging a new chapter

in their life story



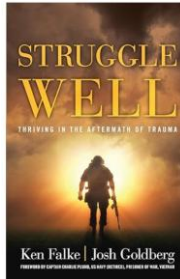
## Part 2: **More about Bouldercrest** and the **Ukrainian Connection** Bouldercrest.org



## 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, lifelong growth



## 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-неспеціаліст 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.

## Resilient Village Ukraine

### Leslie L. Wilson

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

PTG Qualified by the  
Boulder Crest Institute  
for PostTraumatic Growth

[youtube.com/@ResilientVillageUkraine](https://youtube.com/@ResilientVillageUkraine)  
[LinkedIn.com/in/llwilsonservices](https://LinkedIn.com/in/llwilsonservices)

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collaborations  
speaking engagements

