



Thriving in the Aftermath of Trauma

Brought To
You By



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You have to know that post-traumatic growth exists in order for it to happen... You have to know it's ok to have good things happen after really bad things.”

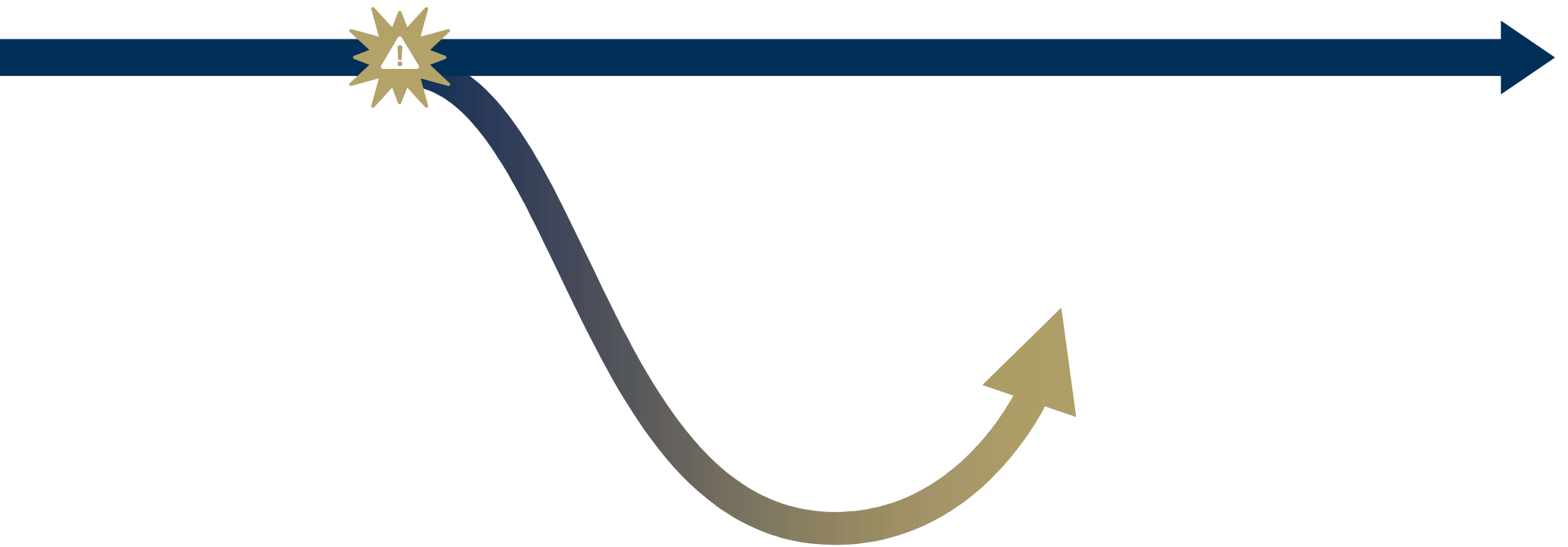
— MANDY PIFER

Whose fiancé was killed in a 2015 mass shooting in San Bernadino, California

● USA TODAY

THE DIMINISHED EXISTENCE

TRAUMATIC SHOCK(S)



STRUGGLE → STRENGTH + GROWTH

TRAUMATIC SHOCK(S)



DR. RICHARD TEDESCHI

Posttraumatic Growth Founder



PTG

POSTTRAUMATIC GROWTH OCCURS IN FIVE AREAS

01 New Possibilities

02 Deeper Relationships

03 Personal Strength

04 Appreciation for Life

05 Spiritual & Existential Change

THE ROADMAP

#STRUGGLEWELL

Struggle Well reflects thousands of years of understanding, decades of research, and years of application and operationalization at Boulder Crest.

The journey is iterative and requires patience, perseverance, and a commitment to doing the hard work.





EDUCATION

**STRUGGLE
IS
INEVITABLE
AND
VALUABLE**



We Always Have A Choice:

THE VICTIM OR THE WARRIOR

Why Me?

Why?

Why Education Matters



**...we mistake the limits of
our own field of vision for
the limits of the world...”**

— ARTHUR SCHOPENHAUER



REGULATION

RESPONDING TO LIFE

SUPPORT NETWORK / MENTORS

WELLNESS PRACTICES

STRONG WELLNESS TRIANGLE



FINANCIAL WELLNESS



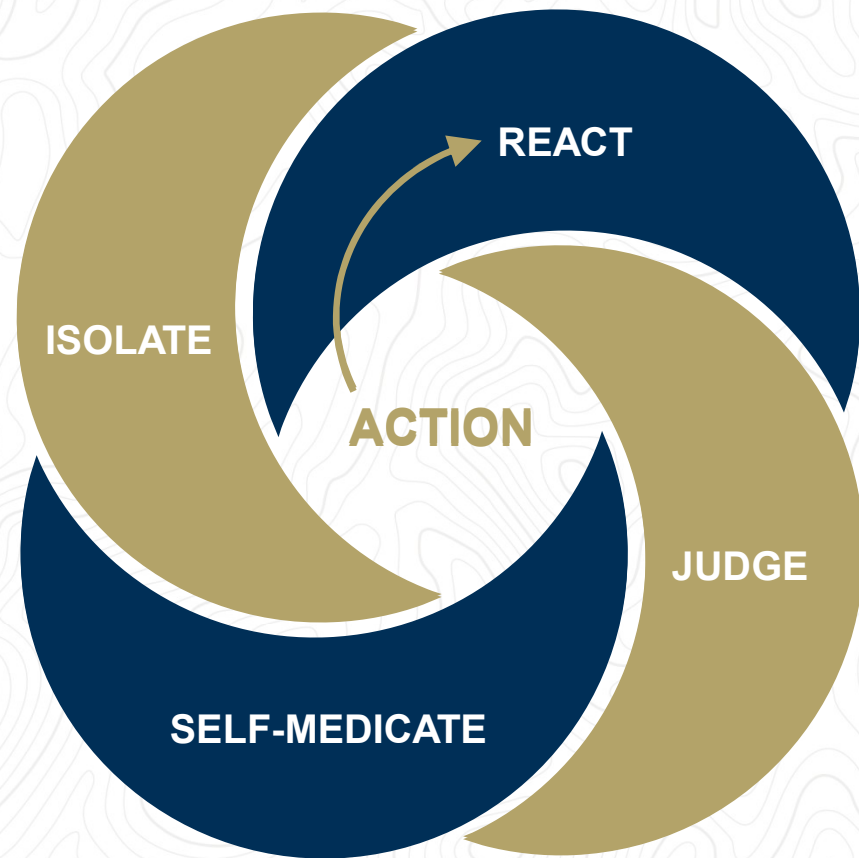
REACTING TO LIFE



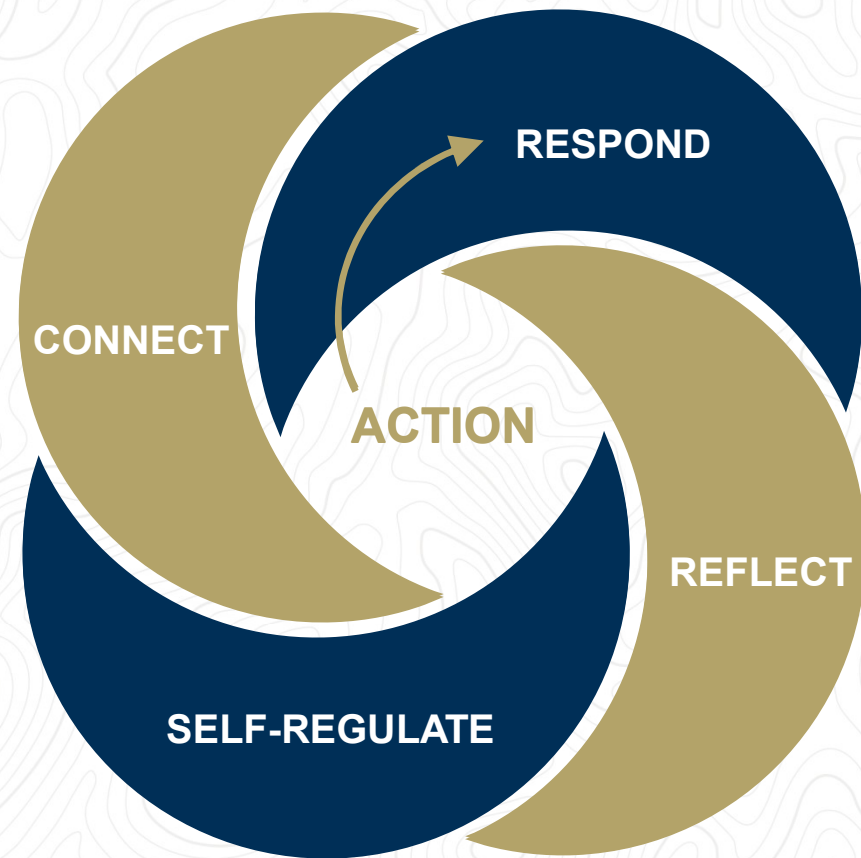
BROKEN WELLNESS TRIANGLE



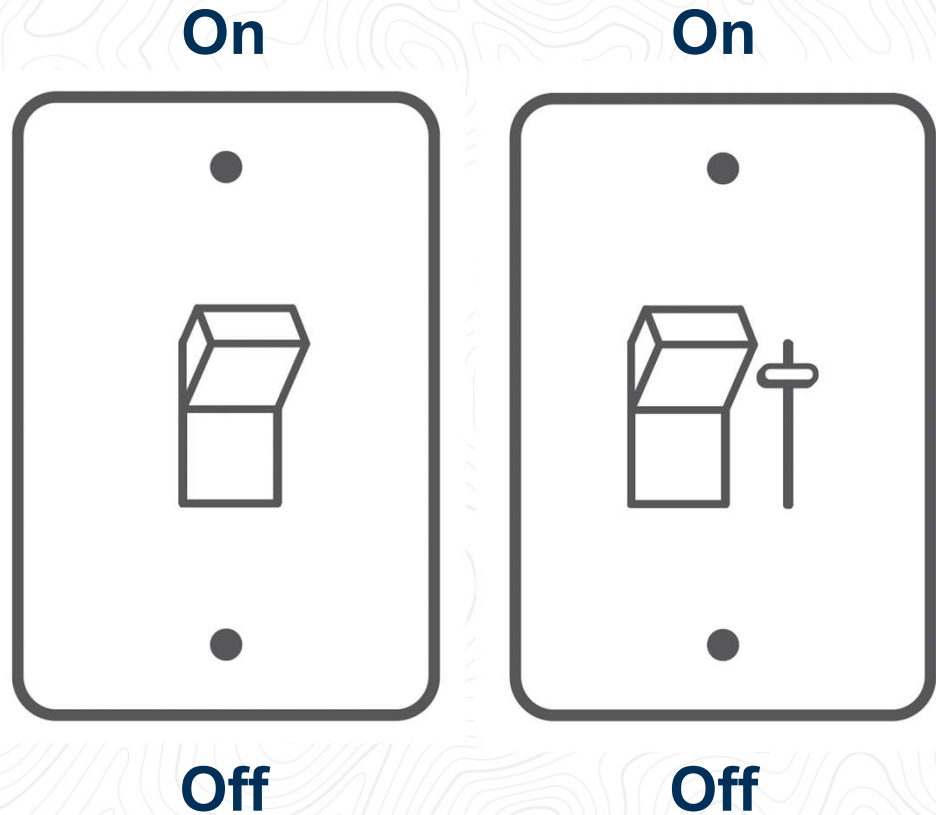
THE NEGATIVE SPIRAL



THE RESPONSE CYCLE



THE DIMMER SWITCH



TRAINING

Alert & aware, threat assessment, rapid reflexes

Rigorous training, preparation, debriefs

Attention to detail, minimize mistakes

Adrenaline/Intensity, control of the scene and situation

Emotional control under the most difficult situations

First Responder subculture, trusting your brother/sister

STRUGGLE

Hyperalert, Hypervigilant

Reliving events, guilt, second guessing

Intolerance, lack of empathy

Anger/rage

Detached, numb

Social withdrawal

THRIVING

Make thoughtful decisions, out think others, lead, follow, empathize

Discipline, work ethic, honesty, purpose, service

Integrity, focus

Stamina, perseverance, commitment, strength

Bearing, courage, level headedness, calm in the storm

Authenticity, deeper relationships, loyalty

The Importance Of Goalsetting



People with goals succeed because they know where they are going. It's as simple as that.”

— EARL NIGHTINGALE

THE JOURNEY OF LIFE

What People Think
it Looks Like



What It Really
Looks Like





DISCLOSURE

WHY WE MUST TALK ABOUT IT

01

**Organize and
Reshape Core
Beliefs**

02

**Realize We
Are Not
Alone**

03

**Deepen
Connection
With Others**

04

**Make Meaning of
Our Struggle /
Suffering**

WHAT WE TALK ABOUT

#strugglewell



01

**Our Childhood Training
+ Experiences**



02

Guilt and Shame



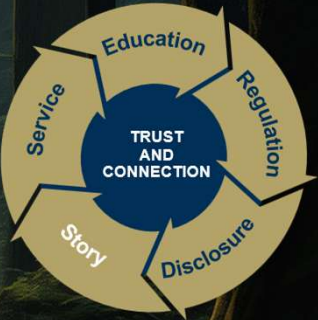
03

Grief and Loss



HIDDEN PERILS OF UNRESOLVED GRIEF

Loss of Attachment	→	Who am I connected to?	→	I need to feel connected, bonded, secure, or included
Loss of Territory	→	Where do I belong?	→	I need to feel a sense of belonging or grounding to a place or a home.
Loss of Structure	→	What is my role?	→	I need to feel important, involved, and valued.
Loss of Identity	→	Who am I?	→	I need to know who I am as an individual, what I stand for, what my values are.
Loss of Future	→	Where am I going?	→	I need to know my direction and have hope and positive expectations.
Loss of Meaning	→	What is the point?	→	I need to find meaning and purpose in all situations.
Loss of Control	→	I feel overwhelmed	→	I need to feel in control of the situation or my destiny.



STORY



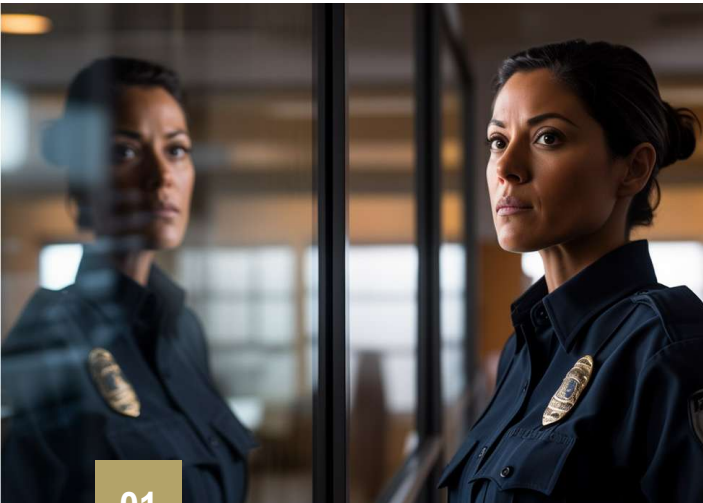
For while the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it must always be **heard**. There isn't any other tale to tell, it's the only light we've got in all this darkness."

— JAMES BALDWIN

STRUGGLE STOPS THE STORY



ANSWERING LIFE'S MOST IMPORTANT QUESTIONS



01

Who Am I?



02

Why Am I Here?



03

Where Do I Belong?



Our personal values identify us to ourselves and others. In a very real way, we are the values we cherish and demonstrate.”

— DAVID RICHO

WHY AM I HERE

THE 5 DOMAINS OF GROWTH:

New Possibilities

Deeper Relationships

Personal Strength

Appreciation for Life

Spiritual-Existential Change



WHERE DO I BELONG?

CONNECTION TO SELF:

What practices in my life help me struggle well and live well?

CONNECTION TO OTHERS:

Who am I with when I feel the most joy?

Who are my 3-5 closest acquaintances or friends?

Who do I feel drawn to support and serve?





SERVICE

NEVER FORGET: SERVICE STARTS WITH YOU

Hurt People Hurt People.

Healthy People Help People.



THE CONCENTRIC CIRCLES





There is what I would call the hero journey, the night sea journey, the hero quest, where the individual is going to bring forth in his life something that was never beheld before.”

— JOSEPH CAMPBELL

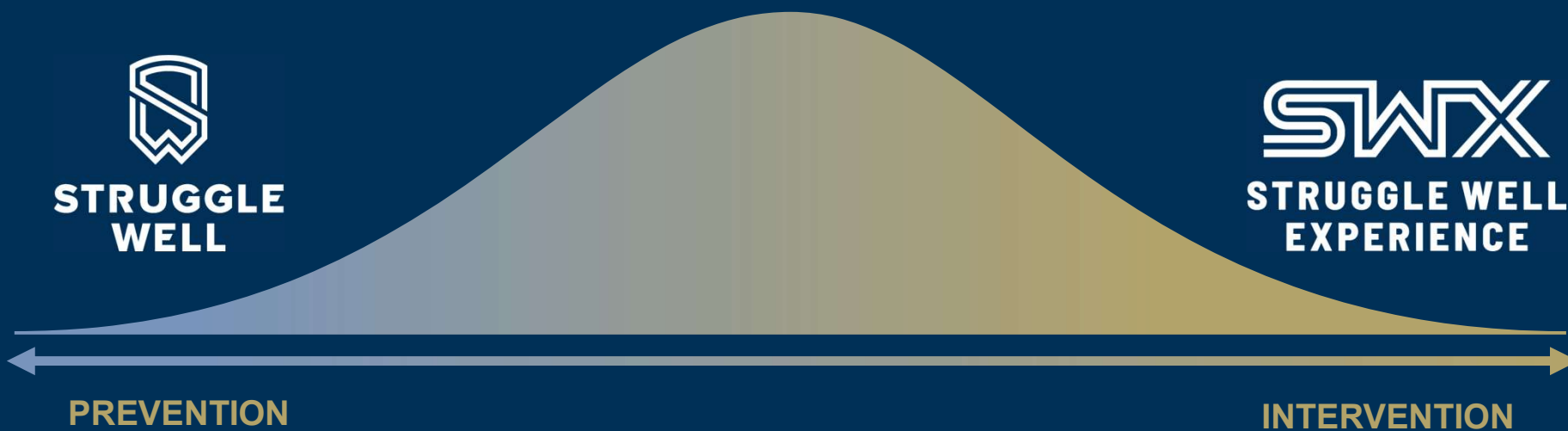
OUR THOUGHTS ON CULTURE

01 **Goal is Saturation, Integration, and Institutionalizing a New Way of Working**

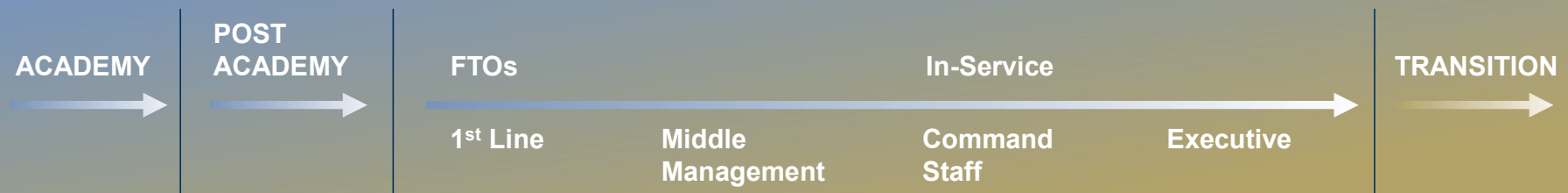
02 **Normalize Struggle, Democratize Capacity to Deal With It**

03 **Focus on Squeezing the Problem**

SQUEEZING THE PROBLEM



FULL LIFE CYCLE APPROACH



PEER SUPPORT & PSYCH SERVICES/EAP

SUGGESTED READING

