

**Find Your Silver Lining:**  
**Achieving Resiliency After Trauma**  
**Course Workbook**

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Differentiating between Post Traumatic Stress Disorder and Post Traumatic Growth

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### **MODULE 4**

Additional Interventions and Tools

## **Module 1**

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### **Differentiating between PTSD and PTG**

**3 Goals For Me:**

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**3 Goals For My Clients:**

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**What are some Behavior Patterns I want to change:**

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**What are my barriers to change:**

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## Post Traumatic Stress Disorder

### The Definition of PTSD as cited in the DSM V is:

Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:

- Directly experiencing the traumatic event(s).
- Witnessing, in person, the event(s) as it occurred to others.
- Learning that the traumatic event(s) occurred to a close family member or close friend. In cases of actual or threatened death of a family member or friend, the event(s) must have been violent or accidental.
- Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g., first responders collecting human remains; police officers repeatedly exposed to details of child abuse).

### Symptoms of PTSD

Being easily startled or frightened	Always being on guard for danger	Self-destructive behavior, such as drinking too much or driving too fast	<b>Trouble sleeping</b>	<b>Trouble concentrating</b>
Irritability, angry outbursts or aggressive behavior	<b>Overwhelming guilt or shame</b>	<b>Flashbacks or Dreams</b>	Physical Reactions such as feeling ill	Denial of Event actually happening
<b>Startle Easily</b>	A Foreshortened Sense of the Future	Overwhelming Sense of Sadness and Hopelessness	<b>Depression Anxiety</b>	"Going through the motions" of living life



## Post Traumatic Growth

PTG is a relatively new terminology from the 1990s, coined by two psychologists, Dr. Tedeschi and Dr. Calhoun.

### 5 Tenets of PTG

1. Appreciation of life
2. Relationship with others
3. New possibilities in life
4. Personal strength
5. Spiritual change

### How to Heal the Brain after Trauma

Form, strengthen, and maintain close relationships with others	Provide emotional support to others who you care about	Identify your personal strengths and talents	Have a creative outlet or hobby you enjoy	Have a strong belief system or sense of hope and optimism
Develop better communication skills, learn to say no, and set boundaries	Learn, seek out information and be open to new ideas and experiences	<b>Maintain a good sense of humor</b>	Be able to ask others for help in times of need	Actively work to solve problems in your life
<b>Express yourself and your feelings</b>	Set limits for yourself and stick to them	Be flexible and adaptive to new situations	<b>Practice healthy coping skills</b>	<b>THERAPY!</b>

**What I was like before trauma:**

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**Who am I now?**

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## Who do I envision myself to be?

[illegible]

## **Module 2**

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### **Achieving PTG**

## Healthier Habits

By acquiring newly developed insight through therapy or another intervention, an individual can work towards PTG.

First and foremost, the individual needs to be well stabilized in their current life situation. If someone is unstable or in crisis, growth through counseling is very difficult. I once had an instructor say:

"Change does not happen in Crisis"

When an individual is in crisis, they are naturally in a fight or flight response, preventing them from forward movement or motivation. They are untethered, ungrounded, and therefore unable to process necessary change.

When someone is in crisis, the therapist needs to utilize a supportive, validating approach to move the individual to a more stable predicament. Crisis procedures need to be followed. An acute crisis state can consist of a client currently either reliving the trauma, having recurrent flashbacks, or being in a hostile living environment (i.e., living with abuser, unstable housing).

## Acquiring PTG



**Stability**

**Remove  
Yourself from  
Crisis**

**Acquiring  
Insight**

**Heal the  
Body, Heal  
the Mind**

## **What do Your 3 S's Look Like?**

### **Current Stability**

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### **Current Support**

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### **Current Safety**

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**My Body on Stress Looks Like**

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**I Can Recognize These Triggers By**

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## **Trauma is Different for Everyone**

Trauma is shaped by a combination of individual experiences, perceptions, and memories. If two people were to experience the same accident in exactly the same way, the trauma would mean very different things to those two individuals. One may have lasting effects and the other may be more resilient.

## **Healing from Trauma is Different for Everyone**

PTG can only occur if someone is open to change and not stagnant in their trauma. If an individual is not open to change—meaning if they are not open to processing and talking about their traumatic incident—I don't know if it is possible to obtain PTG.

## **What is the Difference Between Maladaptive Coping Skills and Adaptive Coping Skills?**

### ***Maladaptive Coping***

- Ruminating
- Over-eating
- Abusing substances
- Binge-watching
- Racing heart and head

### ***Adaptive Coping***

- Exercising
- Mindful eating
- Abstaining from substances
- No more than 2 hours TV watching, daily
- Box breathing, better breathing

**My Maladaptive Coping Skills Are**

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**My Adaptive Coping Skills Are**

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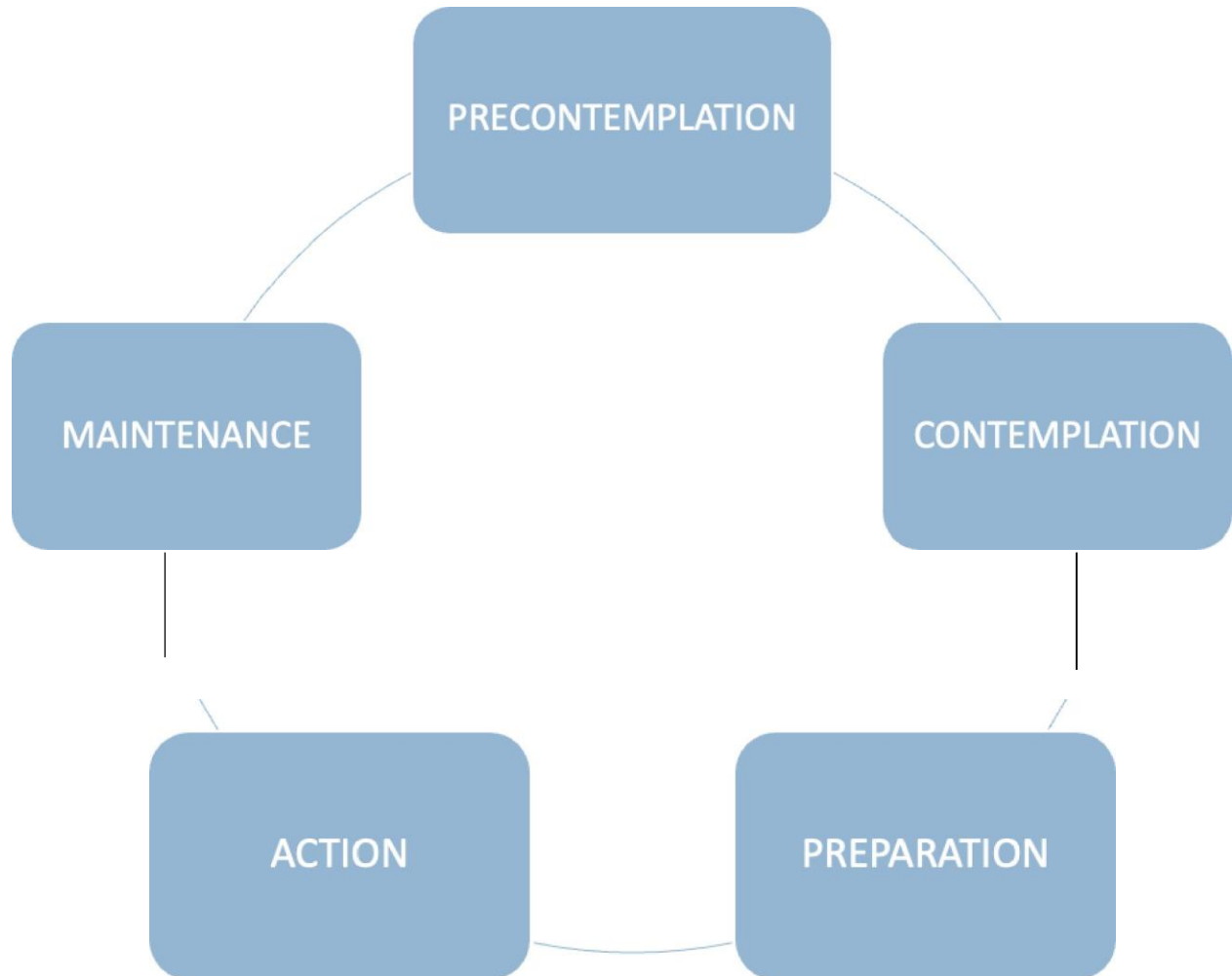
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## Are You Ready to Change?

### Transtheoretical Change Model



## **Module 3**

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### **Interventions to Achieve PTG**

**Somatic Movement/Exercise**

By helping you pay more attention to areas of injury or discomfort in your body, gentle somatic exercises can teach you how to make changes in movement, posture, and body language to reduce pain.

Focus on the internal experience and feeling of the movement instead of what it looks like from the outside.

Emphasis of being present and aware of what is happening in the moment during the movement.

***Examples***

- Somatic stretching yoga
- Walking
- Running
- Dancing
- Pilates
- Barre
- Tai Chi

### List 3 Somatic Movement/Exercises You Can Do

[illegible]

## **Breathing**

Research shows that our brain associates different emotions with different breathing patterns, and breathing exercises work because they trick your brain into thinking your emotional state is different than it actually is. When we are happy, our breathing is regular and steady. However, when we are stressed, anxious or fearful, our breathing becomes irregular, shallow, and quicker. When you slow your breathing down in times of stress you can trick your brain into thinking you're actually in a calm state, and there is no threat or challenge at hand.

### ***Examples***

- Box breathing
- Belly breathing
- Mindfulness breathing
- Diaphragmatic breathing
- Deep breathing

## List 2 Breathing Exercises You Can Do:

[illegible]



## **Narrative Therapy**

Narrative therapy is a form of therapy that aims to separate the individual from the problem, allowing the individual to externalize their issues rather than internalize them. It relies on the individual's own skills and sense of purpose to guide them through difficult times).

### ***Examples***

- Journaling
- Writing letters
- Writing stories
- Creating meaning from life experiences

## **Therapist Administered Interventions**

Please do not attempt to do the following intervention without a trained therapist.

### ***EMDR (Eye Movement Desensitization and Reprocessing)***

Client attends to emotionally disturbing material in brief sequential doses while simultaneously focusing on an external stimulus through bi-lateral stimulation.

### ***CBT (Cognitive Behavioral Therapy)***

CBT treatment involves efforts to change behavioral patterns.

### ***DBT (Dialectical Behavioral Therapy)***

Similar to CBT, focus on helping clients modify unhelpful behaviors.

### ***IFS (Internal Family Systems)***

IFS identifies and addresses multiple sub- personalities or families within each person's mental system.

## ***Psychopharmacology***

Under the guidance of a trained medical professional

## **Module 4**

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### **More Interventions**

### **Planning for Success**

## How Is Trauma Viewed in Your Culture?

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## Old Way vs New Way

Write down changes you are going to implement into your lifestyle

**THEN**

**NOW**

**What makes you laugh?**

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**Daily Checklist**

- ☐ Exercise
- ☐ Eat healthy
- ☐ Get enough sleep
- ☐ Communicate effectively
- ☐ Express gratitude
- ☐ Do something for someone else

**What Other Daily Habits Can You Implement?**

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**What Are Your Action Steps?**

1. 

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2. 

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3. 

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Monthly Planner

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY

Notes:

## Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**We hope to continue working with you on your mental health journey. Please reach out to learn more.**



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## **Module 1 Suggested Resources and Readings**

### **Readings**

- *Mans Search for Meaning* by Viktor Frankl
- *The Body Keeps the Score* by Bes Van Der Kolk
- *Upside* by Jim Rendon
- *Post Traumatic Stress Disorder Sourcebook* by Schiraldi

### **Online Resources**

- <https://www.forbes.com/health/mind/post-traumatic-growth/>
- <https://hbr.org/2020/07/growth-after-trauma>
- <https://www.healthline.com/health/what-is-post-traumatic-growth>
- Netflix Documentary: *Stutz*, featuring Jonah Hill and his therapist, Dr. Phil Stutz

## Module 2 Suggested Resources and Readings

### Readings

- Ways to Better Breathing by Carola Speads
- The Feeling Good Handbook by David Burns
- The Polyvagal Theory in Therapy By Deb Dana
- The Anxiety and Phobia Workbook by Bourne
- Waking the Tiger by Peter A. Levine and Ann Frederick

### Online Resources

- <https://somaticmovementcenter.com/what-is-polyvagal-theory/?locale=en>
- [https://www.semel.ucla.edu/dual-diagnosis-program/News\\_and\\_Resources/How\\_Do\\_You\\_Cope](https://www.semel.ucla.edu/dual-diagnosis-program/News_and_Resources/How_Do_You_Cope)
- <https://www.mayoclinic.org/diseases-conditions/somatic-symptom-disorder/symptoms-causes/syc-20377776>
- <http://fmri.ucsd.edu/Research/whatisfmri.html>

## Module 3 Suggested Resources and Readings

### Readings

- The Healing Power of Storytelling: Using Personal Narrative to Navigate Illness, Trauma, and Loss by Annie Brewster MD, Rachel Zimmerman, et al.
- The Body Keeps the Score: Brain Mind and Body in the Healing of Trauma by Sean Pratt, Bessel A. van der Kolk, et al. DST• Skills Training Handouts and Worksheets Second Edition by Marsha M. Linehan
- The Body Awareness Workbook for Trauma: Release Trauma from Your Body. Find Emotional Balance. and Connect with Your Inner Wisdom by Julie Brown Yau PhD and Lisa Genova PhD
- Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety by Seth J. Gillihan PhD
- Clinical Psychopharmacology Made Ridiculously Simple
- Part of: Made Ridiculously Simple {16 books} | by John Preston Psy.D. ABPP, Bret A. Moore Psy.D. ABPP, et al.

### Online Resources

- <https://positivepsychology.com/narrative-therapy/>
- <https://www.everydayhealth.com/fitness/what-is-somatic-stretching/>
- <https://dbt.tools/>
- <https://www.verywellmind.com/abdominal-breathing-2584115>
- <https://www.emdr.com/what-is-emdr/>
- <https://thinkcbt.com/think-cbt-worksheets>
- <https://nyulangone.org/conditions/post-traumatic-stress-disorder/treatments/medication-for-post-traumatic-stress-disorder>

## Module 4 Suggested Resources and Readings

### Readings

- The Comprehensive Clinician's Guide to Cognitive Behavioral Therapy by Leslie Sokol and Marci Fox
- Stop Overthinking: 23 Techniques to Relieve Stress. Stop Negative Spirals. declutter Your Mind. and Focus on the Present by Nick Trenton
- CBT Toolbox for Depressed. Anxious. & Suicidal Children and Adolescents by Dr. David Pratt
- DBT Skills Training Manual by Marsha M. Linehan

### Online Resources

- <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>
- <https://my.clevelandclinic.org/health/treatments/22838-dialectical-behavior-therapy-dbt> <https://ascpp.org/>
- <https://ovc.ojp.gov/program/vtt/what-is-vicarious-trauma>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8496883/>
- Clinical Psychopharmacology Made Ridiculously Simple by Dr. Bret Moore, Dr. John Preston, Dr. James Johnson
- Laughter Yoga: Daily Practices for Health and Happiness by Madan Kataria M.D. and Andrew Weil M.D.