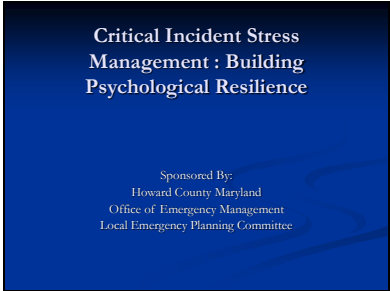


Slide 1



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Slide 2



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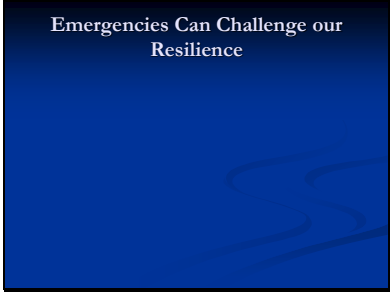
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Slide 3



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Slide 16

**Reconstruction Phase**

- Reassessment of priorities and commitments
- Recognition of personal strengths



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Slide 17

**Reconstruction Phase**

Recovery process for survivors is highly variable:

- Most regain predisaster level of functioning
- Some emerge at a higher level of functioning



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Slide 18



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Slide 22

**Resilience**

- Individual
- Family
- Community
- Team

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Slide 23

**Building Resilience**

- Requires practice and commitment to training
- Willingness to tolerate some pain and change
- Persistence!

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Slide 24

**Key Resilience Factors  
(Southwick and Charney)**

- Former POW's
- Special Forces Instructors
- Resilient Civilians following severe trauma

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Slide 25

**Resilience Factor: Physical Fitness**

- Improves physical health
- Reduces anxiety and depression
- Enhances cognitive functioning
- HPA axis dampening under stress
  - Lower cortisol production, less brain exposure to cortisol and less hippocampal neuron damage
- Neurogenesis via increased production of neurotrophic factors (BDNF)

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Slide 26

**Resilience Factor: Realistic Optimism**

- Future oriented attitude
- Hopefulness
- Pay attention to the negative, but don't let it define your reality
- Focus on strengths

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Slide 27

**Optimism and Resilience**

- Negative Emotions can help us survive danger (e.g. fight or flight arousal)
- Positive emotions reduce excessive arousal and broaden our focus
  - Allow for re-appraisal, positive coping, and finding meaning
- Optimists are effective problem solvers...why?

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Slide 28

**Strategies for Optimism**

- Focus attention on positives
- Intentionally monitor your thinking
- Practice reframing events in a more positive manner
- Act in ways that build positive attitudes

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Slide 29

**Resilience Factor: Cognitive Flexibility**

- Accepting reality of a situation
- Cognitive re-appraisal (30,000 ft. view)
- Gratitude
- Re appraise failure as an opportunity to self correct
- Humor

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Slide 30

**Resilience Factor: Facing Fear**

- See fear as a normal chemical process
- Avoidance of fear = Longer suffering
- Focus on the mission or a goal when afraid
- Use outward focus to counter cognitive constriction
- Breathing techniques

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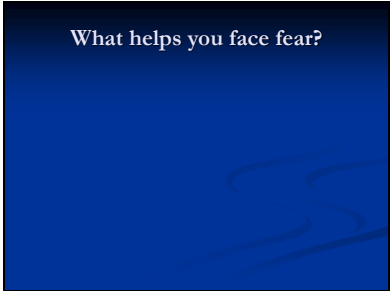
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Slide 31




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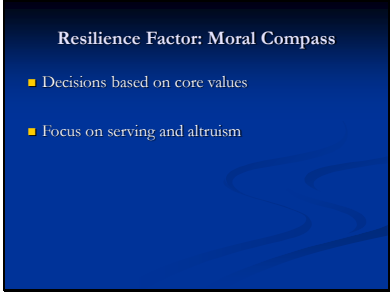
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Slide 32




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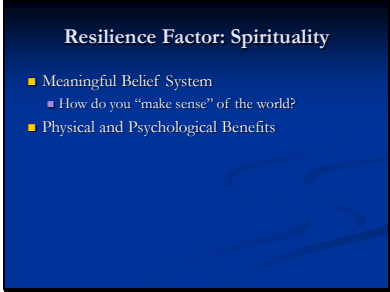
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Slide 33




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Slide 37

**Support: Role Models**

- Mentors help to build resilience by modeling it
- Relationships provide the experience, knowledge, and support to encourage people to challenge themselves and grow

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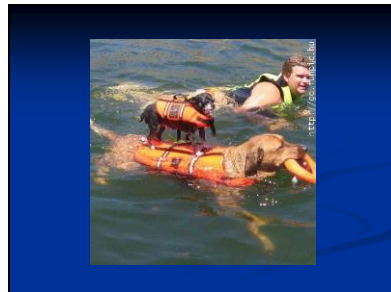
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Slide 38



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Slide 39

**Resilience Factor : Training**

- Repetitive Skill Practice / Overlearning
- Stress inoculation
- Mental Rehearsal of Skills
- Modeling

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Slide 43



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Slide 44



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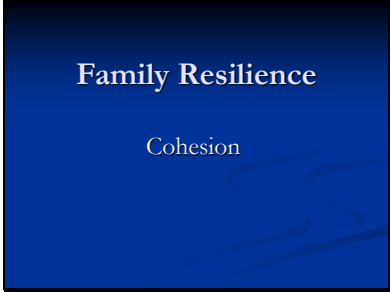
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Slide 45



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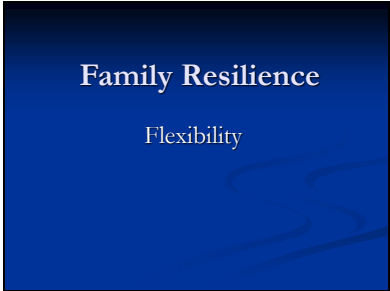
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Slide 46



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Slide 47



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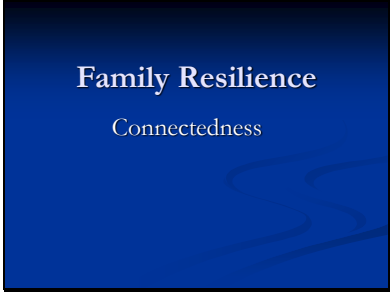
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Slide 48



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Slide 49



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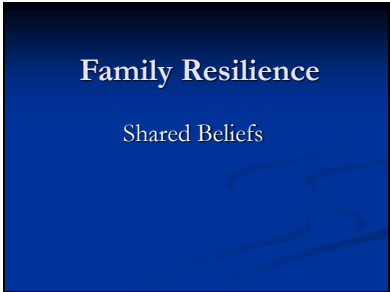
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Slide 50



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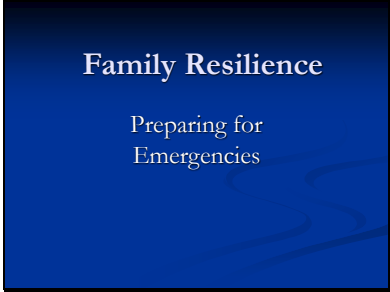
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Slide 51



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Slide 52



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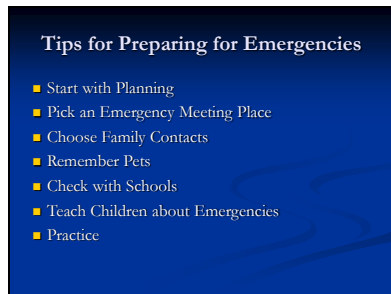
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Slide 53



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Slide 54



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Slide 58

**Critical Incident Stress Management (CISM)**

- An organized approach to Crisis intervention
- A "package" of crisis intervention techniques
- Trained Teams to support agencies and communities
- Peer Support

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Slide 59

**Professional Resources for Support**

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Slide 60



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Slide 61



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Slide 62

**Professional Resources**

- Counseling / Therapy
- Crisis Response Agencies
- EAP
- Medical
- Social Services
- PTSD recovery programs
- Spiritual Care
- Grief Resources

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