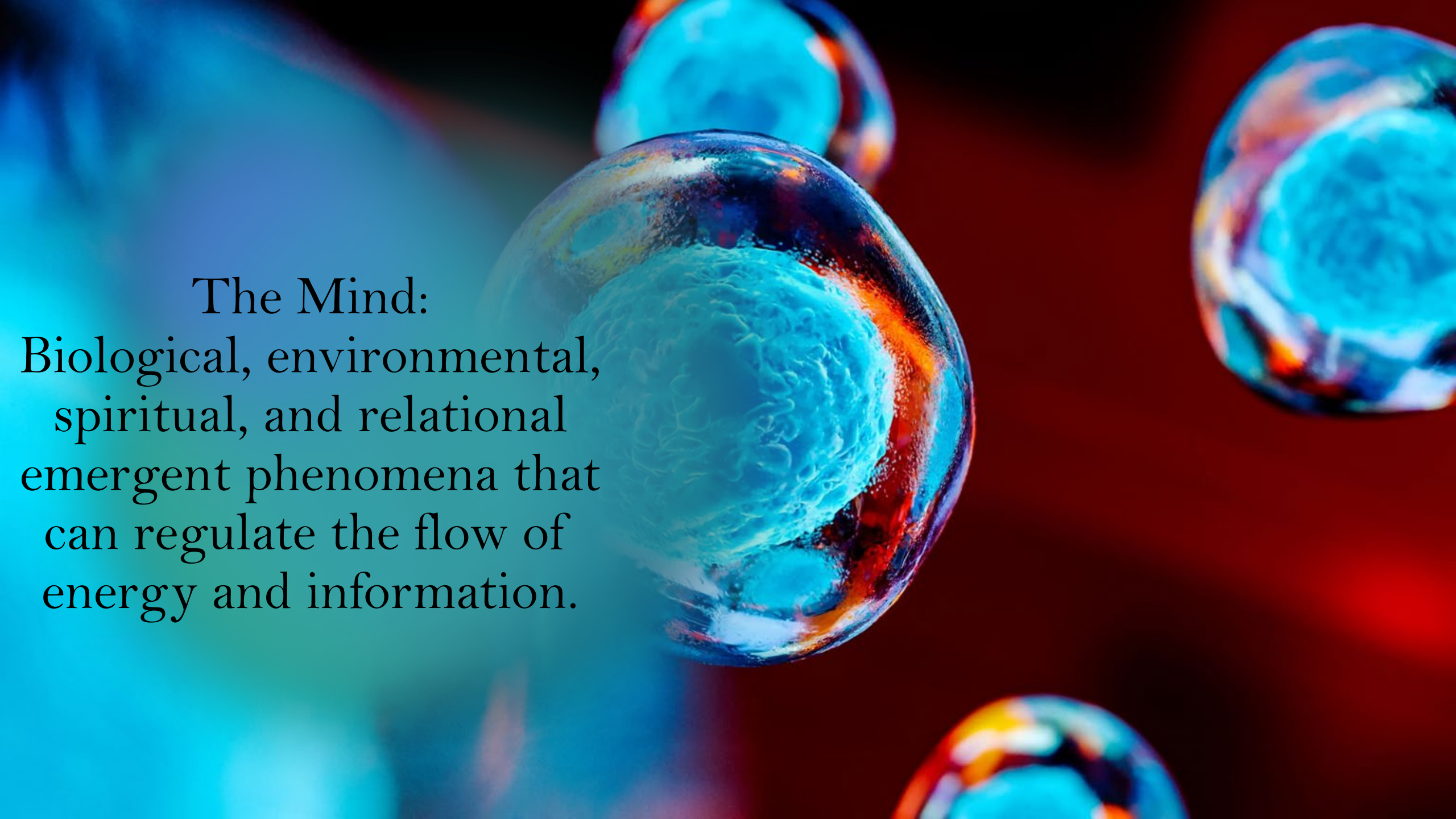


Trauma-Informed Mindfulness

- Mindfulness
 - Practice: Awareness and control of energy and information
 - Skill: Ability to bring awareness and volition into real-life situations
- Trauma-Informed Mindfulness Practice
 - AVOID: quieting or emptying the mind
 - Active: counting breaths, mantra, prayer
 - Practice with the person for safety and to avoid retraumatization
 - Encourage short individual practices
 - Reinforce the benefits of struggling!

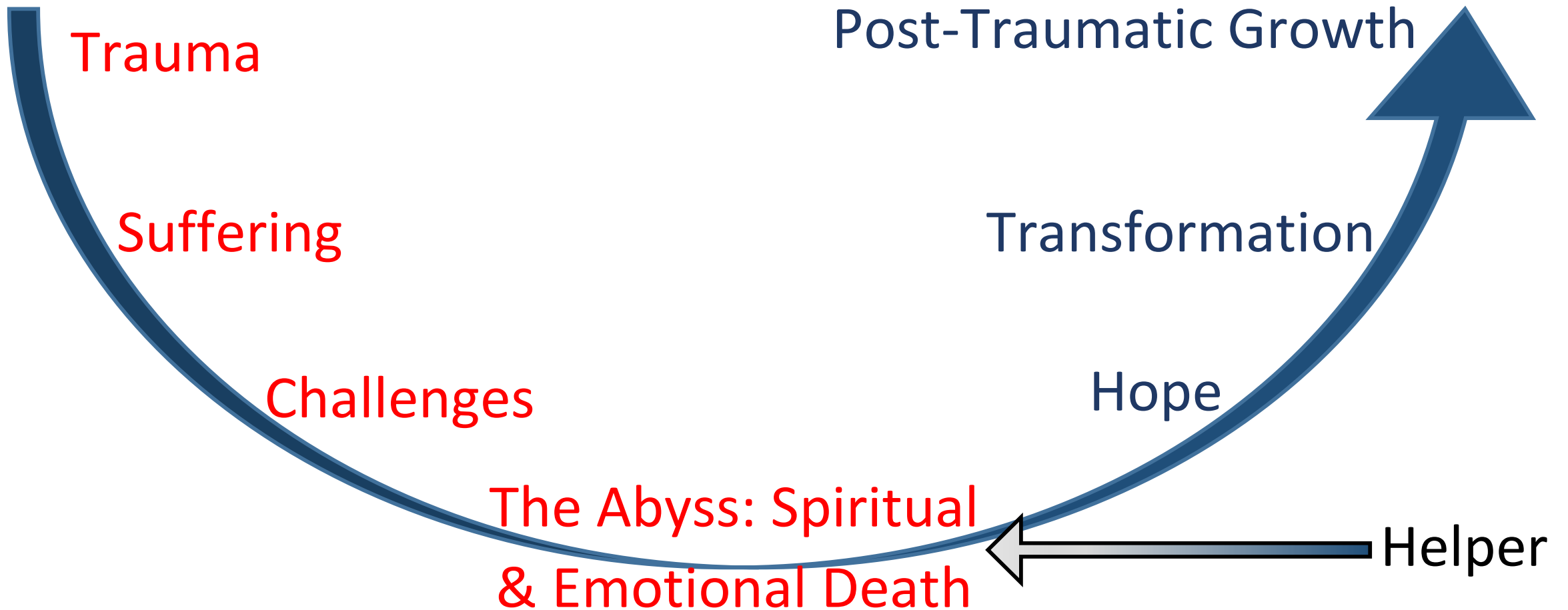


The background of the slide features several glowing, translucent spheres in shades of blue and red. These spheres have a textured, almost crystalline appearance, with internal patterns that suggest a complex, organic or perhaps quantum-like structure. They are set against a dark, gradient background that transitions from deep blue on the left to a rich red on the right. The lighting is dramatic, highlighting the edges and internal facets of the spheres, giving them a three-dimensional feel.

The Mind:
Biological, environmental,
spiritual, and relational
emergent phenomena that
can regulate the flow of
energy and information.

The Journey to Post-Traumatic Growth

Normal Life



Hope

MINDFULNESS TO MINDSETS



Hope: Resetting Personal Narratives

Anticipation of a better future and cessation of current pain and suffering activates the reward centers of the brain: Endorphin, Dopamine, and Serotonin

Role of helper: If trust is established, oxytocin (key to bonding) is also released, increasing sensitivity of the brain's natural opioid system to endorphins





Growth Mindset

"This growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way...they believe that a person's true potential is unknown (and unknowable); that it's impossible to foresee what can be accomplished with years of passion, toil, and training."

-Carol Dweck



From ~~Victim~~ to Hero

FIXED MINDSET

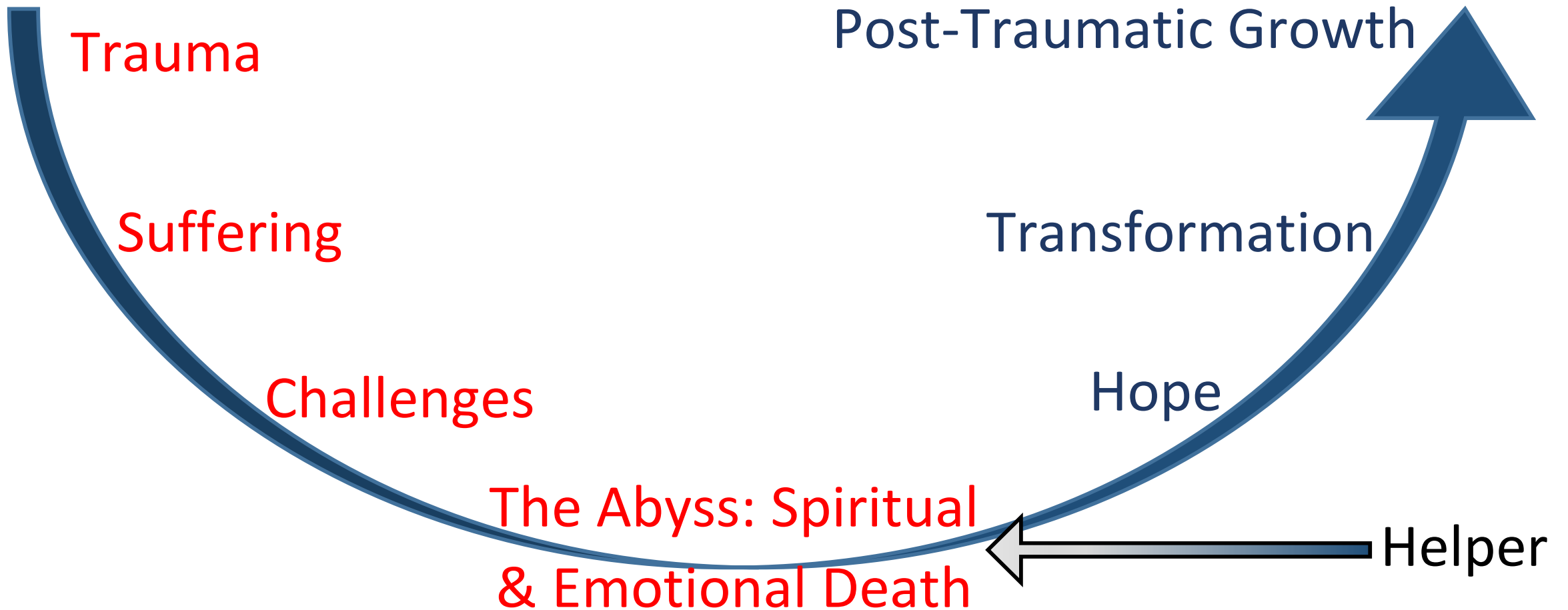
- Focused on being judged
- Trauma/situation bigger than self
- Increased depression/anxiety in face of hardship
- Belief that they are inferior
- Missed opportunities for growth and development

GROWTH MINDSET

- Focused on improvement
- Increased motivation in face of hardship
- Understand they have power in their outcomes
- Start taking on larger challenges

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Normal Life



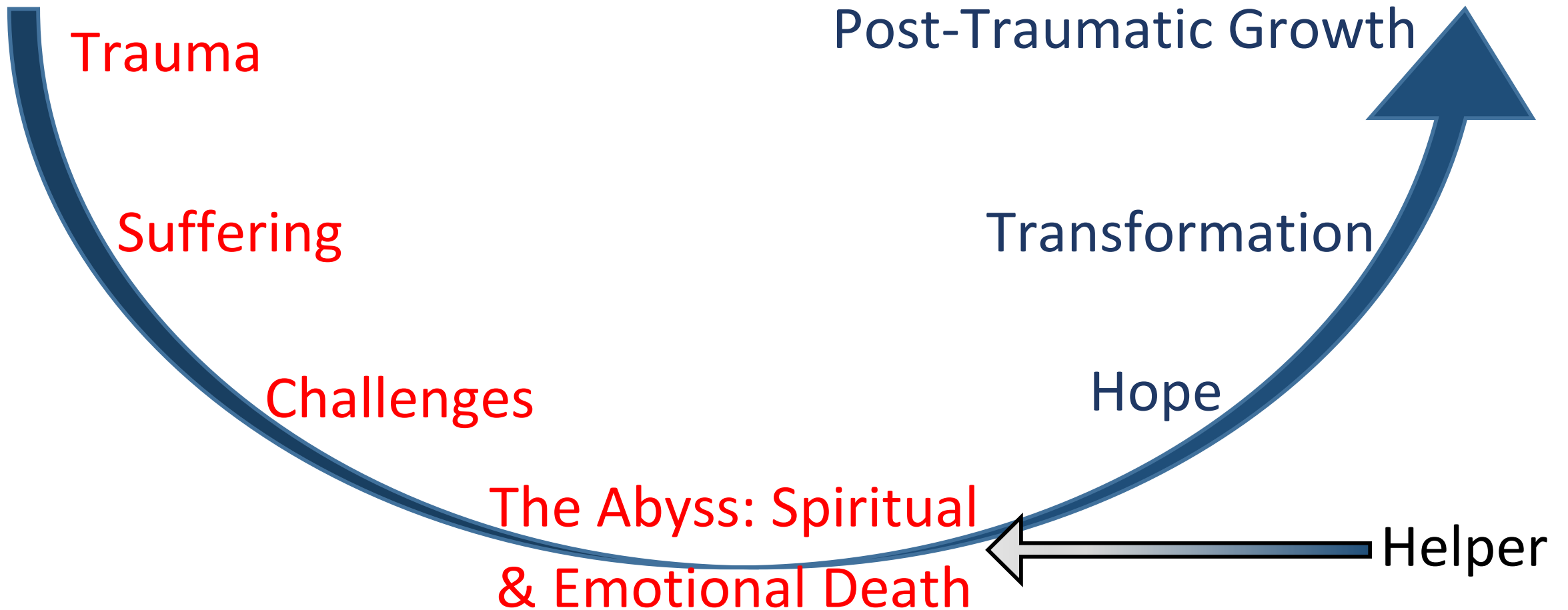
WMMAN

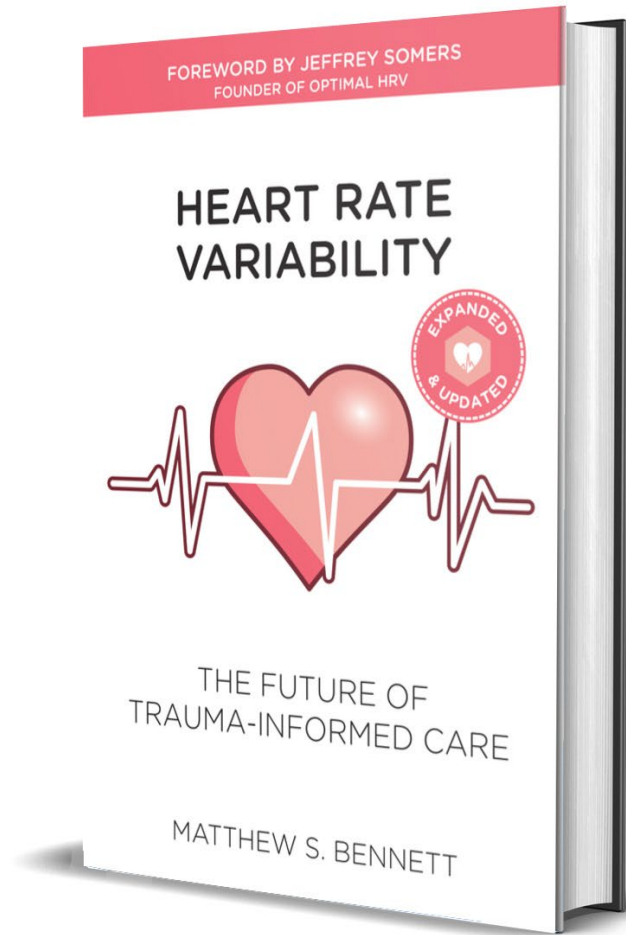
FEATURETTE

F HD

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- Thank you for all your work!