LIFE EXPERIENCES AND RESILIENCE (TRAUMA) Unit

KEY FOCUS OF THIS UNIT

The primary focus of these resources is awareness, insight, and more effective self-management of the impact of distressful life experiences, such as past traumatic events. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by distress tolerance, affect regulation, and coping skills, and tools designed to assist awareness and motivation for successful symptoms self-management and effective sleep hygiene.

Please note: While this unit is not designed as a PTSD therapeutic resource, it does provide a psycho-educational perspective. It may be assumed that nearly all participants have been exposed to traumatic events in their lives - including the universal experience of the trauma of incarceration. Some group members may have experienced the symptoms of post-traumatic stress, and certain others may qualify for a PTSD diagnosis. As with any program, the guidelines of "trauma-informed care" should rule. First: do no harm and seek to avoid making things worse.

- This unit teaches specific self-management skills.
- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

Key questions for participants:

- How do certain kinds of life experiences affect who you are today?
- How could certain kinds of life experiences affect what you choose to do going forward?

1	FFT Tom's Experience 15	M11.1 Strategies for having a great life 25	Worksheet TC How do certain kinds of life experiences 10-15	FFT Carlos 10
2	FFT Trauma - and life 15	SD3.1: Getting stronger with M11 element 25	Worksheet TB How can certain life experiences knock 10+	FFT Walter 10
3	FFT Marco 10	SD3.2: Getting stronger 30	Worksheet TJ Where you are 25	
4	FFT Edgar 10 (survivor guilt)	SD3.3: Getting stronger (survivor guilt) 20-25	Worksheet TH What can I do now? 20+	FFT Danny 10
5	FFT Afterwards 10+	SD3.4: Getting stronger 35	Worksheet TD2 Self awareness review 15	
6	FFT I don't feel... 15	SD3.5: Getting stronger (self-destructive) 25	Worksheet - What is the connection 15	
7	FFT PTSD 10+	SD3.6 and 3.7: Getting stronger 35	FFT Survival 15	

8	FFT Withdrawing 10	Di.7,1 - Isolation 35	Worksheet TA Life experiences and resilience 15	
9	TP8.1 Developing Resilience 35+	Worksheet TK Your own exposure 15	Worksheet - How are you dealing with these issues (decision matrix) 10	
10	TP8.2 Resilience 35	Worksheet Trauma self-efficacy scales 25		

Optional FFT: Another loss (topic is friend's suicide; available in JM and AM versions)

Key summary elements:
- Lesson # 9: Worksheet - How are you dealing with these issues (decision matrix)
- Lesson #10: Worksheet - Trauma self-efficacy scales

OUTCOMES

- "Build a life worth living." (Linehan)
- Participant functions successfully in daily living - and has the skills and motivation to maintain positive functioning.
- Envision and pursue positive life goals. Deal successfully with ordinary problems.

Improved general functioning through implementation of long-term personal mental health and self-care plan, including dealing with trauma issues.

- increased awareness - and insight - of issues relating to feelings and symptoms. Primary emphasis is anxiety relating to past trauma.
- increased acceptance that these feelings may have influenced some of their past issues and choices
- increased acceptance that these feelings and symptoms may be influencing some of their current issues and choices
- development of selected options for dealing more effectively with the above
- In practice against internal and external high risk situations presented in scenarios provided, demonstrate repeated successful coping
- assessment of personal situational confidence in dealing with these specific areas.
- key outcome is that they have the motivation - and an actual action plan - to handle some of these issues more successfully going forward. "Taking charge of your mind."

ADDITIONAL GOALS

- documentation of increased importance, confidence, and readiness for key changes (as assessed by MI-instruments and behaviors).
- positive social integration and functioning in the facility

- note specific health-related steps they will take, and areas for further development
- preparation for effective community and social reintegration upon release
- effective self-management continue to maintain positive and pro-active physical and mental health behaviors upon return to the community.
- Through completion of behaviorally-stated objectives, demonstrate effective implementation and action plans for successful integration of key strengths and protective factors targeted by program.