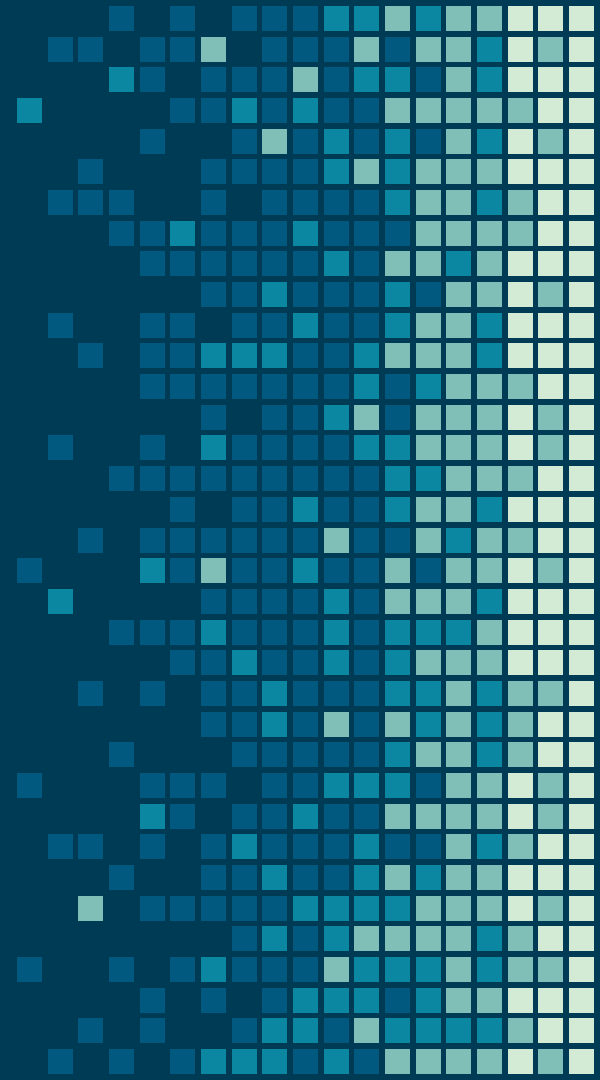


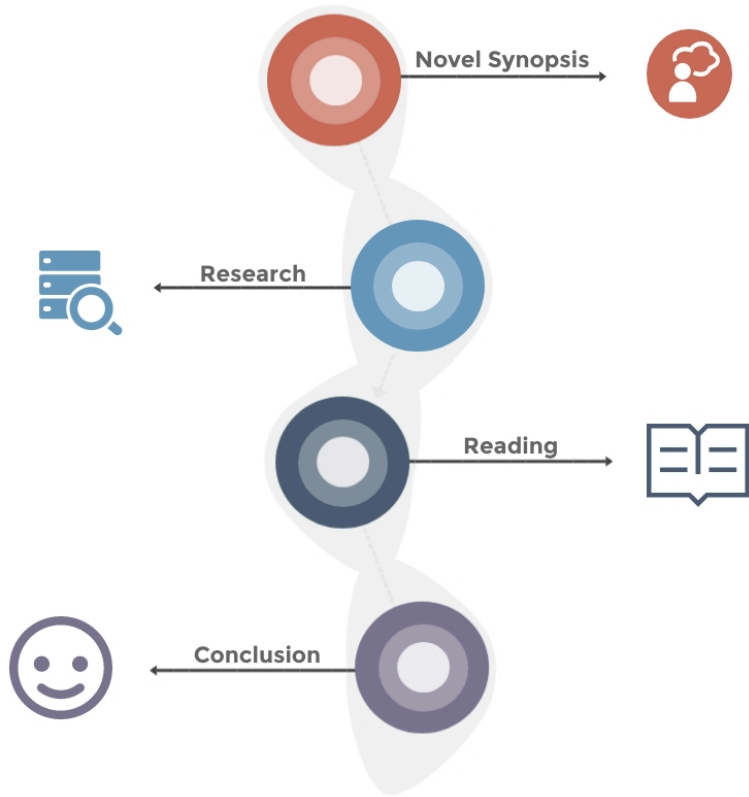
Overcoming Trauma in a Group Therapy Setting

Kate Vriesema

Gardner-Webb University

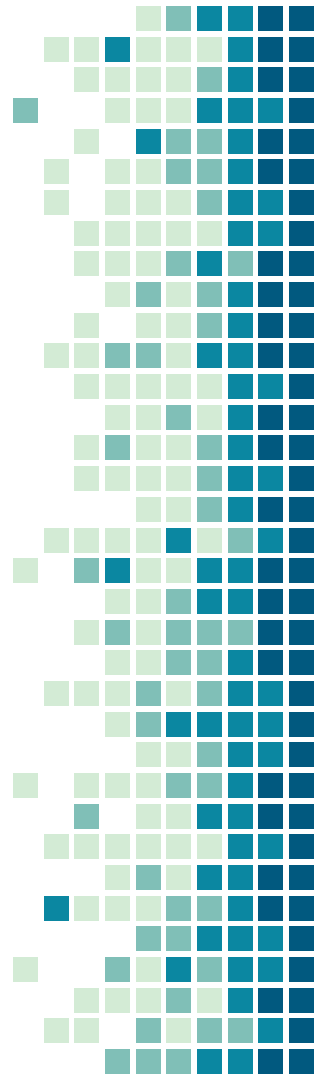


Presentation Outline

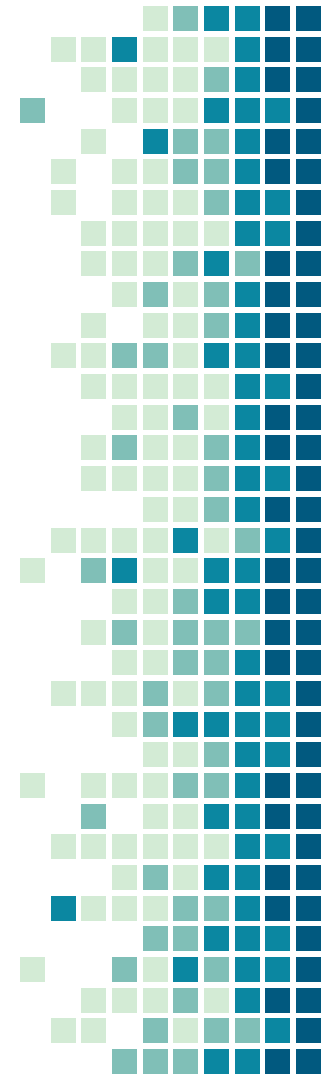


Synopsis

- After her parents are murdered, Jayden moves in with her aunt and uncle and their two children.
- After receiving an ultimatum, Jayden must attend group therapy sessions.
- Through group therapy, Jayden learns how to deal with the trauma she experienced.

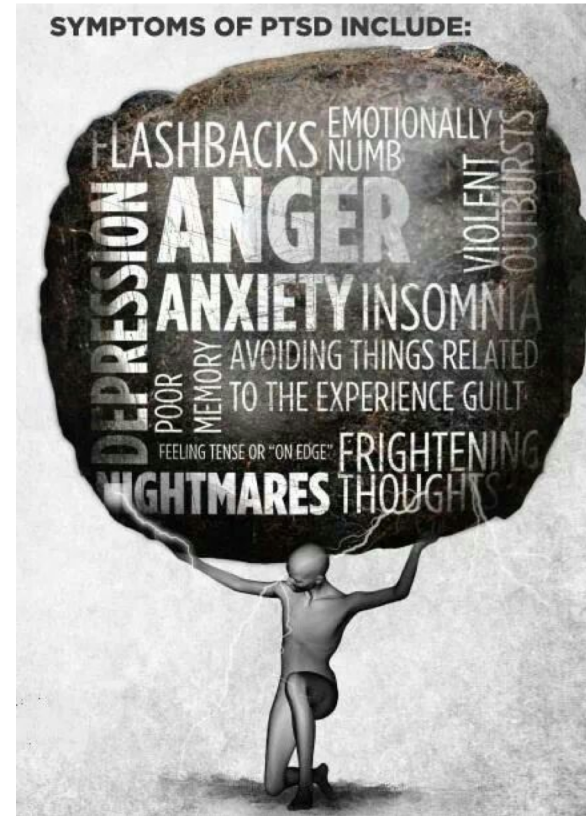


“Recovery can take place only in the context of
relationships; it cannot occur in isolation”
(Herman 133)

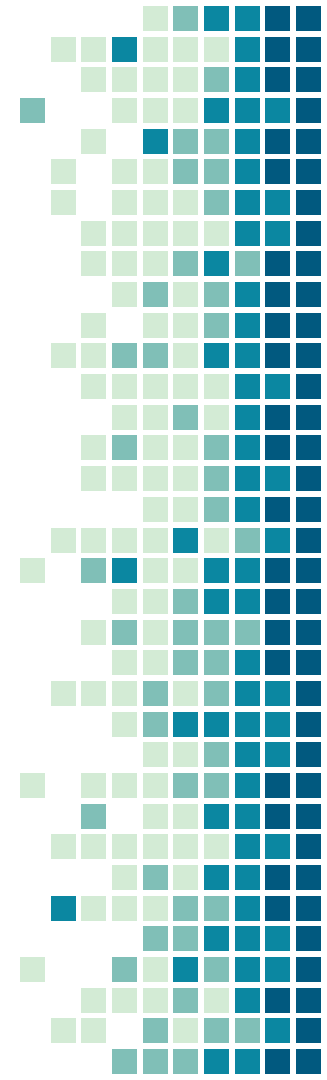


Symptoms of PTSD

- Hyperarousal
- Intrusion
- Constriction

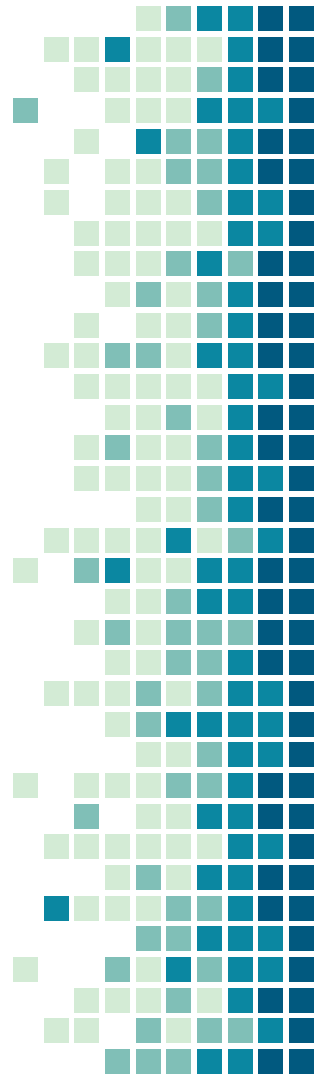


“According to the National Child Traumatic Stress Network, more than half of young people diagnosed with PTSD will later develop substance abuse problems” (Bougard et al. 196)



Turning the Tides©

- Consisted of 12 sessions ranging from 60-90 minutes
- Based on Judith Herman's three-stage model of trauma recovery and on Skills Training in Affective and Interpersonal Regulation (STAIR)
- Purpose was “to design a safe, confidential environment to help female adolescents cope with overwhelming feelings and trauma related stress” (Bougard et al. 198)



Session 1
Welcome & Self
Registration

Session 2
Safety – Coping
Skills

Session 3
Self-Esteem

Session 4
Empowerment

Session 5
Communication

Session 6
Family Connections

Session 7
Fighting
Stereotypes –
Empowerment &
Self-Esteem

Session 8
Healthy
Relationships &
Boundaries

Session 9
Abusive
Relationships

Session 10
Understanding
Addiction

Session 11
Emotional Well-
being & Coping
With Triggers

Session 12
Transition to the
Community:
Making Safe
Choices

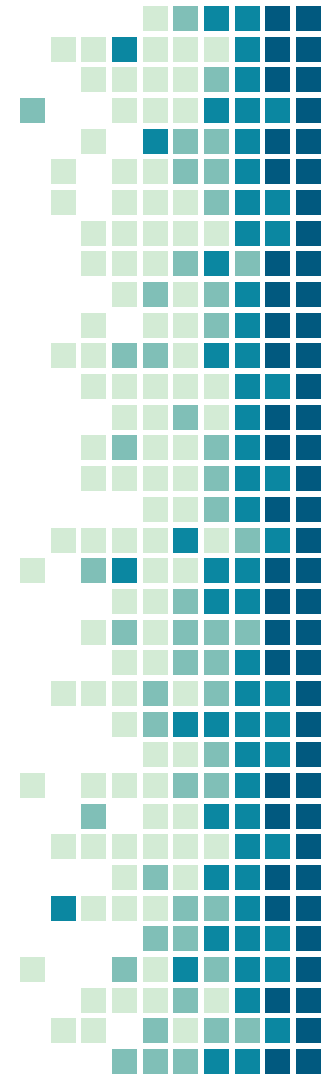


Table 1. *Turning the Tides*© Session Content and Activities

| | |
|-----------|--|
| Session 1 | <p>Welcome & Self-reflection</p> <p>GOALS: Encourage patients to begin to reflect upon their sense of self, their comfort level with the group as well as provide overview of the group content, ground rules, and process.</p> <p>ACTIVITY: As a group patients decide on ground rules for group (confidentiality, respect, etc.) Individually, patients write a letter to themselves describing something they want to change/let go of/heal from in their life.</p> |
| Session 2 | <p>Safety—Coping skills</p> <p>GOALS: Review the stages of healing with an emphasis on safety as the most important step in treatment. Discuss and teach new ways to be safe, utilize coping skills.</p> <p>ACTIVITY: Patients choose safe coping skills from a list provided or can create their own. Patients use these to create a collage or something creative (index cards, bookmarks, etc.)</p> |

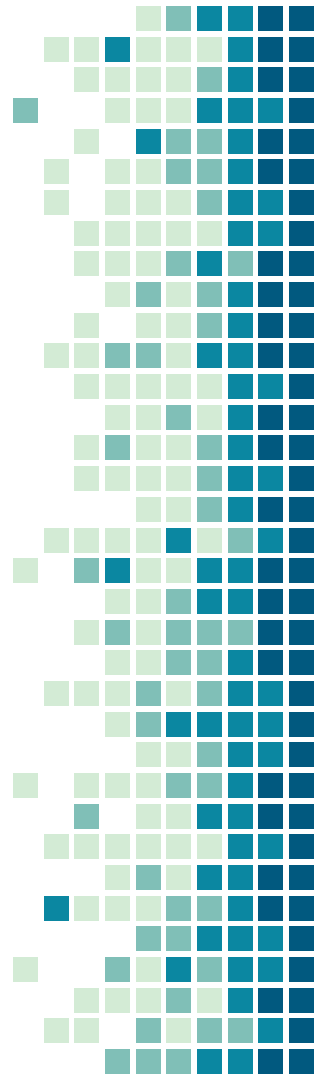
Character Guide

- LilyPad (group leader)
- Pinnacle (Jayden)
- Reflection (Wes)
- DBB (Death by Boredom)
- Green Eyes
- Pandora



Conclusion

- Implemented the effects of Jayden's PTSD
- Implemented the idea of a curriculum
- Implemented an activity based on the curriculum



Works Cited

- Bougard, Katherine Gardner, et al. “Turning the Tides: Coping with Trauma and Addiction through Residential Adolescent Group Therapy.” *Journal of Adolescent and Child Psychiatric Nursing*, vol. 29, no. 4, 2016, pp. 196-206. *Wiley Online Library*. doi: 10.1111/jcap.12164.
- Herman, Judith. *Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror*. New York, Basic Books, 1992.