Welcome to the ITRC Training Program

Building, Repairing, and Connecting Social Support Networks Across Boundaries

With Dr. Daniel Aldrich
March 23, 2021

Many Thanks To Our Co-Sponsors
Resilience Pause

“Presencing” (Self-Regulation) Skills:
To regulate the “push” of stress hormones, calm the body, mind, and emotions, and enable clear thinking and decisions in adversity.
Update

Dr. Theopia Jackson to join me during the April 6 final session of the ITRC Training Program.

Professor at Saybrook University and President of the Association of Black Psychologists.

She will discuss the intersectionality of complex traumas and how to build resilience in communities of BIPOCs.
Recap of “Presencing” and “Purposing”

Teaching people age and culturally-accountable skills and methods to:

- **Regulate** the “push” of their stress hormones in adversities—what we call **Presencing** (or self-regulation)

  *and then*

- **Intensify** the “pull” of meaning, purpose, and hope—what we call **Purposing** (or adversity-based growth)
Simple Age, Culturally-Accountable, and Self-Administrable “Presencing” Skills

**Body-Based (Somatic) Skills**
- Tracking
- Grounding
- Help Now

**Breath-Based Skills**
- Controlled breathing
- Six-second breathing
- Mindful breathing

**Culturally-Based Skills**
- Music, dance
- Rituals
- Sharing meals

**Faith-Based Skills**
- Prayer
- Dialogues with others
- Reading sacred texts

**Connection-Based Skills**
- Emotional support
- Practical assistance
- Helping others

**Nature-Based Skills**
- Being outside
- Caring for animals
- Viewing nature

**Other**
Transformational Resilience Through Purposing: moving well beyond previous levels of functioning while holding the pain of trauma

Requires a Choice:
Continue to suffer, or use the experience to learn, grow, and find new sources of meaning, purpose, and hope in life

Adapted from S. Joseph, *What Doesn't Kill Us* (pp. 69)
Key Elements of Purposing  
(Adversity-based Growth)

**Watch**—for insight and meaning in adversities.

**Tap**—into the core values you want to live by in the midst of adversity.

**Harvest**—hope for new possibilities.
Identify a time when you used an adversity as a catalyst to learn, grow, and find new sources of meaning and purpose in your life—or saw others that did?

**Examples**

- Re-dedication to a goal or mission after a setback
- Developed new priorities in your life after trauma
- Decided to eat better, get more exercise, or in other ways take better care of yourself after illness
- Greater empathy for others after your own tragedy
- Identify new personal strengths by observing your response to hardship
- Deepened understanding of others as result of seeing how you were affected by adversity
- More desire to help others due to help you got
- Start of a new spiritual quest after trauma

If you are willing, share your example in Chat
Recap Purposing
(Adversity-based Growth)

If you identified an example, you already know how to use adversity to learn, grow, and find new meaning & purpose in life.

1. How can you use this capacity in midst of other adversities?

2. How can you help others realize they have this capacity?

If you are willing, share your thoughts in Chat
Recap Purposing
Determine How to Live with Dignity and Pride in Midst of Adversities
(Adversity-based Growth)

1. Constantly take a moral inventory of yourself by *Non-Judgmentally Asking*: What type of person do I want to be?

   - How do I want to **treat and think about myself** during my life?
   
   - How do I want to **treat other people**?
   
   - How do I want to **treat the natural environment**?
   
   - How do I want to **be remembered** after my time on earth ends?
2. Go through this list of values and **identify the top 3** that would allow you to **live dignity and pride** and **be the person you want to be** in adversities.

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<thead>
<tr>
<th>Personal responsibility</th>
<th>Reverence for human life</th>
<th>Social equity</th>
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</thead>
<tbody>
<tr>
<td>Honesty</td>
<td>Honor</td>
<td>Integrity</td>
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<td>Fairness</td>
<td>Loyalty</td>
<td>Charity</td>
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<td>Patience</td>
<td>Social justice</td>
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<td>Compassion</td>
<td>Respect for authority</td>
<td>Respect for others</td>
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<td>Simplicity</td>
<td>Humility</td>
<td>Status</td>
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<td>Protection of nature/climate</td>
<td>Self-sufficiency</td>
<td>Brotherhood</td>
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<td>Generosity</td>
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<td>Selflessness</td>
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<td>Gratitude</td>
<td>Personal safety</td>
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<td>Independence</td>
<td>Rank and power</td>
<td>Forgiveness</td>
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<td>Family</td>
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<td>Community</td>
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<td>God</td>
<td>Love</td>
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Spirituality is an Important Guiding Value for Many People

Many people find meaning, purpose, and hope in adversity by tapping into their religious or spiritual beliefs & values.
Bring to mind a distressing event you have experienced.

Did you **live out your core values** during the event?

If not, is there something you could have **done differently** to live with **dignity** and **pride** and **be the person you want to be** during the event?

If you are willing, share any insights in Chat.
One of the most powerful way to calm yourself and live with dignity and pride in adversities is to:

• Help your close family and friends – your social support network

• And help other social support networks.

It is an honor to introduce Dr. Daniel Aldrich
Helpful Resources


• **How Social Ties Matter in Crisis**, (2020). Dr. Daniel Aldrich
  [https://www.youtube.com/watch?v=B02t50mZwbU](https://www.youtube.com/watch?v=B02t50mZwbU)

• PrepTalks: Dr. Daniel Aldrich "Social Capital in Disaster Mitigation and Recovery":

• **What Doesn’t Kill Us.** (2013). Dr. Stephen Joseph, Basic Books.

• Growth Following Adversity: Positive Psychological Perspectives on Posttraumatic Stress, (2009). Dr. Stephen Joseph:

If you want CE credits please remember to Sign Out (found in chat)

Please also complete the Session Evaluation

Next Week’s Session: Tuesday March 30

Empowering Neighborhoods to Achieve Their Resilience Goals

Daniel Homsey and Felisia Thibodeaux,
SF Neighborhood Empowerment Program,
and Father Paul Abernathy, Pittsburg Neighborhood Resilience Project