

ONLINE CONFERENCE

Trauma therapy and post-traumatic growth

Theory, first aid and complementary therapy

What is trauma and what is not trauma?

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Inner Quiet

Quiet I bear within me,
I bear within myself
Forces to make me strong.

Now will I be infused
With their glowing warmth.
Now will I fill myself
With my own will's resolve.

And I will feel the quiet
Pouring through all my being
When by my steadfast striving
I become strong
To find within myself
The source of strength
The strength of inner quiet.

Rudolf Steiner

Ich trage Ruhe in mir

Ich trage Ruhe in mir.
Ich trage in mir selbst die Kräfte,
die mich stärken.

Ich will mich erfüllen
mit dieser Kräfte Wärme.
Ich will mich durchdringen
mit meines Willens Macht.

Und fühlen will ich,
wie Ruhe sich ergiesst
durch all mein Sein,
wenn ich mich stärke,
die Ruhe als Kraft
in mir zu finden,
durch meines Strebens Macht.

Rudolf Steiner

Я ношу в себе покой

Я ношу в себе покой,
Я ношу в себе самом
Укрепляющие меня силы.

Я хочу наполнить себя
теплом этих сил,
Я хочу пронизать себя
Властью моей воли.

И чувствовать хочу я,
Как изливается покой
Через всё моё бытие,
Когда я стараюсь
Найти в себе
покой как силу
Всей мощью моего
стремленья.

Рудольф Штайнер

Я несу у собі спокій

Я несу у собі спокій.
Я несу в собі самому
сили, що зміцнюють мене.

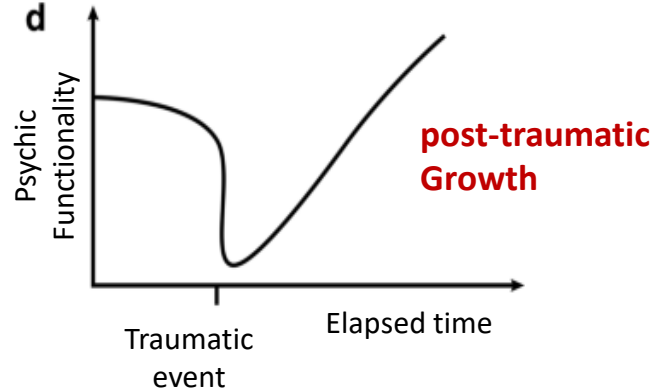
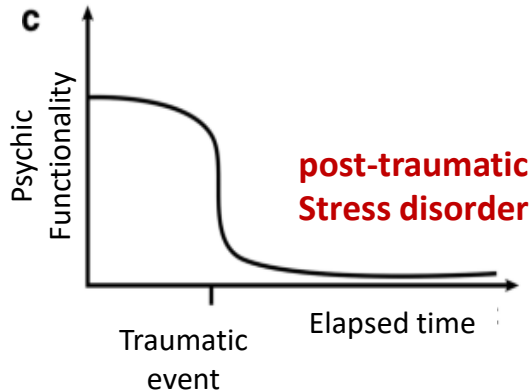
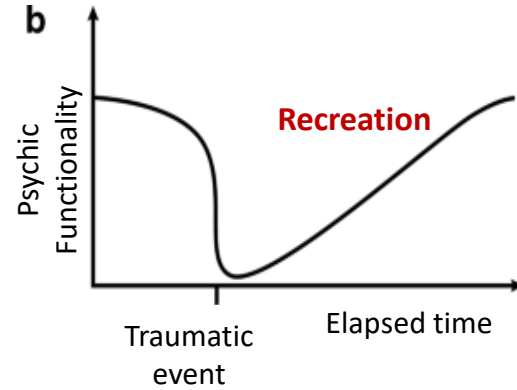
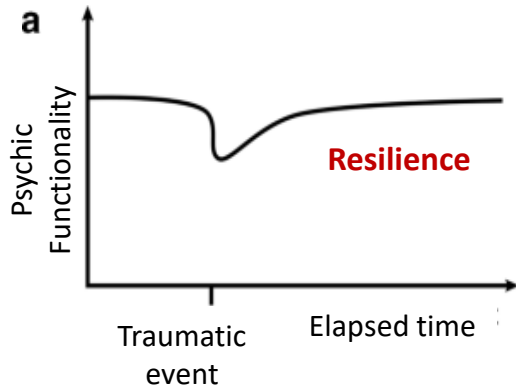
Я хочу наповнити себе теплом
цих сил.
Я хочу пронизати себе владою
моєї волі.

І відчувати хочу я,
як спокій тече через всю мою
істоту,
Коли я зміцнюю себе,
щоб, як силу в собі,
Віднайти спокій силою мого
устремління.

Рудольф Штайнер



Resilience and post-traumatic growth



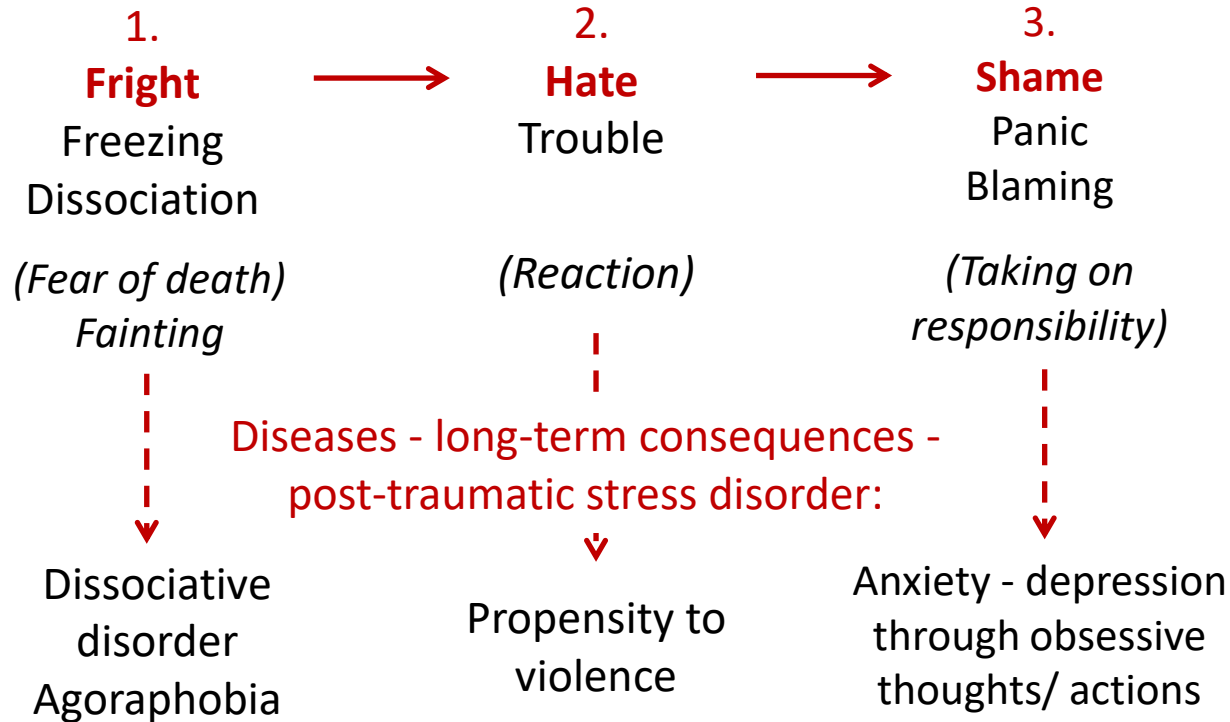


Causes of Trauma

- War experiences and imprisonment in camps and hostages
- sexual attacks and sexual abuse
- Grief and loss after the death of family members and partners
- rheumatic arthritis
- HIV infection
- Cancers
- Bone marrow transplant
- Heart attacks
- Accidents
- House fires



Traumatic stress reaction





Traumatic stress reaction: symptoms

Process of trauma reaction - comorbidities of post-traumatic stress disorder

- In a life-threatening frightening situation, ‘freezing’, and cold (blood pools centrally) happens first - with dissociation or confusion (in consciousness), or powerlessness (in fear of death), unable to do anything.



Traumatic stress reaction: symptoms

Trauma reaction process - comorbidities of post-traumatic stress disorder (cont.)

- Overcoming through an impulse of hatred and anger or flight impulse, when physiologically a circulatory reaction, a flow of blood into the periphery: a blush with shame or panic, which can lead to anxiety, depression, doubt and dissociation.



Post-traumatic stress reaction: symptoms

- repeated resurgence of the trauma as intrusive memories (intrusions, as flashbacks), dreams, as nightmares
- constant feeling of numbness and emotional dullness, bleakness, indifference also towards the environment.
- avoiding activities and situations that could trigger the memories of the trauma.
- a feeling of overexcitement with increased attention, increased anxiety, sleep is usually disturbed.
- distorted and estranged perception of the world and the body

What strategies are there to deal with trauma?



General:

- the presence of positive emotions
- social support
- creating meaning from experience

Stabilization:

- is regarded as the first of the three phases of trauma treatment and as a prerequisite for successful trauma confrontation and integration according to Janet (Regina *Lackner*, 2021)



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Further information (German):

www.achtsamwerden.ch

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