

Journey to Wholeness

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Building Authentic Connection

Reconnecting • Reimagining • Revitalizing



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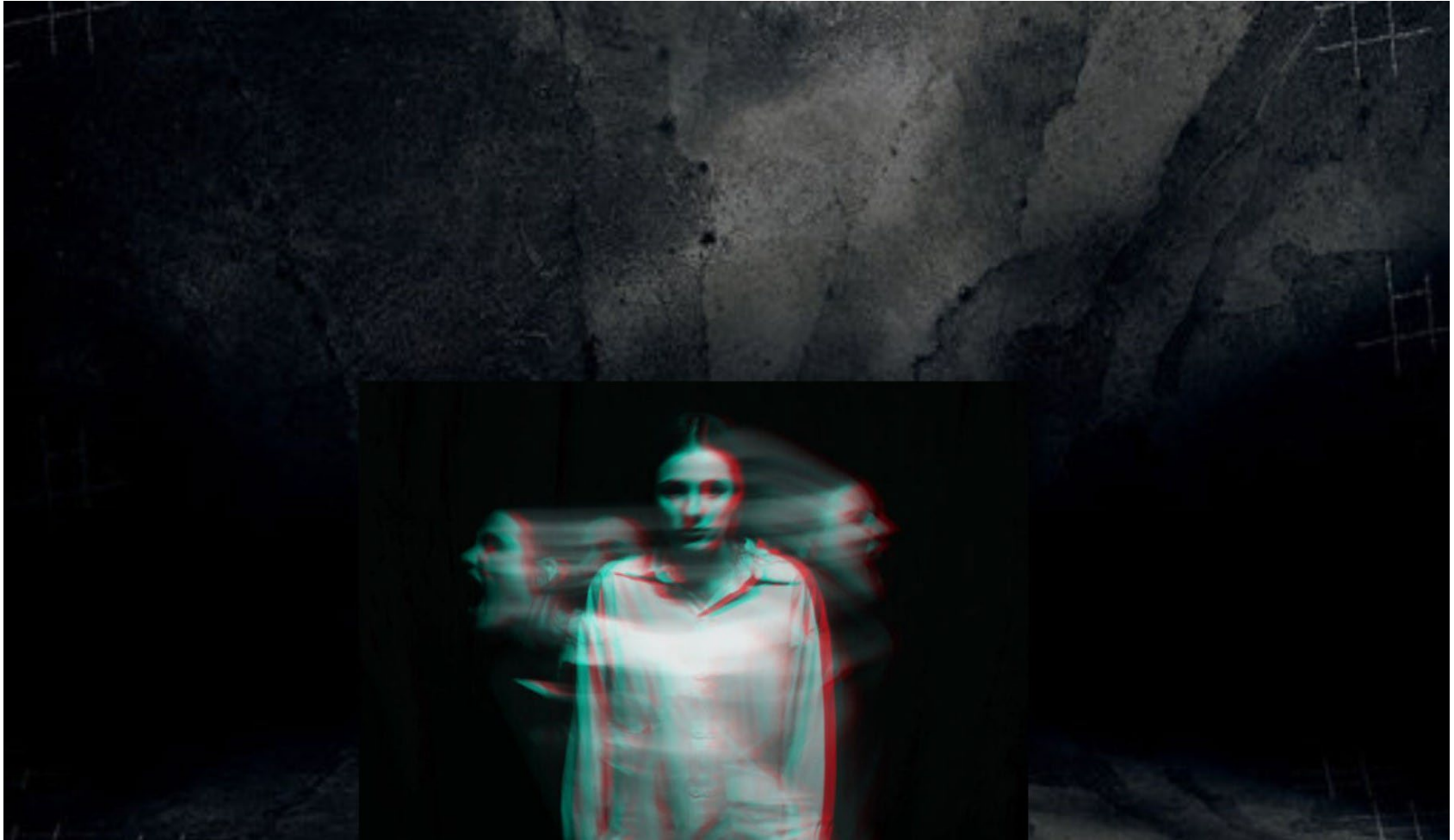


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The Dark Years



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The Force is Strong in this One



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Resilience

Resilience is the ability to recover from difficult experiences and setbacks, to adapt, move forward and sometimes even experience growth.

Tools common to resilient people are optimism (that is also realistic), a moral compass, religious or spiritual beliefs, cognitive and emotional flexibility, and social connectedness. The most resilient among us are people who generally don't dwell on the negative, who look for opportunities that might exist even in the darkest times.

<https://www.nytimes.com/2020/06/18/health/resilience-relationships-trauma.html>



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Trauma-informed

The Substance Abuse and Mental Health Services Administration (SAMHSA) six principles that guide a trauma-informed approach, including:

- Safety
- Trustworthiness & transparency
- Peer support
- Collaboration & mutuality
- Empowerment & choice
- Cultural, historical & gender issues

<https://www.samhsa.gov/resource/dbhis/infographic-6-guiding-principles-trauma-informed-approach>



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Person-centered

Person-centered therapy, as envisioned by psychologist Carl Rogers, was a movement away from the therapist's traditional role as an expert and leader, and toward a process that allowed clients to use their own understanding of their experiences as a platform for healing.

The success of person-centered therapy generally relies on three conditions:

1. Unconditional positive regard
2. Empathetic understanding
3. Congruence, or genuineness

<https://www.psychologytoday.com/us/therapy-types/person-centered-therapy>



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Strength-based

Strength-based aspect focuses on individual capacities, preferences, and goals. Individual is core participant in the development of the plans and goals of treatment.

Effective person-centered care *strengthens* the voice of the individual, builds **resiliency**, and fosters recovery.

<https://www.samhsa.gov/certified-community-behavioral-health-clinics/section-223/care-coordination/person-family-centered>



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For the seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out, and everything changes. To someone who doesn't understand growth, it would look like a complete destruction.

— Cynthia Ocelli



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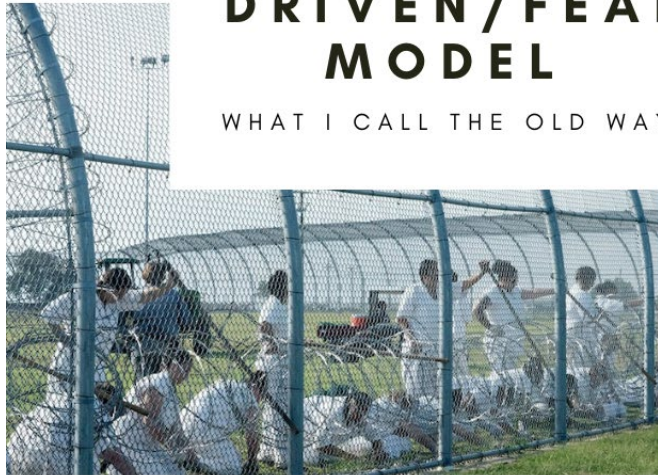
Work in Progress





25 YEARS OF PUNISHMENT DRIVEN/FEAR MODEL

WHAT I CALL THE OLD WAY



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4 years of Person-Centered, Strength Based, Trauma Informed care



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