

CASRA Morning Session

Recovery, Healing and Resilience

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Why are we here?...

What's your name?

What's your job or role that got you to this event?

What's the reason under the reason you're here?



CASRA Member Leadership...

Employment

Welcoming Services

Spiritual Conversations

See People as Gifted

Harm Reduction

Peer Supports

Trauma Informed

Recovery Principles



**What is the purpose
of an opening session
at a conference?**

Diversionsary Humor:

“Break-time from the work and stress!.”

The Next New Thing:

“Do this and things will be a lot better.”

Stories of Success:

“If this doesn’t get you goin’, nothing will!”

Expert Panels:

“We’re all engaged, how about you?”

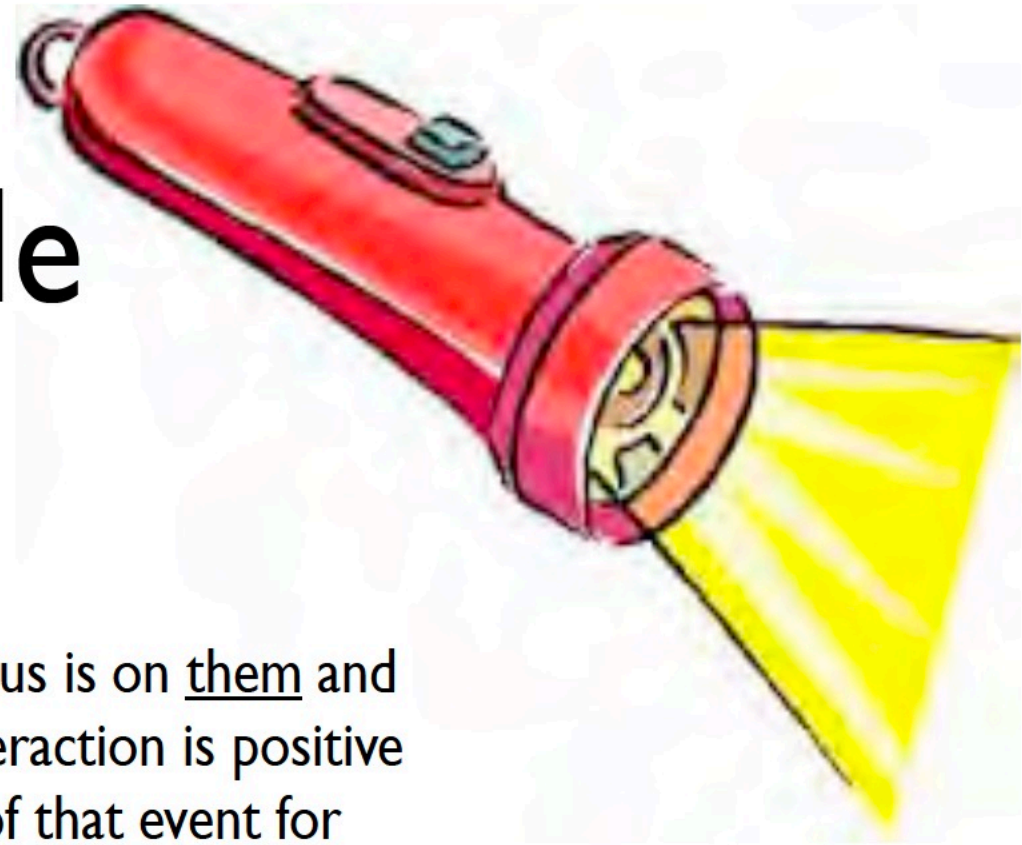
**Do any of those things
really work?**

So, what does work?

Resiliency:

“The maintenance of high levels of positive feelings in the face of significant adversity.”

The Flashlight Rule



When you are helping another person, the focus is on them and your resilience is DRAINING whether the interaction is positive or negative. When you make meaning out of that event for yourself, the focus is on you and your resilience INCREASES.

Transforming Vicarious Traumatization:

1. Create meaning
2. Engage in activities that are meaningful to you
3. Infuse a current activity with meaning
4. Engage in activities that challenge you
5. Challenge your negative beliefs and assumptions
6. Engage in activities that help you feel a sense of accomplishment
7. Participate in community-building activities

Karen W. Saakvitne
Laurie Anne Pearlman

The core of resiliency: Back to basics

**I am loved.
I belong.**

Primary Factors in Employee Retention

- Relationships
- Meaning-making
- Authority
- Learning

Why are we here?...



Re-cement our gifts and our vision

Share and witness each other's stories

Remind ourselves of our courage and capacity to change.

Looking Back...



Looking back, what's a belief or a way you did your work and you now realize wasn't good?

What do you now know is a better belief or way?

What Matters to You?

What are the three most important ways you want to be seen by others in your workplace?



It Takes Courage...



What's something you've done in your workplace in the last couple months that took some courage?

It Takes Courage...



From Recovery to What????

It Takes Courage...



From Recovery-Centered to Healing-Centered

It Takes Courage...



**Healing does NOT mean to
"make whole" or "recover."**

Why Focus on Healing?

REHABILITATION AND
Transformation

CURE VERSUS

PAIN VERSUS

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Healing

PAIN VERSUS

Suffering

It's time...



**Healing movements are
converging around the same
universal principles...**

**ENVIRONMENTAL • "ISM'S" •
JUSTICE/EQUITY • CIVIC**

Healing Means...



SACREDNESS OF LIFE

Our brokenness is part of our wholeness.

Totality of my personal experience.

Totality of the collective experience.

Everything touches everything else.

Healing is past, present and future oriented.

Gifts and wounds are everyone's story.

Composting and Hospicing are constant.

Healing DISCUSSION...



WHICH OF THOSE PRINCIPLES IS MOST INTERESTING TO YOU? WHY?

Healing DISCUSSION...



WHAT DOES "HEALING" MEAN TO YOU?

HOW DO YOU KNOW IF YOU ARE HEALED?

WHAT ARE SOME WAYS YOU HAVE HEALED?