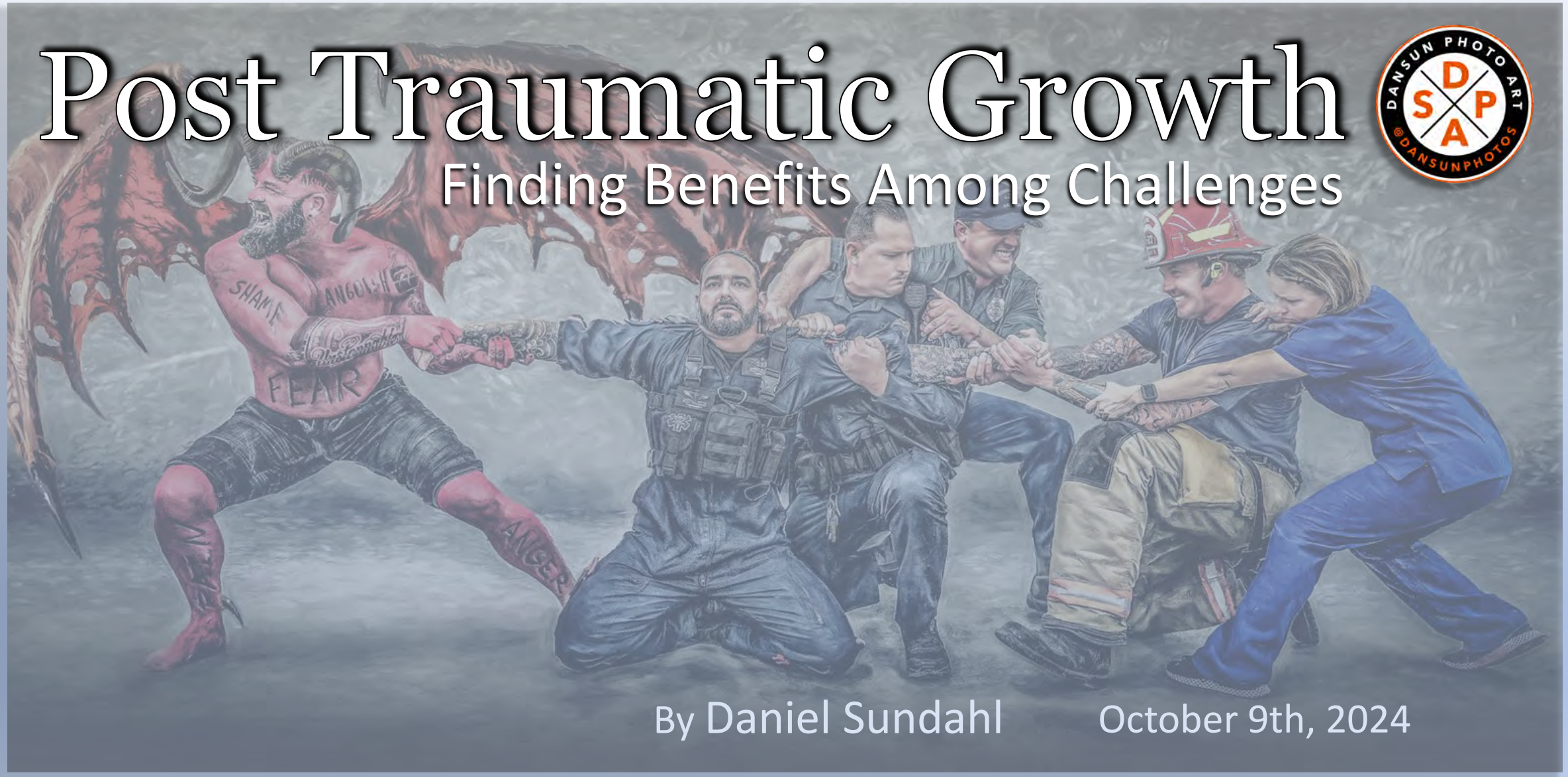
Post Traumatic Growth

Finding Benefits Among Challenges



By Daniel Sundahl

October 9th, 2024

Recovery

Trauma



Pain + Unwillingness to Have Pain = Trauma

Pain + Willingness to Walk into Pain = Growth







Tragically Optimistic




LEDUC FIRE
L-1


LEDUC FIRE
CITY OF LEDUC
FIRE SERVICES


Pierce
LEDUC
FIRE
1
Alberta
BRJ-5470
OUR FAMILY
PROTECTING YOURS
1
ZZS-535


LEDUC FIRE
FE-4
CITY OF LEDUC
FIRE SERVICES



Sleep Disorder





Memory Gaps



Disassociation

Hallucinations



Sensitive to loud Noises





Withdrawn



Social Isolation

Anxiety



Apathy





Substance Use as a Coping Mechanism

Physical Numbness





Easy to Anger



Lack of Confidence

Crying for No Reason





Decreased Sex Drive



Invasive Thoughts

Depression



Thoughts of Death & Dying




Suicide


DESPAIR
SUICIDE
ATTACK
SHAME
DANGER
PRESSURE
BLAME
ISOLATION
STIGMA
PTSD
ACCUSATION
INSULT
FEAR
ANGER
DISCREDIT
DEPRESSION
ABUSE
CRITICISM
HUMILIATION
PEER
SUPPORT


NHS
PLEASE
2016


HELP


Please
Help
I'M
FINE

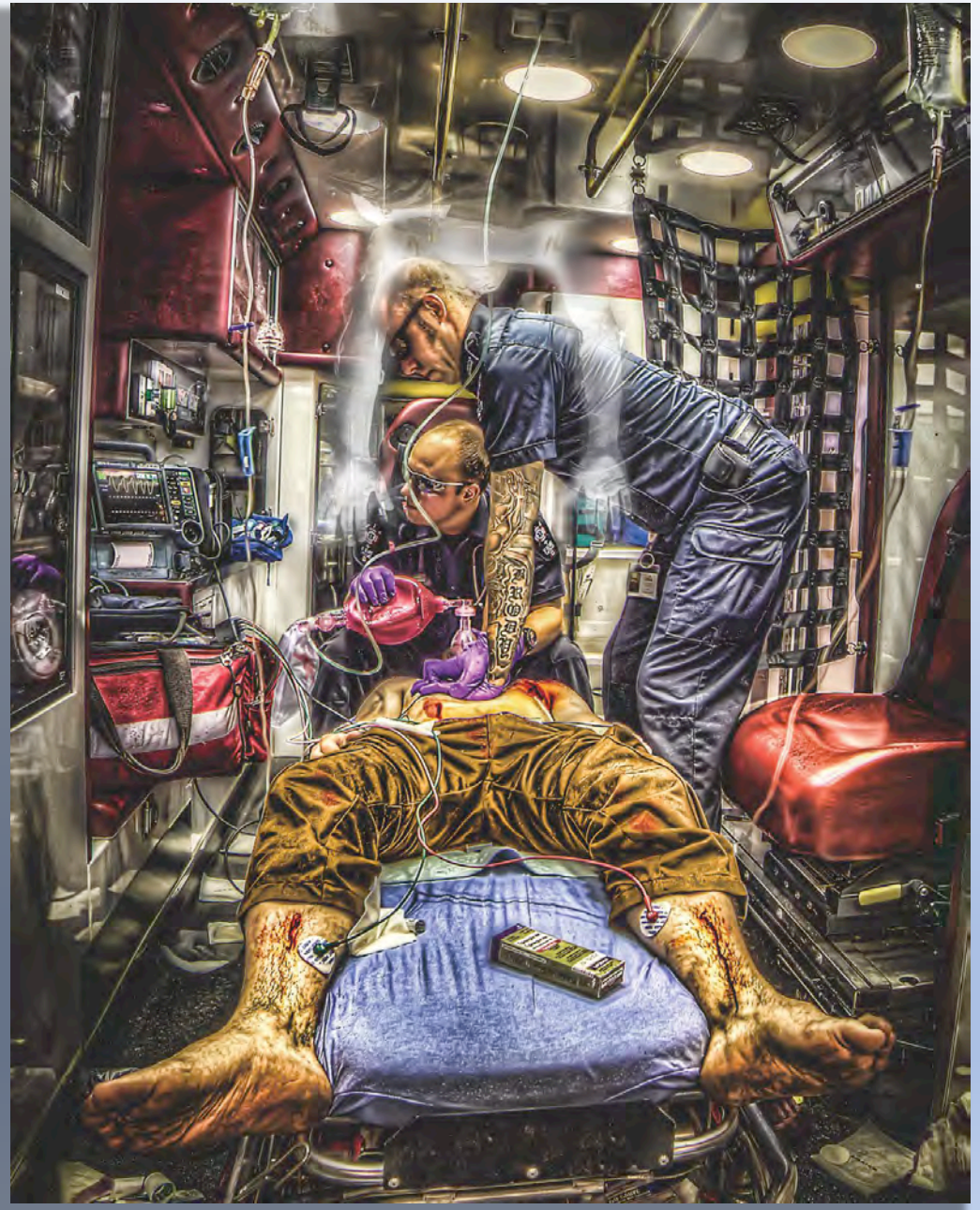
The Fatal Ten

Dr. Olivia Johnson – The Blue Wall Institute

1. Interpersonal Relationship Issues
2. Substance Abuse & Addiction
3. Cumulative Trauma & Stress
4. Sleep Disturbances
5. Mental Health Concerns
6. Medical Issues
7. Firearm Access
8. Under Investigation
9. Pending/Nearing Retirement
10. Other Major Life Events/Situations



My Solution






FERNO
CITY OF
FIRE
EMS
LEDUC


2015
FIRE
RESCUE


FIREFIGHTER PARAMEDIC
FIRE EDUC








EXIT
STOP
GNH
stryker


FERNO

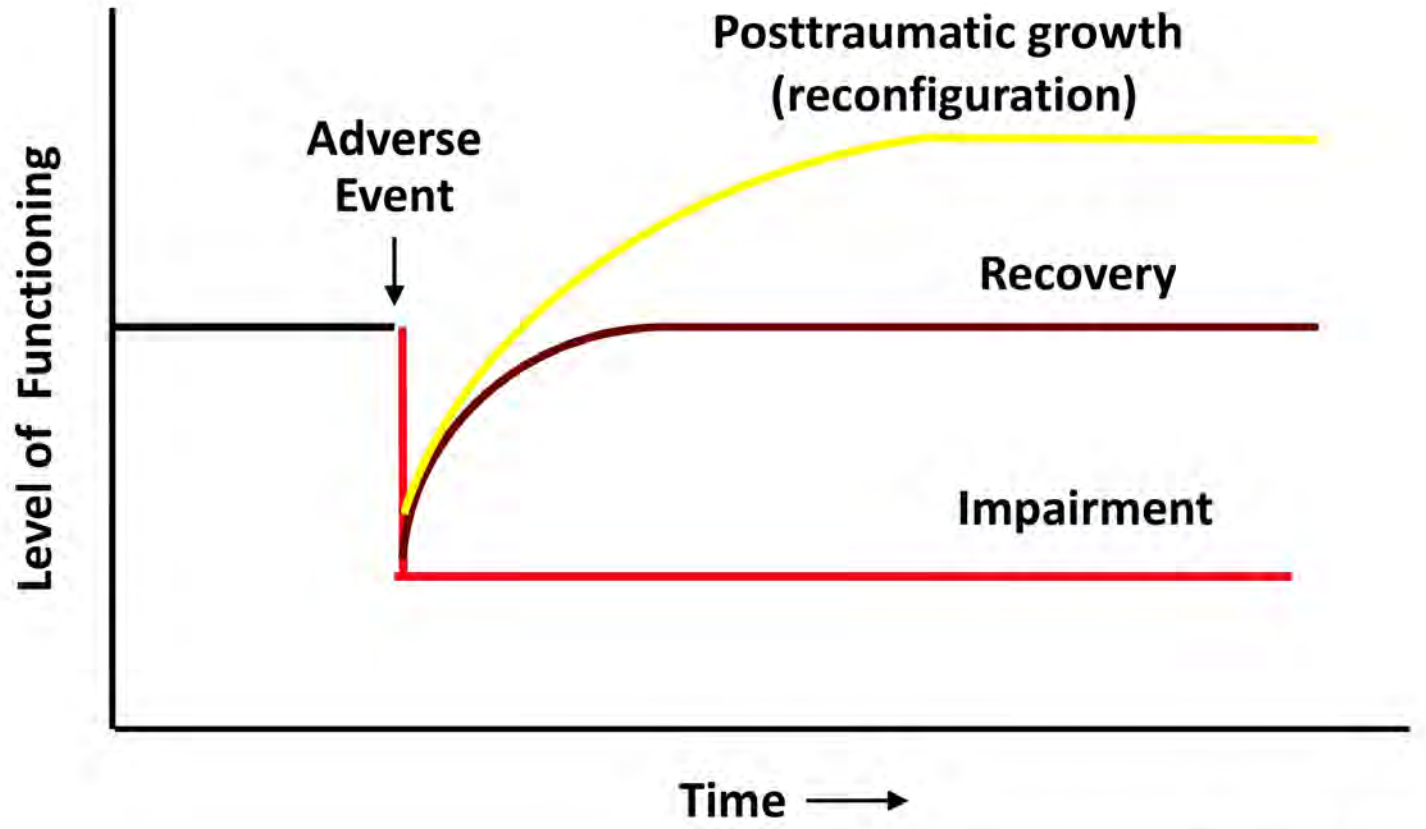

DANGER
AKRON
AKRON
FORT GARRY
FIRE
TRUCKS



Post Traumatic Growth

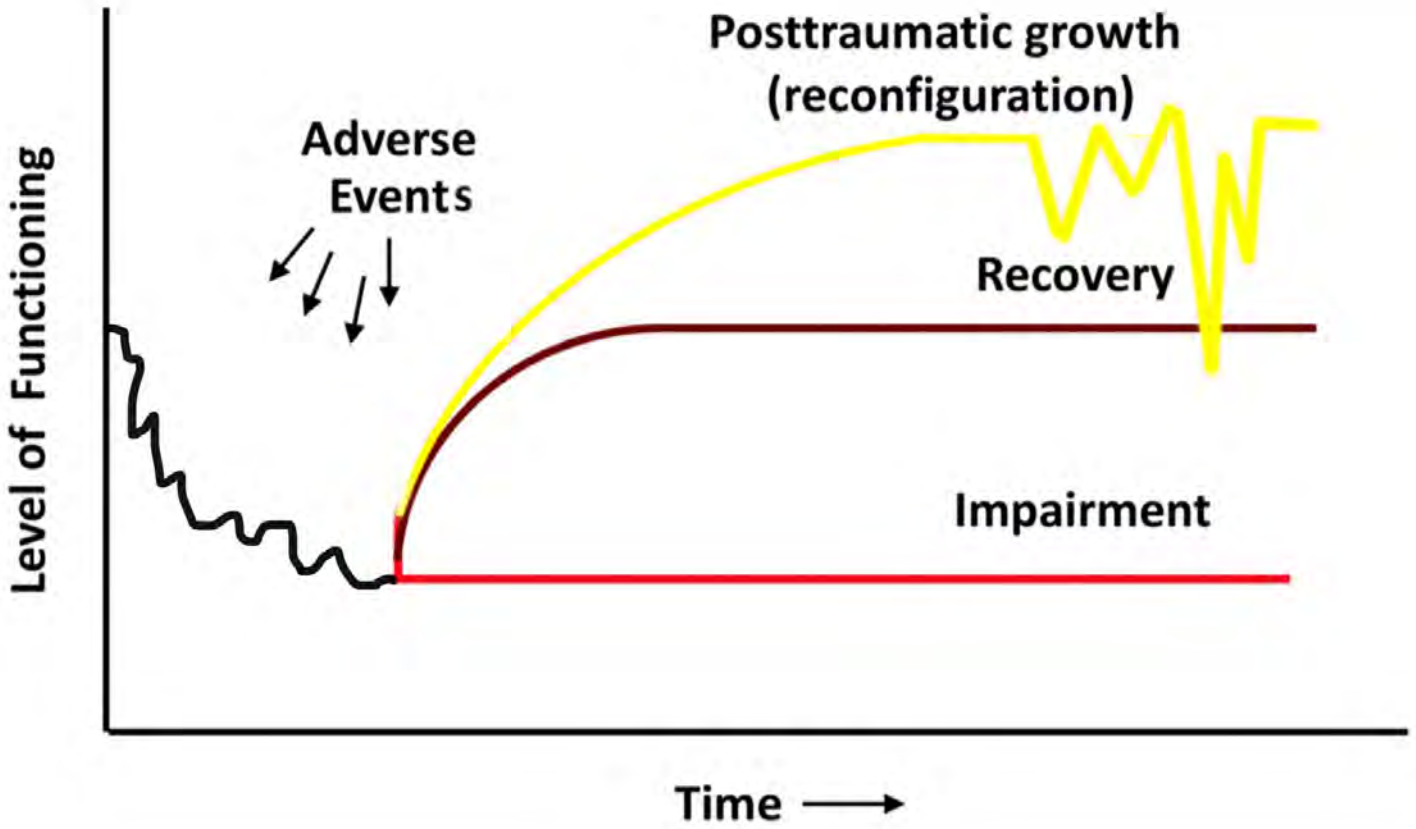
A positive psychological change as a result of adversity in order to rise to a higher level of functioning.

Trajectories of Adaptation



(adapted from O'Leary & Ickovics, 1995)

Trajectories of Adaptation




POLICE
POLICE




Perceptions

1. Changes in self-perception

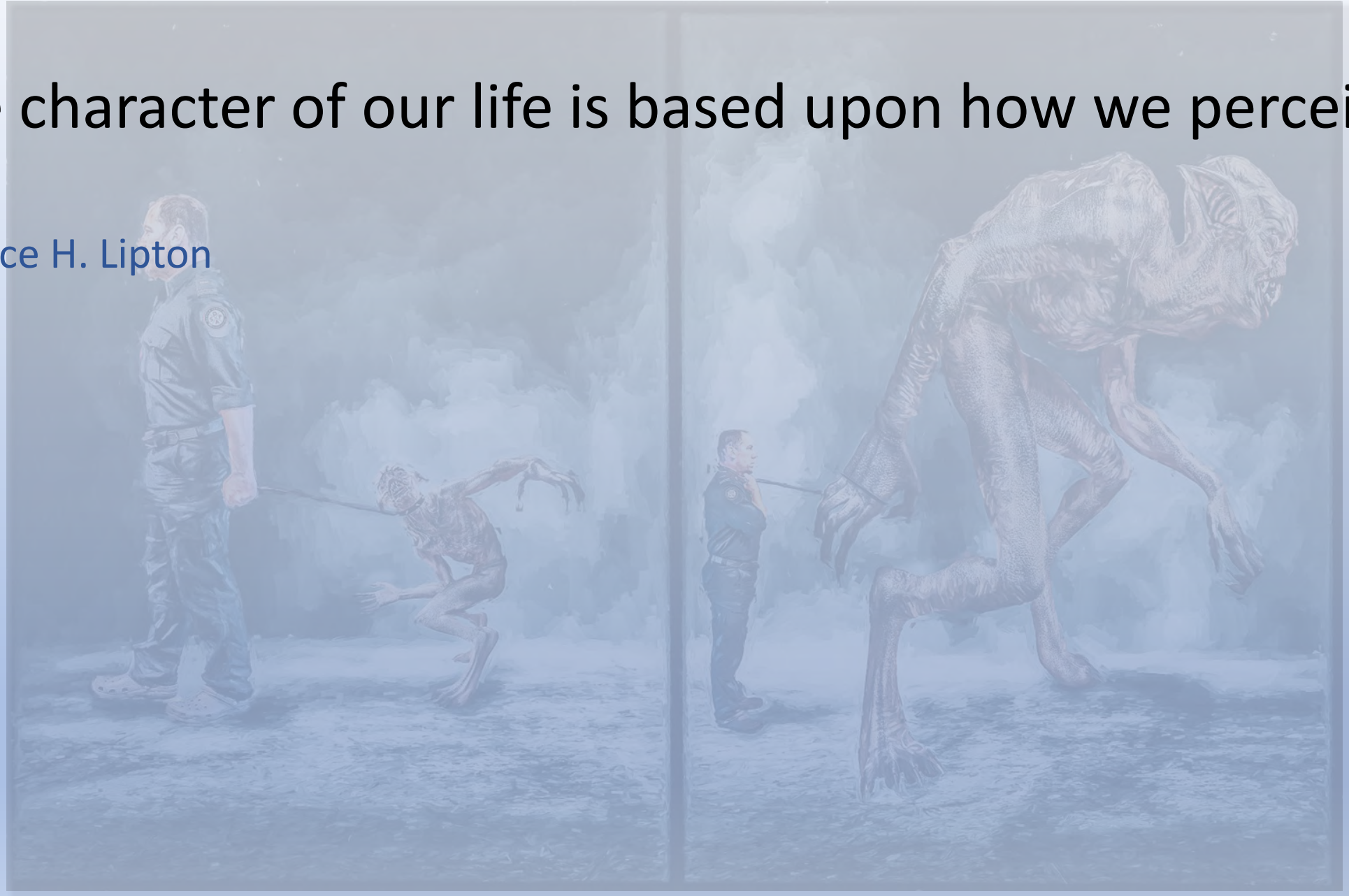
2. Changes in perspective on life

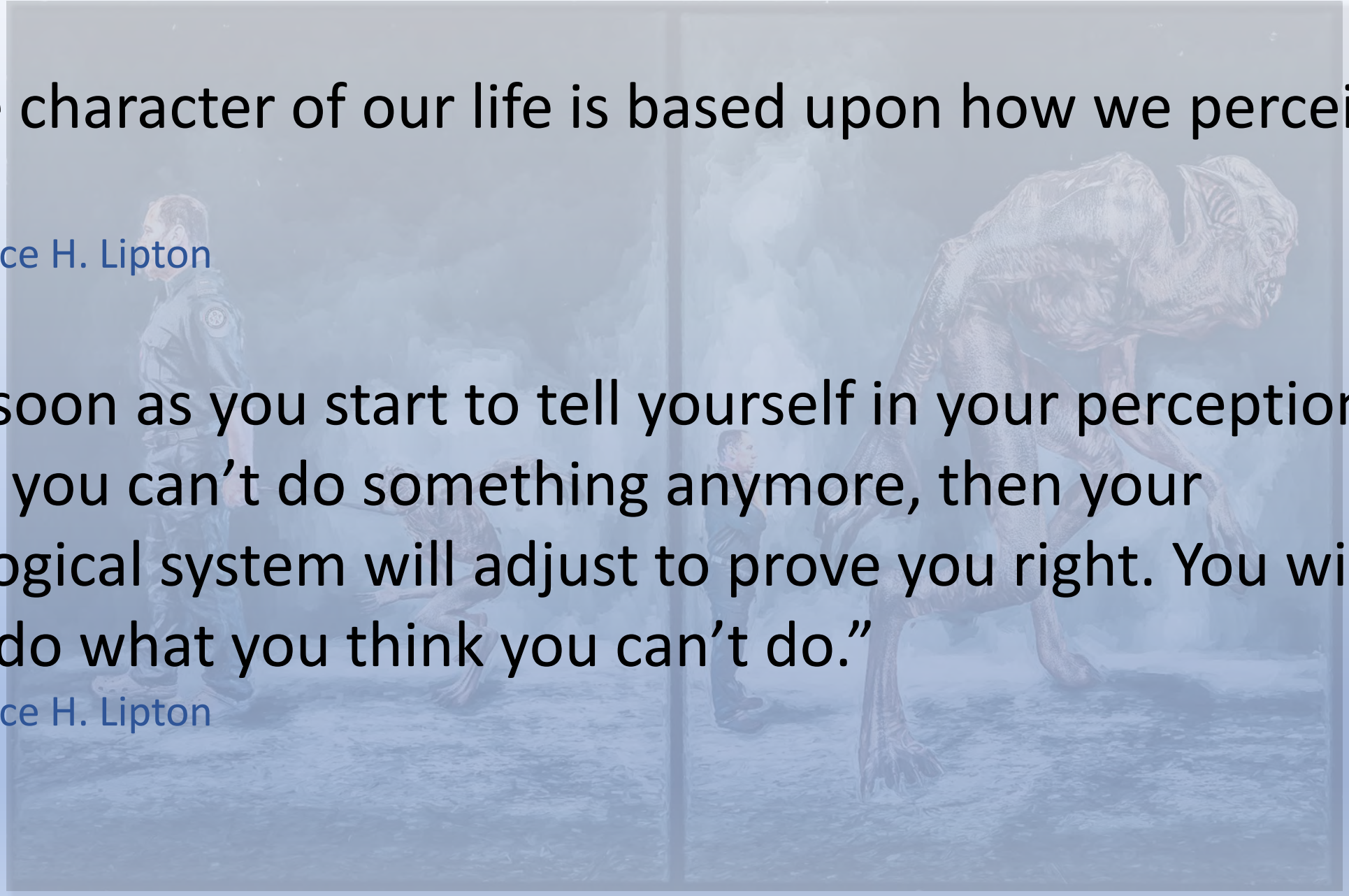
3. Changes in relationships



“the character of our life is based upon how we perceive it.”

— Bruce H. Lipton





“the character of our life is based upon how we perceive it.”

— Bruce H. Lipton

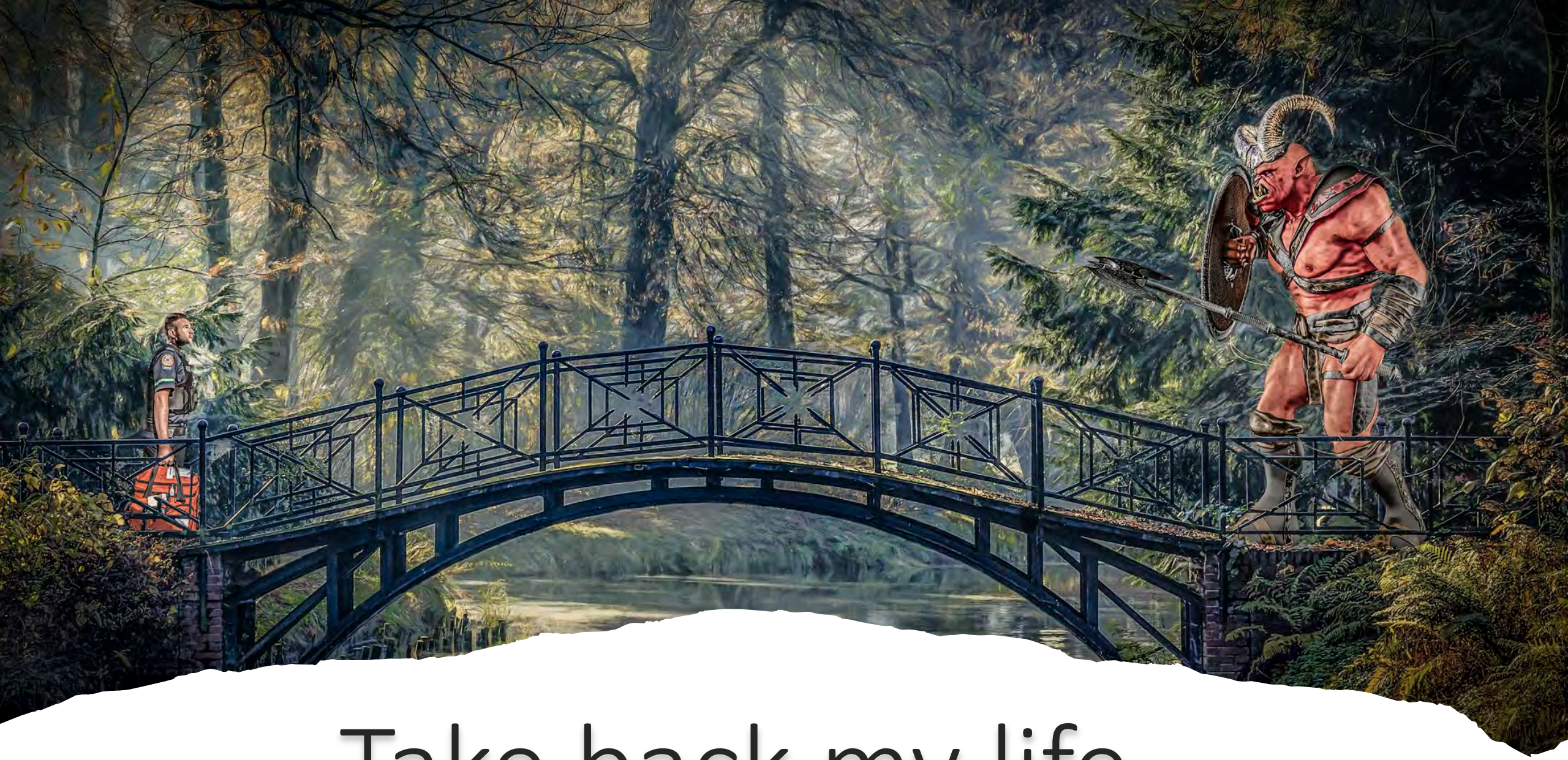
“As soon as you start to tell yourself in your perception that you can’t do something anymore, then your biological system will adjust to prove you right. You will not do what you think you can’t do.”

— Bruce H. Lipton


UNKNOWN
RECOGNIZABLE
LIAR
SAFE
SECURITY
REFUSE
FAMILIAR
COMFORTABLE

Get Help





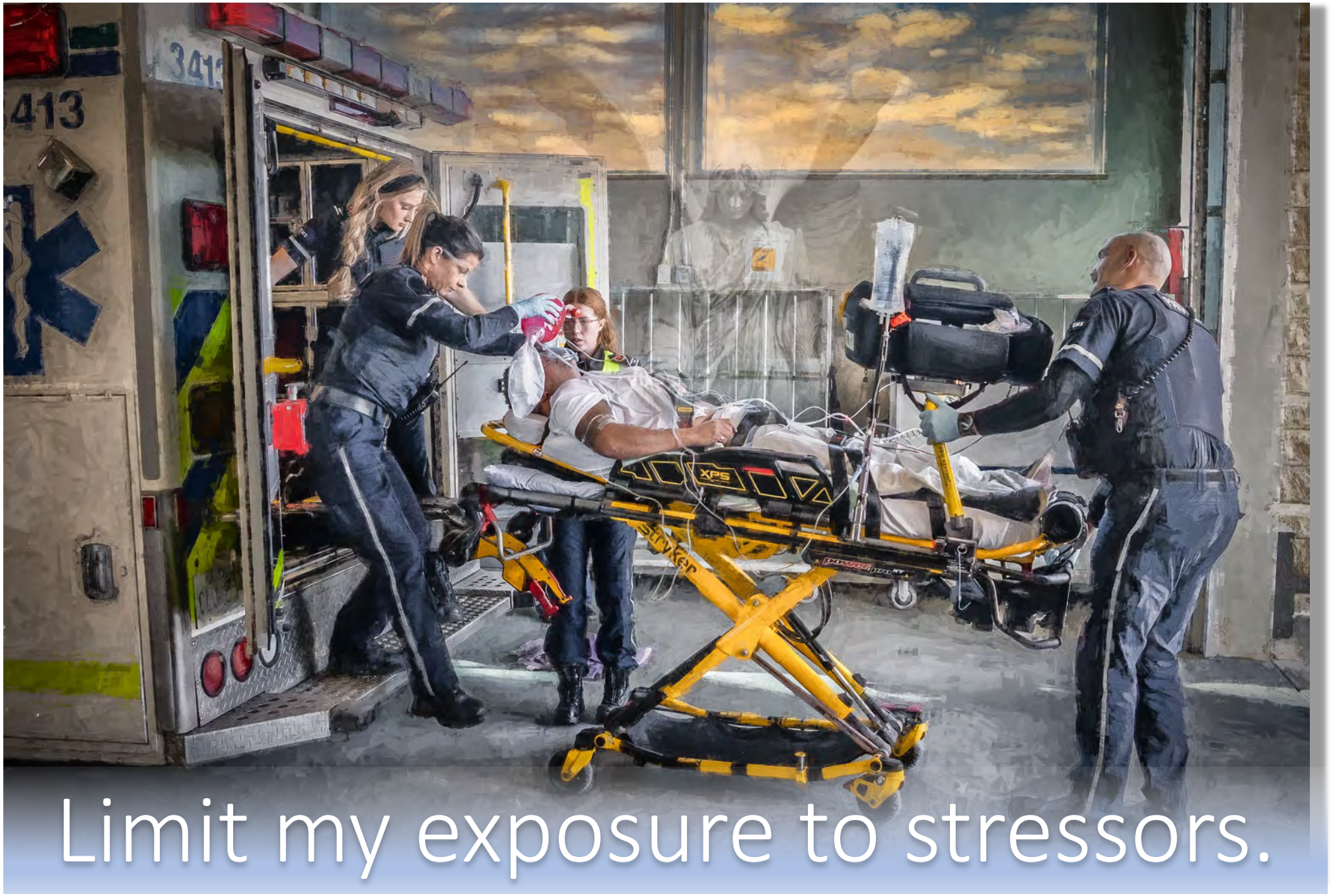
Take back my life

My job is not who I am



Devote my energy to where it matters





Limit my exposure to stressors.



Use my sick time

I don’t listen to slow, sucky, emotional music



Be Vulnerable



Diet

Metabolic Mental Health



Danan A et al. (2022)

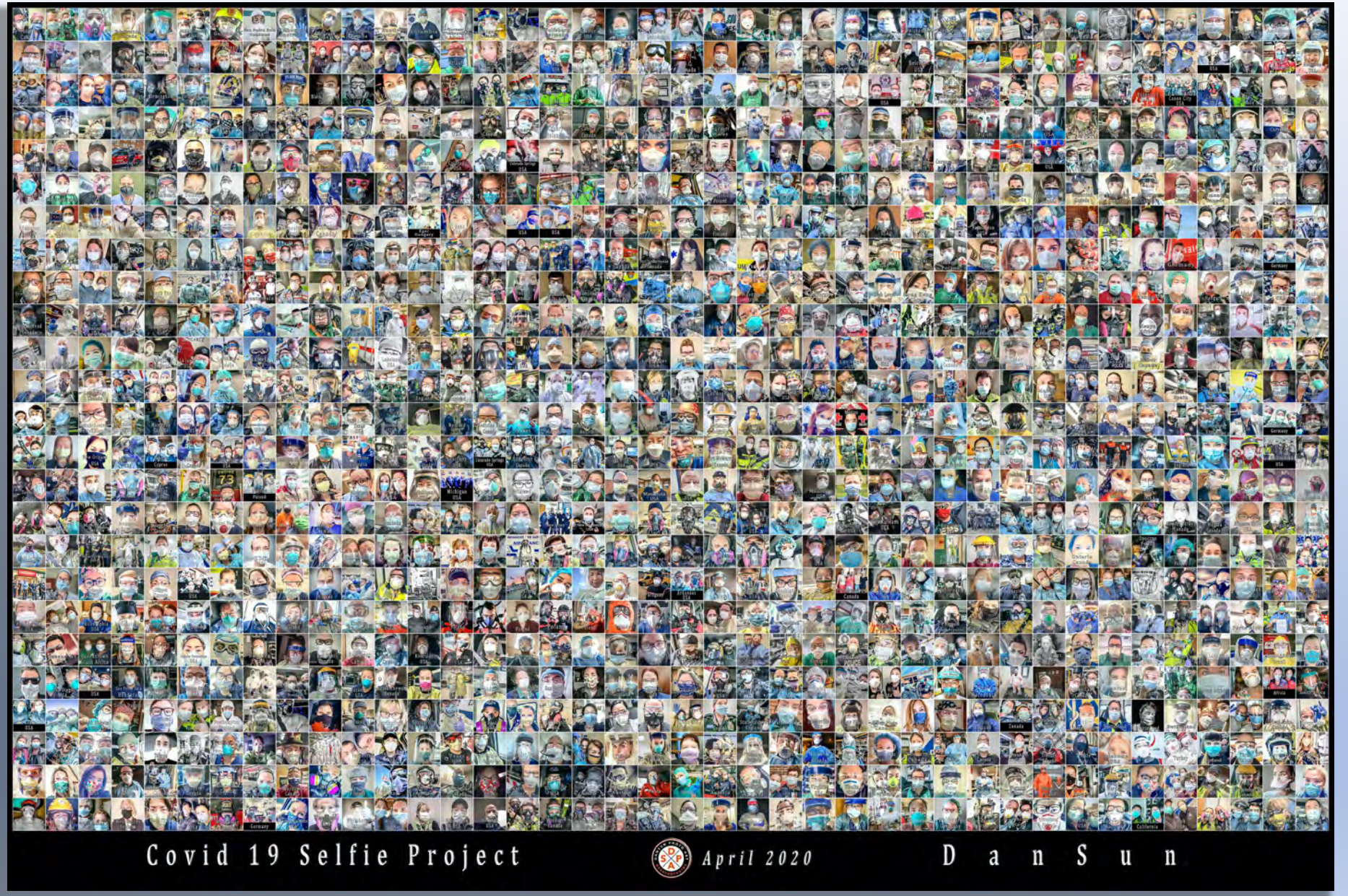
Retrospective analysis of 31 inpatients with major depression, bipolar disorder, or schizophrenia. All 28 who stayed on the diet improved, 43% achieved clinical remission, 64% were discharged on less medication.

Sethi S et al. (2024)

A 4-month pilot study of 16 people with bipolar disorder and 5 with schizophrenia resulted in 100% of participants reversing their metabolic syndrome and 79% experiencing clinically meaningful improvement in psychiatric symptoms.

I’m Not Alone




Covid 19 Selfie Project
April 2020
D a n S u n

Define my Top 10 Core Values

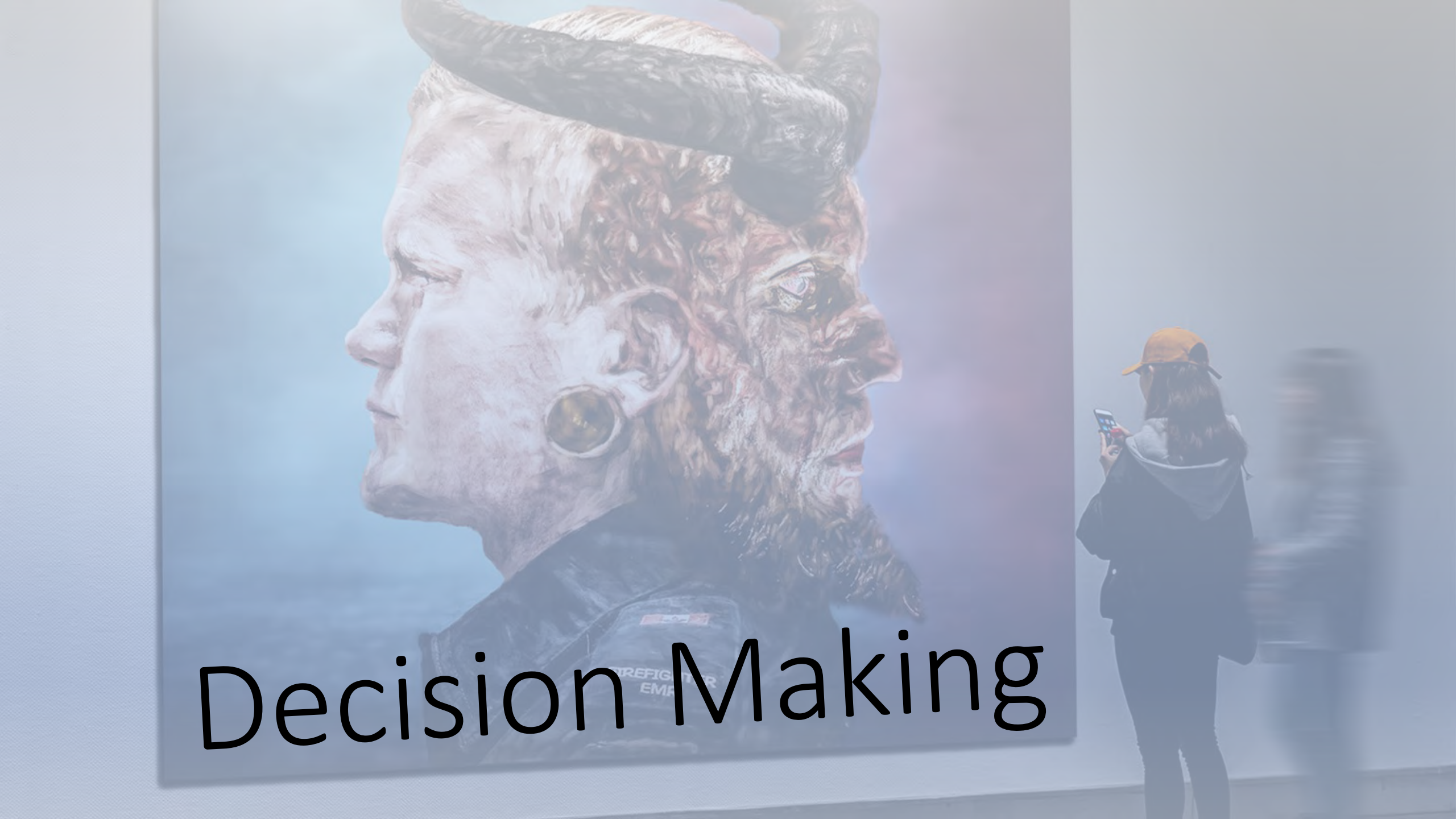


Define my Top 10 Core Values





Internally or Externally Validated?



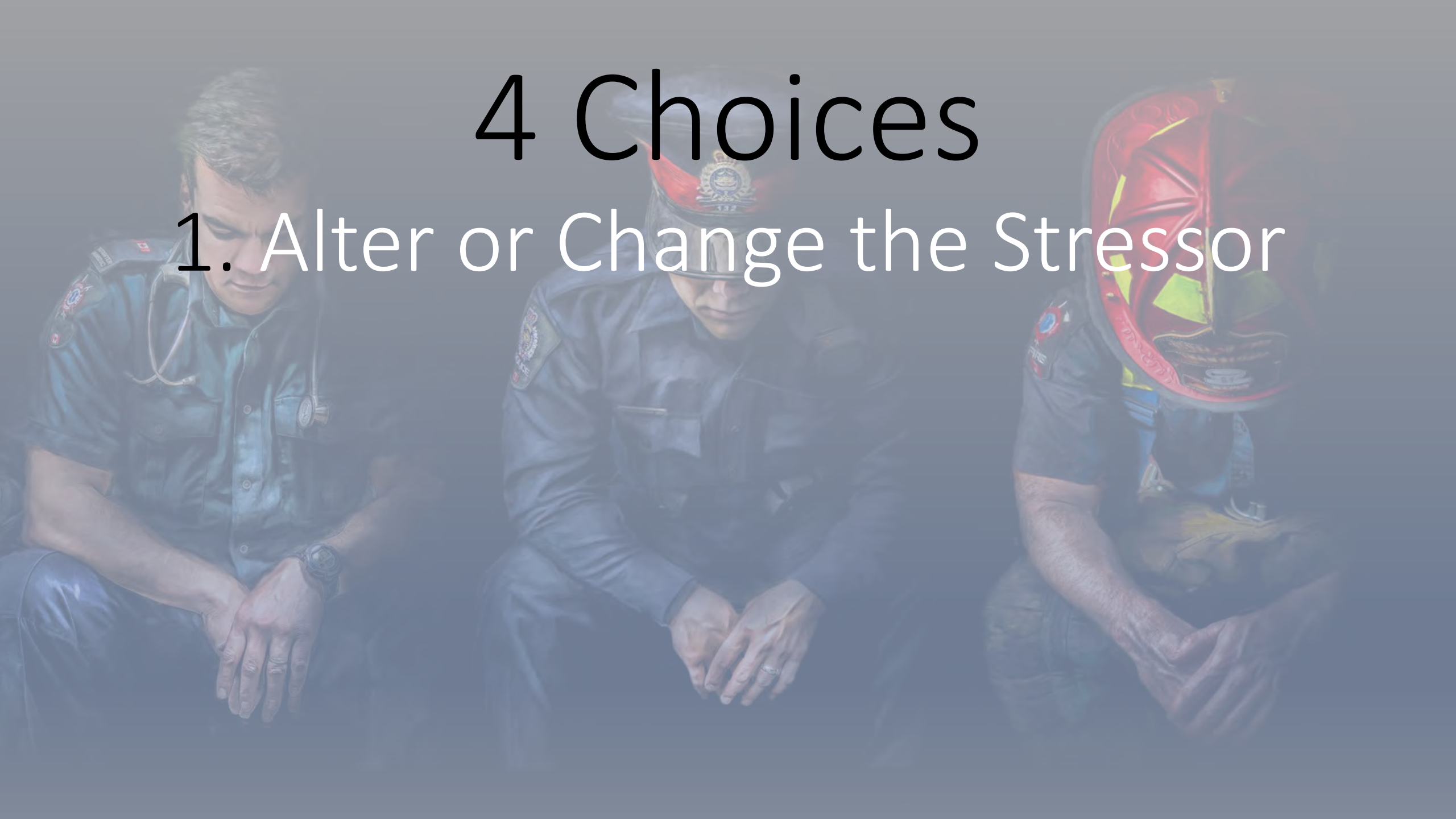
Decision Making

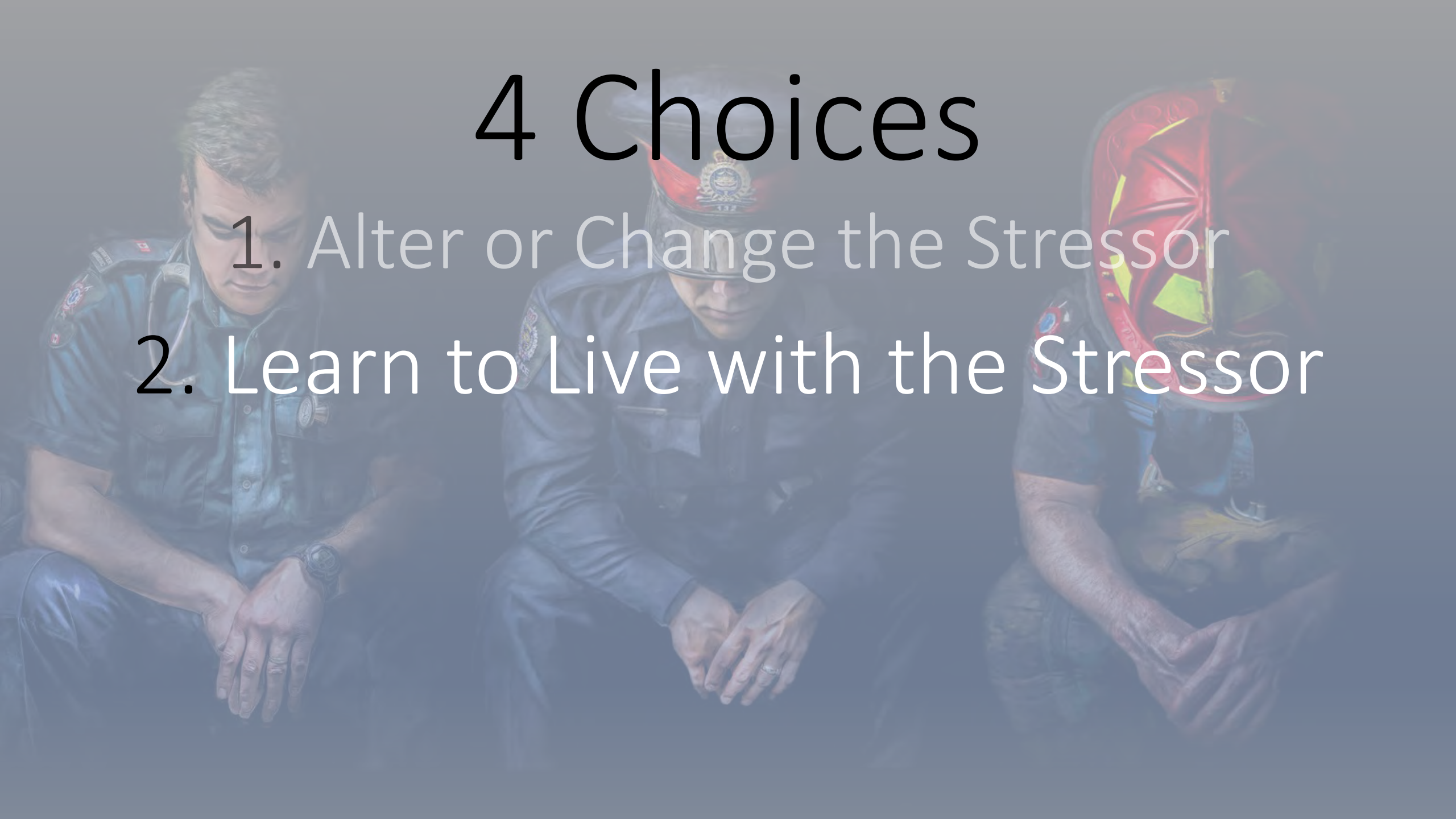
4 Choices



4 Choices

1. Alter or Change the Stressor





4 Choices

1. Alter or Change the Stressor
2. Learn to Live with the Stressor

4 Choices

1. Alter or Change the Stressor
2. Learn to Live with the Stressor
3. Remove Yourself from the Stressor

4 Choices

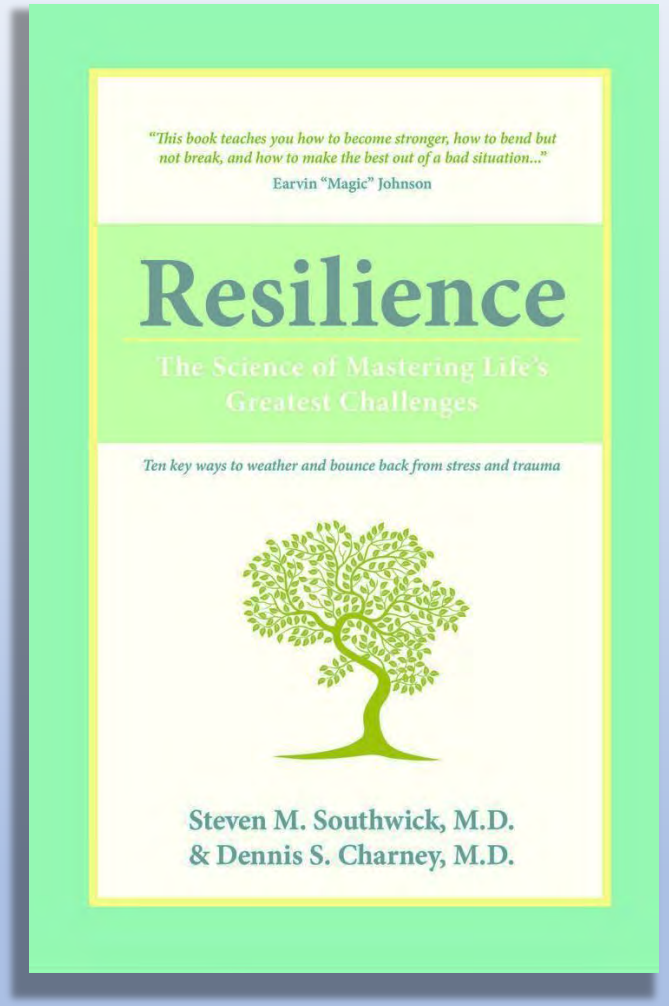
1. Alter or Change the Stressor
2. Learn to Live with the Stressor
3. Remove Yourself from the Stressor
4. Do Nothing and Suffer the Consequences

1. CISM
2. Cognitive Behavioral Therapy
3. Cognitive Processing Therapy
4. Virtual Eye movement desensitization and reprocessing (EMDR)
5. Havening
6. Accelerated Resolution Therapy
7. Equine Therapy
8. Ketamine, MDMA, Cannabinoids
9. Stellate Ganglion Block
10. Service Dogs
11. Reconsolidation of Traumatic Memories (RTM)
12. Art, Music, Fitness, Yoga
13. Acupuncture, Reiki
14. Transcranial Magnetic Stimulation (TMS)
15. TRE – Trauma Release Exercise
16. Sauna and Cold Plunge
17. Forest Bathing (Shinrin-Yoku)









Resilience

The Science of Mastering Life's Greatest Challenges

By Steven M. Southwick, M.D.
& Dennis S. Charney, M.D.

1. Be Optimistic

Balance positivity with realism
– believe you’re a Rock Star

2. Face Your Fears

When we avoid scary things we become more scared. When we face our fears they become less frightening.

3. Have a Moral Compass

Develop a sense of right and wrong. It will help guide you in difficult times and adjust to life after trauma.

4. Practice Spirituality

Be part of a group that strengthens your resolve.

5. Get Social Support

Friends and loved ones are key when life gets hard.

6. Have Resilient Role Models

Positive role models to admire or negative role models to learn what not to do.

7. Maintain Physical Fitness

The stress of exercise helps us adapt to the stress we will feel when life challenges us.

8. Keep Your Brain Strong

Be a lifelong learner and continually seek opportunities to become more mentally fit.

9. Be Cognitively Flexible

Be flexible in the way you think about challenges and flexible in the way you react to stress.

10. Find Meaning in What You Do

Do you have a job or a calling?


EMS
EMS


HEMS
ÄITI


FEAR
DESTROY
ANGER
FAULT
INDIFFERENT



Effects of Trauma on the Partner

Anxiety from the unexpected





Confusion from the oscillating moods



Increase efforts to fix the partner's problem

Anger toward partner for not being able to control explosive emotions





Hurt that their partner is withdrawing and can no longer share positive emotions

Bewilderment when partner has flashbacks or traumatic amnesia





Grief from lost dreams about the future

Frustration from avoidance of triggering places, activities and people



Resentment


SPECIAL OPERATIONS
INCIDENT RESPONSE
PARAMEDIC
PARAMEDIC

Fear from the possibility of suicide



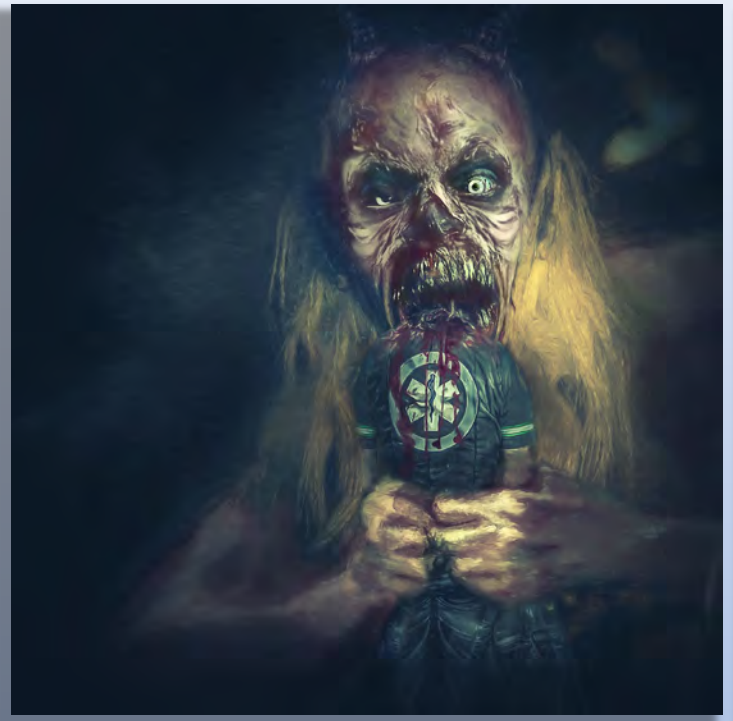

HELP ME
FIRE SERVICES
FIREFIGHTER
SUI
IDE




EMS
FERNO
2016


EMS


EMS
FERNO
2016




EMS

Not all is doom and gloom in the world of Emergency Services


CIRCUS
EMS


FIRE/EMS


COUNTY
EMS


NEW YORK
13624-EB


3907
3907


F.D.
N.Y.


METROPOLITAN FIRE BRIGADE
BRONTO SKYLIFT F44RLX
MFB
ATTENTION
FASTEN GATE
TOWARDS CABIN
BEFORE SLEWING
MFB
25
175
FIRE RESCUE


Police
000
EMERGENCY


1EH 2AB




COMMUNITY
VEGAS STRONG


Partners with the Community
NEVADA
0624
NEVADA
0752


COMMUNITY
VEGAS STRONG


SHAME
ANGUISH
FEAR
ANGER


2017




LIFEPAK


CORRECTIONAL
PEACE OFFICER




FERNO
FERNO
Paramedic
EMS
EMS
2017


TRAUMA AIR RESP
AIR MEDICAL CREW
2016

A Self Assessment

1. Do you have repeated, disturbing, and unwanted memories of a stressful experience?

2. Do you feel very upset when something reminds you a stressful experience?

3. Have you ever had a period of 1 month or more when, most of the time, you felt excessively worried or anxious about several things in your life?

4. Have you had skipping, racing or pounding of the heart?

5. Do you avoid external reminders of the stressful experience?
(for example, people, places, conversations, activities, objects, or situations)

6. Do you have trouble experiencing positive feelings? (for example, being unable to feel happiness or have loving feelings for people close to you)

7. Do you have strong negative beliefs about yourself, other people, or the world? (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)

8. Do you have difficulty sleeping (difficulty falling asleep, waking up in the middle of the night, early morning wakening or sleeping excessively)?

9. Do you find it difficult to control the worries and/or do they interfere with your ability to focus on what you are doing?

10. Thought a lot about death or felt like you wanted to die?

Online Self Assessments

CIPSRT

Canadian Institute for Public Safety Research and Treatment


THE ALTERNATE EXIT
EXIT



Pain + Willingness to Walk into Pain = Growth

EMS WORLD EXPO

In Partnership With NAEMT



DANSUN HEALTH

POST TRAUMA RECOVERY

daniel@dansunphotos.com
www.dansunphotos.com

Thank you