



Introduction To The **Transformational Resilience™ Program**

A Model for Building Personal and Psycho-Social-Spiritual Resilience for Climate Change

Email: tr@trig-cli.org

Website: <http://www.theresourceinnovationgroup.org/transformational-resilience/>



**A Serious Ecological--Turned Mental Health--Turned Psycho-Social-Spiritual—
Turned Humanitarian Crisis is Growing...**

The Harmful Human Reactions to Climate Change!



The Adverse Human
Reactions to Climate Change

**Building Human Resilience Can Minimize the Problems and
Increase Individual, Social, and Ecological Wellbeing.**

Climate Change Produces A Growing Array of Acute Traumas and Ongoing Overwhelming (Toxic) Stresses!

Acute Traumas from Extreme Weather, Floods, Wildfires, and Other Disasters

- Damage or loss of property & valuables
- Loss business or place of work
- Personal injury
- Serious injury or death of loved ones
- Physical damage or loss of neighborhood or community
- Injury or death from disaster triggered crime or violence
- Black Swan & other surprise traumas

Chronic Toxic Stresses From Seeing, Experiencing, or Worrying About...

- Water, food & other resource shortages
- Economic disruptions & job losses
- New illnesses and diseases
- Injury or death from crime and violence
- Family disruption and separation
- Destruction of community bonds
- Disruption of social support network
- Loss of sense of place and culture
- Many other chronic toxic stresses

A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

- Mental health, psycho-social-spiritual, and humanitarian crises are often highly interconnected.
- The direct & indirect traumas & chronic toxic stresses produced by climate change create a wide range of interlinked problems for
 - Individuals
 - Families
 - Organizations
 - Communities
 - Entire Societies
- These maladies erode critical protective supports, amplify pre-existing mental health, social justice, and inequality problems, and generate many new surprising psycho-emotional and psycho-social-spiritual maladies.



The Adverse Human
Reactions to Climate Change

A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

Treatment modalities based on “medical model” of health are inadequate because:

They focus on assessment and eliminating deficits or symptoms via therapy

rather than

Building existing strengths & resources



The Adverse Human
Reactions to Climate Change

Most concepts of vulnerability are inadequate because as temps rise toward 2C:

- Every person or group is at risk, and yet
- Not everyone in any group will develop problems

A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

Most concepts of resilience are inadequate because as temps rise toward 2C it will be increasingly impossible to “bounce back” to relative pre-crisis conditions...

And many people don't want this!



The Adverse Human
Reactions to Climate Change

They want to increase their sense of wellbeing above previous levels!

A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

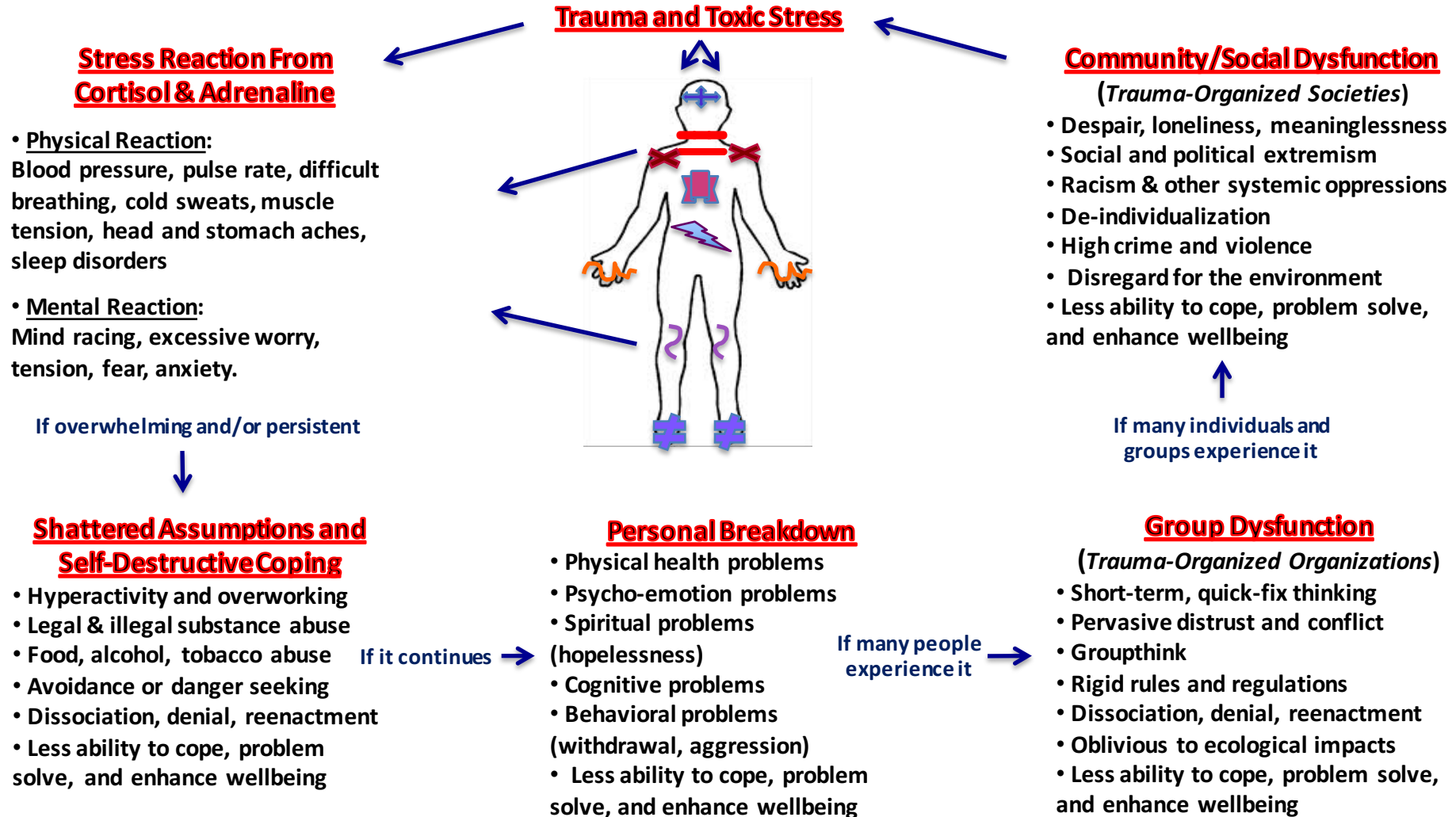
Similarly, we don't want to “bounce back” to pre-existing economic patterns ... with its high habitat destruction, consumption, and emissions patterns.



The Adverse Human
Reactions to Climate Change

Resilience skills must help people increase their sense of wellbeing above previous levels while reducing their environmental impacts!

The Personal and Psycho-Social-Spiritual Consequences of Trauma & Toxic Stress



If There Is A Silver Lining In Climate Change

It is a primal truth that, as painful as it can be, adversity is often our greatest impetus for learning, growth, and transformation.



TRIG's Transformational Resilience Program Uses The *Resilient Growth*™ Model

It Is Framed Around The Knowledge That Humans Are



Pushed by drives

and



Pulled by meaning and purpose!

(Quote by Viktor Frankl)

TR Program Uses The *Resilient Growth*™ Model

Focus: *Presencing* skills to calm your emotions and thoughts

Ground—and center yourself by stabilizing your nervous system.

Remember—your personal skills as well as internal and external resources.

Observe—your reactions to and thoughts about the situation non-judgmentally with self-compassion.

Focus: *Purposing* skills to find meaning, direction & hope in adversity

Watch—for insight and meaning in climate-enhanced and related hardships.

Tap—into your purpose & the values you want to live by in the midst of adversity.

Harvest—hope for new possibilities by making choices that increase personal, social, and environmental wellbeing.

The Resilient Growth™ Model

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Presencing Goals:

Develop Skills to Moderate the "Push" of our Psychobiological Drives

- Learn skills to discharge hyperarousal and stabilize our nervous system and in the midst of stress and adversity.
- Learn skills to create psychological flexibility by observing our thoughts non-judgmentally without being captured by them.

The knowledge that we can manage our emotions and thoughts in any situation provides enormous confidence and peace of mind.

The Resilient Growth™ Model

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Ground—and center yourself by stabilizing your nervous system

Body-Based Skills

(Trauma Resource Institute)

- Tracking
- Resourcing
- Grounding

Breath-Based Skills

- Controlled breathing
- Six-Second breathing

Awareness-Based Skills

- Mindfulness of breath, thoughts and emotions
- Mindful eating, walking, movement

Culturally-Based Skills

- Music
- Dance
- Eating/food

Combo Skills

- Reset Button

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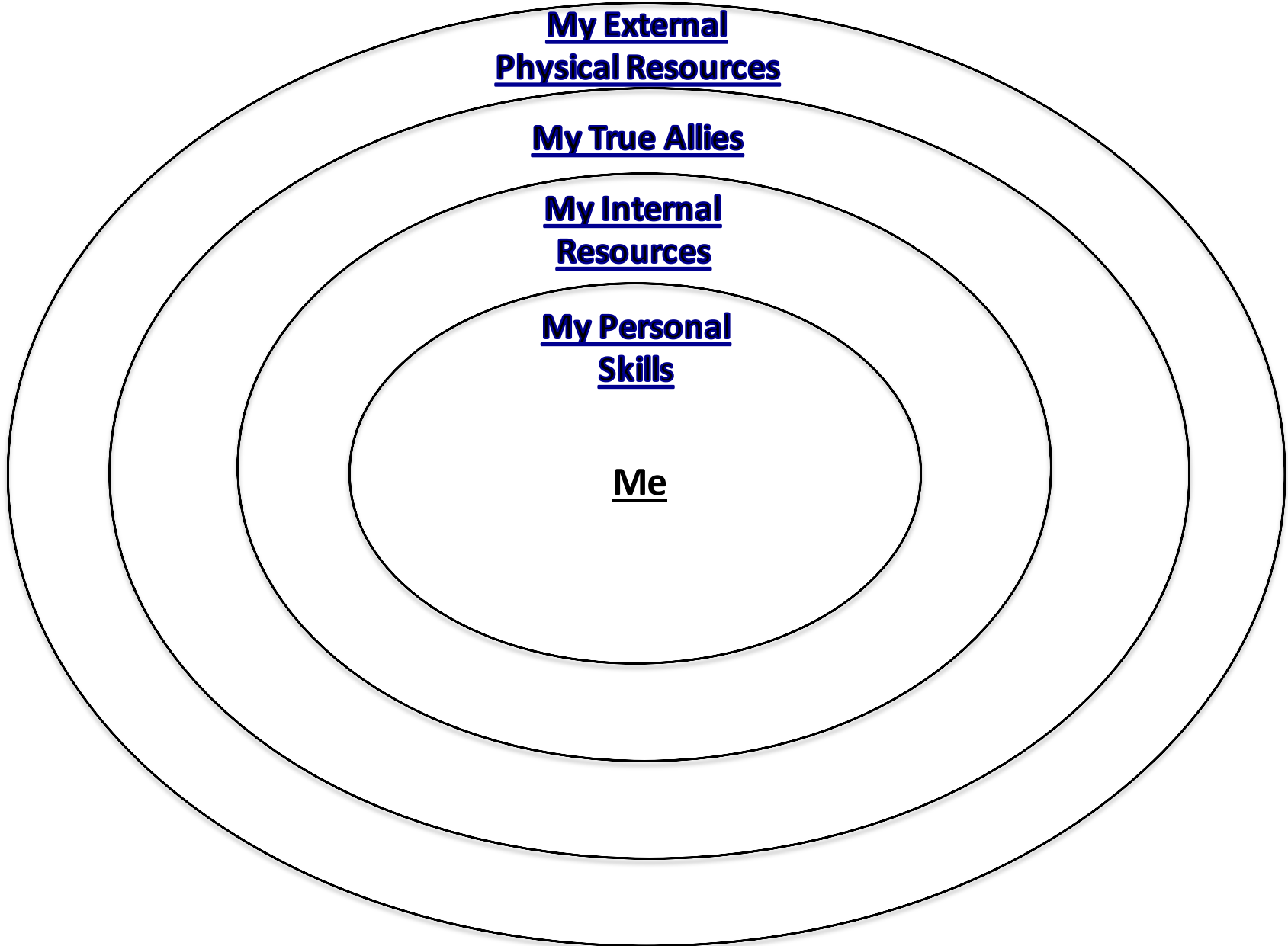
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CIRCLES OF SUPPORT

Identifying the skills & internal & external resources you have to deal w/adversity.



TR Program Uses The *Resilient Growth*™ Model

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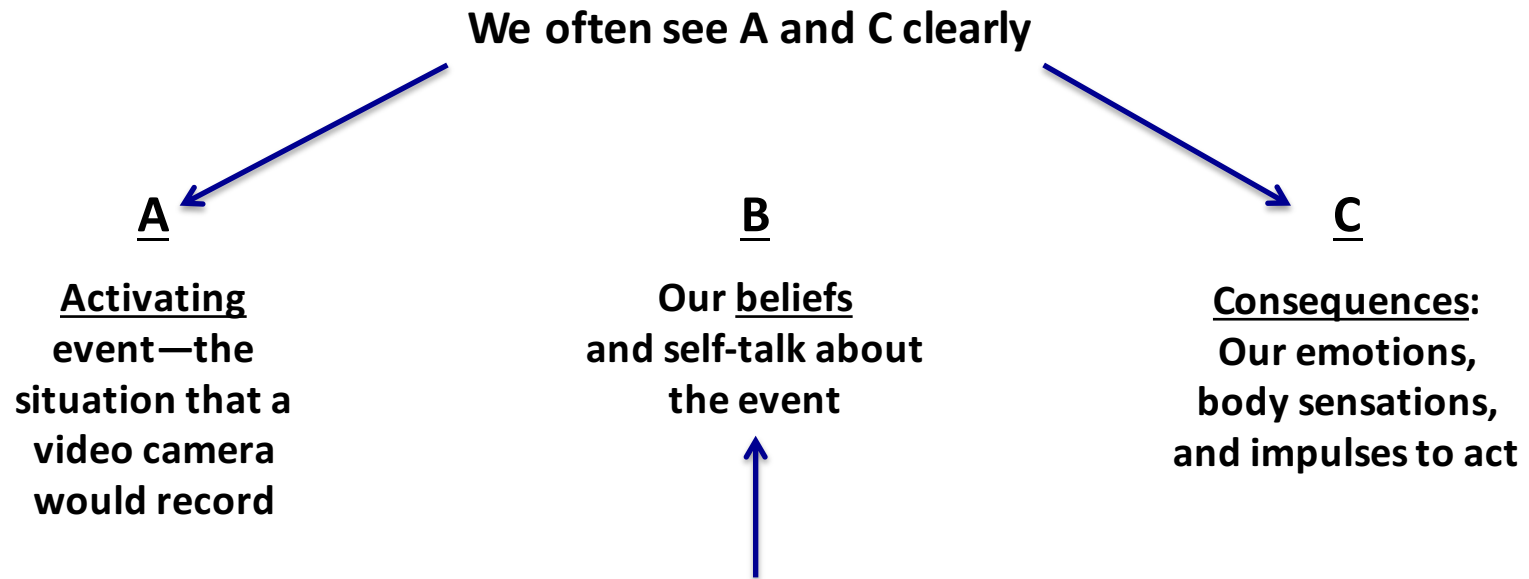
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Observe—your reactions to and thoughts about the situation
non-judgmentally

The ABC Model of Observing Your Thoughts and Emotions

(G. Schiraldi)



But We Are Often Not Aware of B: Our Beliefs and Automatic Self-Talk

We think the event caused our reaction, when it was our *interpretation of it* that did, which usually includes some true and many erroneous beliefs and stories.

TEN COMMON "THINKING DISTORTIONS"

- 1. Fixated on Flaws**
- 2. Dismissing the Positive**
- 3. Assuming**
- 4. Labeling**
- 5. Over-generalizing**
- 6. All-Or-Nothing Thinking**
- 7. Catastrophizing**
- 8. "Should" and "ought" statements**
- 9. Personalizing**
- 10. Blaming**

Observe—the situation & your views about it with clear eyes and self-compassion

ABC Thought and Emotion Record

<u>Event</u> (Describe)	<u>Consequence</u> (For you, others or the environment)	<u>Belief</u> (Self-Talk)	<u>Is It Really True?</u> (Yes/No)	<u>Possible Thinking Distortion</u>	<u>Write An Alternative Belief/ Self-Talk</u>	<u>What Would You Be Like With The Alternative?</u>
<u>Example</u> Worked in rush mode long after regular work hours to complete project	<u>Me:</u> bought fast food for dinner, was tense and irritable when got home, yelled at kids, ate and drank too much, felt bad about self afterwards <u>Kids:</u> Felt like second priority, angry for being yelled at <u>Environment:</u> needless consumption of packaging, chemicals, energy	I am the only one in the organization that can do this work. If I don't do it climate change will grow worse. I'm too tired and stressed to cook.	No No No	Personalizing Over-generalization Catastro-phizing	Others are skilled-- next time I'm running late I'll ask for help I alone can't prevent CC & I'll be more effective if I care for myself and my family I can cook a simple meal & it might relax me	More calm, thoughtful, and effective at work A more caring parent. More at ease with myself and the world Feel good about less impact on the environment

Observe—your reactions to and thoughts about the situation non-judgmentally with self-compassion.

**When Observing Your Thoughts, Emotions, and Reactions
Self-Compassion Is Essential!**

Self-Compassion Exercise

My Presencing Safety Plan

I Will Watch For These Signs That I Am Outside of My Resilient Growth Zone

Examples

Physical Signs: rapid breathing, heart beat, or pulse; head or stomach ache; muscle tension.

Mental Signs: racing mind, anxiety, fear, excessive worry, sleep troubles.

1.

2.

3.

4.

5.

When I See These Signs I Will Take These Actions

Examples

Practice tracking, grounding, controlled breathing, mindfulness of breath, thoughts & emotions, Circles of Support, ABC Model of Thinking Distortions, Self-Compassion

1.

2.

3.

4.

5.

Remember, humans are not only

Pushed by psychobiological drives



We Are Also

Pulled by meaning and purpose!



The Resilient Growth™ Model

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Purposing Goals

Learn Skills To Intensify The "Pull" of Meaning and Purpose

- *Presencing* is necessary, but insufficient, because it doesn't guarantee a principled, vital, or meaningful life in the midst of rising climate traumas and toxic stresses.
- *Purposing* is about developing positive meaning, direction & hope in life and making values-based choices that enhance personal, collective and environmental wellbeing.
- Research shows that using adversity as a catalyst to adopt a mission greater than ourselves is good for others, increases our mental health, and enhances our capacity to deal with future negative events.

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Intro Exercise

Identify 1-2 times when you used adversity as a catalyst to learn, grow, and find new purpose and meaning in life—or saw others that did?

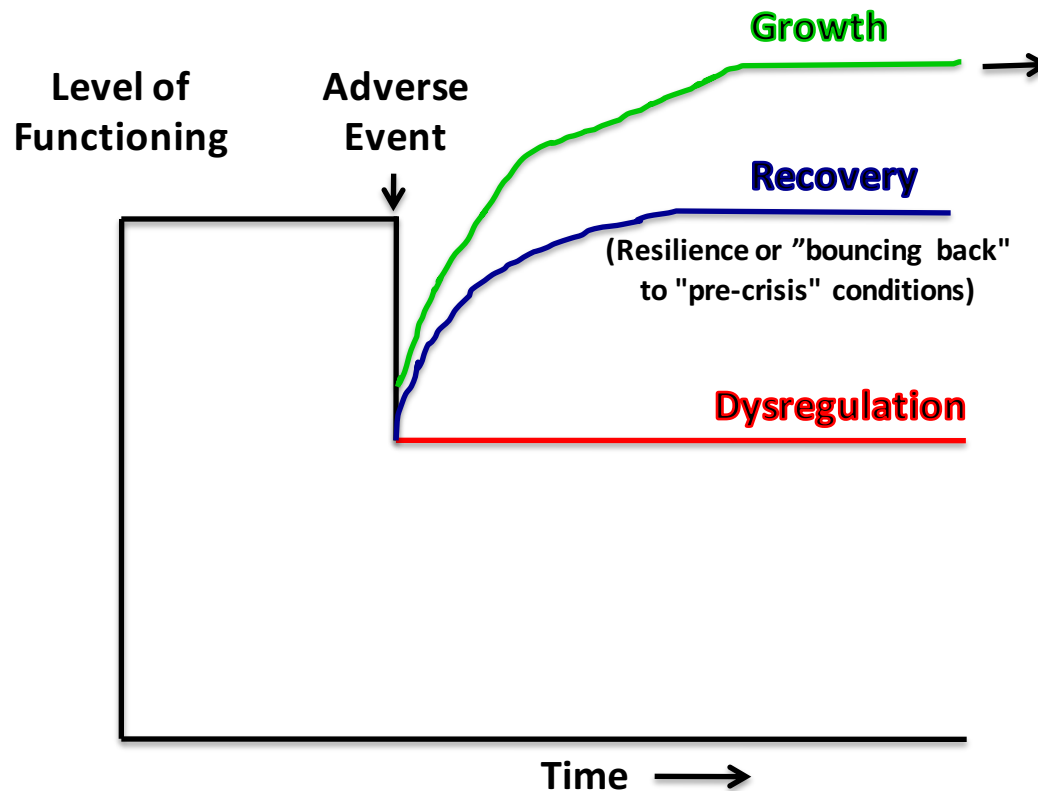
Examples

- Re-dedication to a goal or mission after a setback
- Develop new priorities in your life after trauma
- 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 were able to identify an example—you already know how to do it!

Watch—for insight and meaning in climate-enhanced and related hardships.

The Choices We Make In Midst Of Adversity Determine Our Pathway



Adversity-Based Growth:
moving beyond previous
levels of functioning
while holding the pain
of trauma and toxic stress

Requires a Choice:
Continue to suffer,
or use the experience to
learn, grow, and increase
our sense of wellbeing

Famous Example: Nelson Mandela



Spent 27 years in prison

Refused release because he would be required to stay silent.

Led transition from apartheid with empathy, equity, and strength.

Watch—for insight and meaning in climate-enhanced and related hardships.

Common Changes Seen In Adversity-Based Growth

(Tedeschi, Calhoun, Joseph)

- **Personal**
- **Philosophical**
- **Relational**

Leading to These Common Benefits

- **Better mental health**
- **Improved positivity**
- **Improved physical health**
- **Shift from "Me to We"**

Deeper Exercise: Learning, Growing and Finding Meaning in Adversity

- Describe a stressful situation and how you normal react to it.
- Describe how your reaction affects other people, you, and also the natural environment.
- Re-imagine the situation and answer these questions:
 - ✓ What insights about myself and the world can I gain if I use this as an opportunity to learn rather than react by fighting, fleeing or freezing?
 - ✓ How can I increase the wellbeing of other people and the environment through this experience rather than diminishing them?
 - ✓ How can I find new meaning in my life through this experience?

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Living Out The Values We Hold Dear Gives Our Life Purpose



- Values refer to Actions--- not ideals, morals, or goals.
- Values are about how you act during life, not what you accomplish.
- Because our values tend to remain constant they can serve as a compass to guide our actions during climate related and other types of adversities

Exercise to identify the core values that will guide your response

1. **Answer This Question:** **What type of person do you want to be?**

- How do you want to **think about yourself** during your life journey?
- How do you want to **treat other people**?
- How do you want to **treat the natural environment**?
- How do you **want to be remembered** after your time on earth ends?

Tap—into your purpose & the values you want to live by in the midst of adversity.

2. Go through the list of values & identify the top 3 values that would allow you to be the person you want to be and live with meaning and purpose in the midst of adversity.

Personal responsibility

Honesty

Fairness

Patience

Compassion

Simplicity

Protection of nature/climate

Generosity

Gratitude

Independence

Family

Community

Professional achievement

God

Reverence for human life

Honor

Loyalty

Social justice

Respect for authority

Humility

Self-sufficiency

Kindness

Personal safety

Rank and power

Self-awareness

Diligence

Public recognition

Love

Social equity

Integrity

Charity

Mercy

Respect for others

Status

Brotherhood

Selflessness

Wealth

Forgiveness

Open mindedness

Success

Insert other_____

3. Look back at the distressing event you described and consider what might have changed if you focused on living out your core values during that time?

Tap—into your purpose & the values you want to live by in the midst of adversity.

Humor & Gratitude Are Key To Finding Purpose and Living Our Values

In the midst of serious or ongoing adversity we often only see bad things.

Focusing on gratitude reminds us of positive things in our lives that are forgotten which creates a more complete life narrative.

We often “Play Selma’s Game”

Confessions of a Jewish Mother

(<https://www.youtube.com/watch?v=FRbL46mWx9w>)



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Sample Exercise

**Note a time when you helped someone else or offered your services—
without any concern for yourself or feeling of obligation.
(or knew someone who did).**

Share the experience and describe how you (or they) felt afterwards.

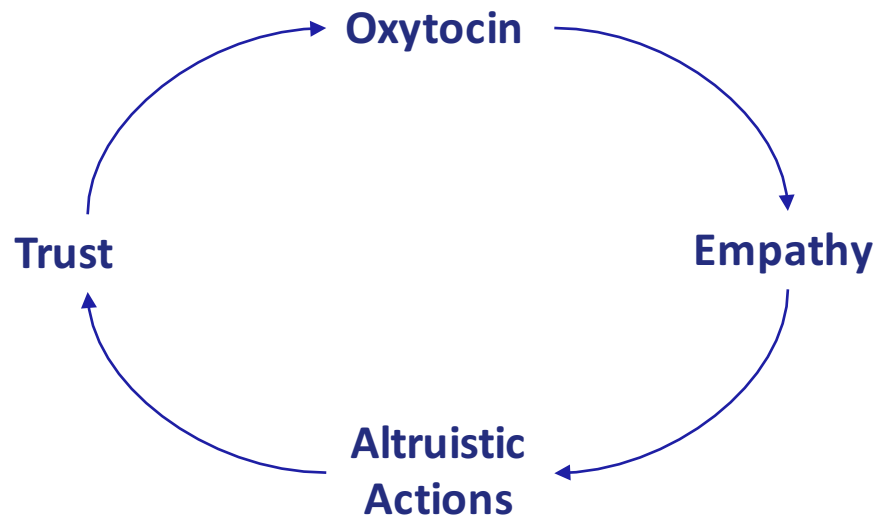
HARVESTING HOPE

One of the best ways to harvest hope in the midst of climate adversity is to take concrete steps with others to help other people or the natural environment.

This activates the release of oxytocin, which makes us more “empathetic” which produces more “altruism”

Harvest—hope for new possibilities by making choices that increase personal, social, and environmental wellbeing.

The Oxytocin Virtuous Cycle



Harvest—hope for new possibilities by making choices that increase personal, social, and environmental wellbeing.

Research Shows That When People Become More Empathetic & Altruistic They Exhibit More:

Honesty
Kindness
Love
Gratitude
Fairness
Forgiveness
Modesty
Prudence
Leadership skills
Social intelligence
Bravery
Creativity
Good Judgment

Leading To:

**More hopeful and positive attitude; Better mental health; Better physical health;
Extended life-expectancy; and Greater capacity to deal with future adversities.**

(From: Paul Zak, *The Moral Molecule: How Trust Works*, and many others)

Harvest—hope for new possibilities by making choices that increase personal, social, and environmental wellbeing.



**Researchers Have Found that Hope Emerges Most Readily When
Three Closely Related Factors Are Present:**

1. People have a vision of a place they want to arrive at or condition they want to achieve
2. A sense of how to get to their destination
3. And the commitment to work toward that end even when obstacles block their way

TR programs engage people in action planning around these 3 factors

Harvest—hope for new possibilities by making choices that increase personal, social, and environmental wellbeing.

HARVESTING RADICAL HOPE

As climate change plays out, many deeply held beliefs about the world and our role in it will be shattered---but this also offers possibility of a new form of hopefulness.



We Can Use the Adversities for *Revival*...

hope for the emergence of new ways to live that are not yet fully understandable but will be more equitable, just, and healthier and allow us to flourish.

(From: Jonathan Lear, *Radical Hope: Ethics in the Face of Cultural Devastation*)

My Purposing Action Plan

My Strengths and Passions:

My Core Values:

Goals To Enhance My Personal Wellbeing:

Goals to Enhance the Wellbeing of Other People and The Natural Environment:

<u>Immediate Actions</u> (within 30 days) to Achieve My Goals	* Barriers I Will Experience	Strategies For Barriers	# Benefits of Action	Date(s) Done
1.				
2.				
3.				
<u>Mid-Term Actions</u> (within 3 Months) To Achieve My Goals	Barriers	Strategies for Barriers	Benefits of Action	Date(s) Done
1.				
2.				
3.				

*** Barriers include internal challenges as well as external barriers.**



The Resilient Growth TM Model

Is evidence-based and emphasizes prevention---

not therapy, but can be very therapeutic

Is based on the biology of our nervous system---

not mental or moral weakness

With practice, can be instantly self-administered--

and skills are dose-based--the more you practice the greater the effects

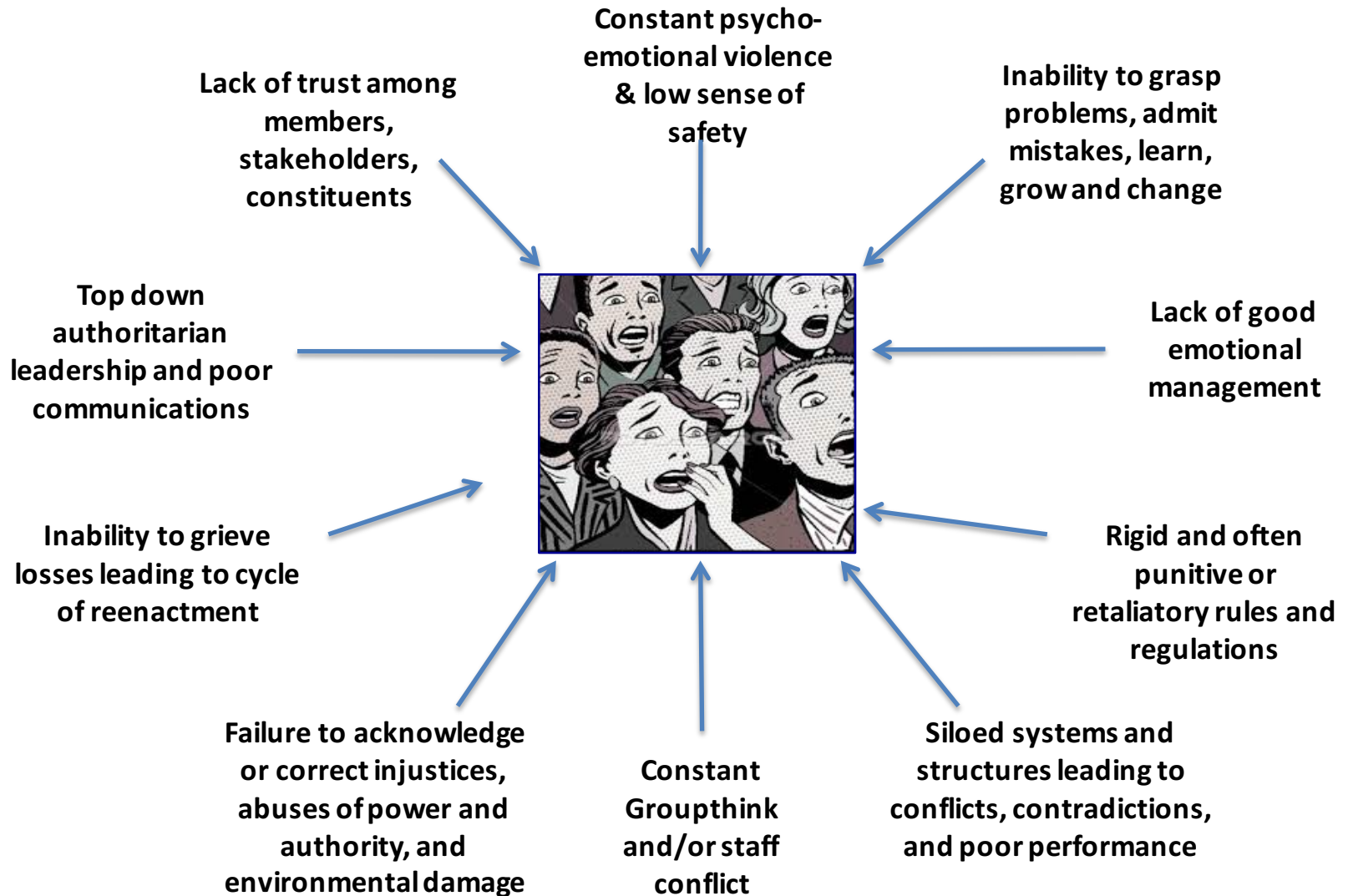


Applications to Organizations and Communities

**Helping Leaders Transition From 'Trauma-Organized' to
'Trauma-Informed' Human Resilience-Enhancing Social Systems**

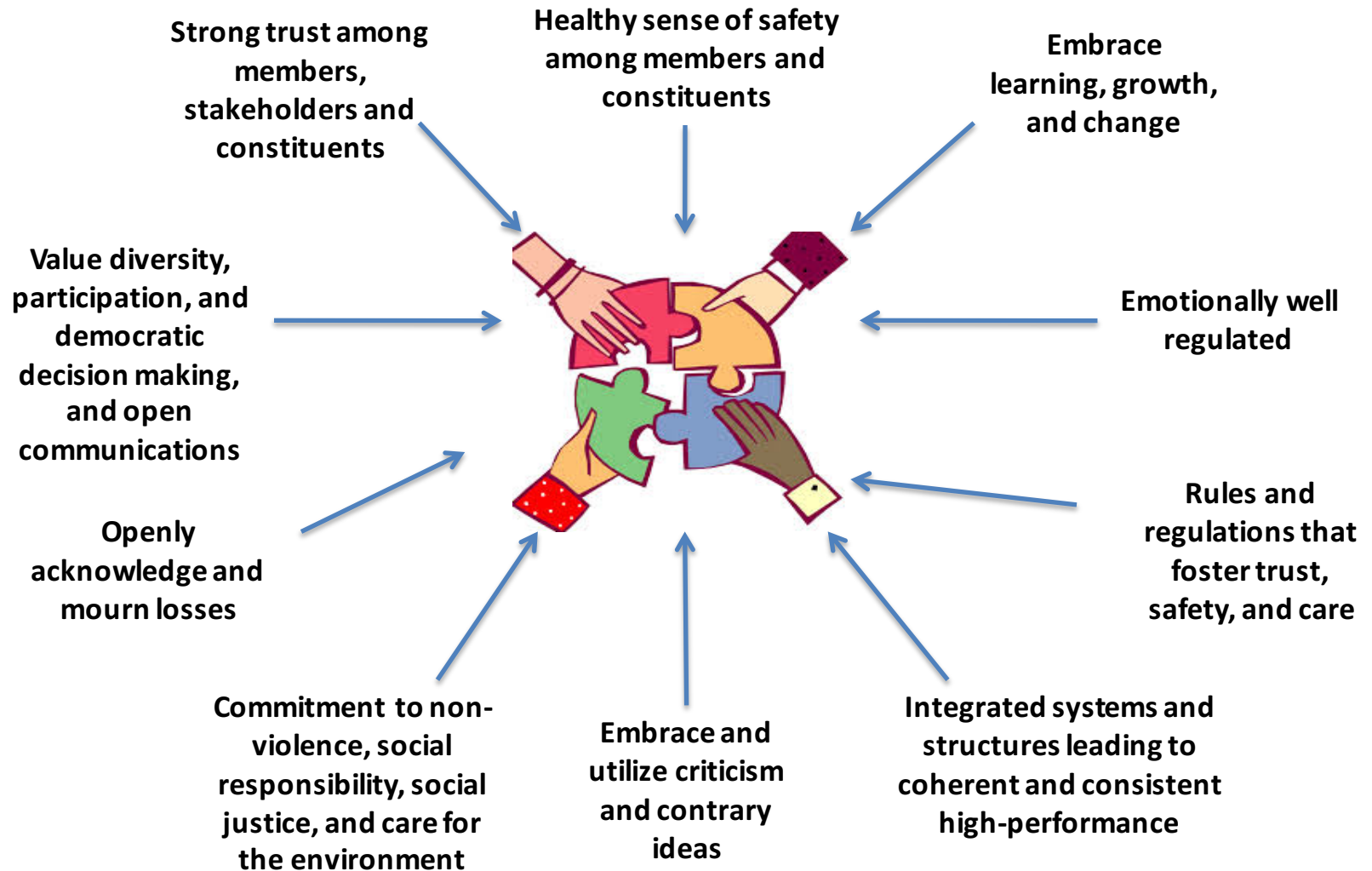


Look for These Traits of Fear-based Trauma-Organized Groups



(Adapted from *Destroying Sanctuary & Restoring Sanctuary*, Dr. Sandra Bloom)

Then, Take Action to Transition to These Traits of Human Resilience-Enhancing Organizations & Communities



(Adapted from *Destroying Sanctuary & Restoring Sanctuary* by Dr. Sandra Bloom)

Core Elements of Preventative Human Resilience Building Initiatives

1. Form diverse "Human Resilience Coordination Groups" (HRCGs) in every community to plan, establish, and coordinate preventative "Presencing" and "Purposing" resilience building programs to reach all adults and youth.

(A modification of IASC Guidelines on Mental Health and Psychosocial Support in Emergencies)

Human resilience education & skills should become as common as learning to read & write!

2. HRCGs should support teaching Presencing and Purposing skills and strengthening of social support networks of all kinds (bonding, bridging, linking).

3. They strengthen community, economic, educational, religious/spiritual protective resources that influence personal and psycho-social-spiritual resilience.

4. They inform all organizational & community leaders how to recognize signs of becoming trauma-organized and transition to resilience-enhancing social systems.

5. They identify & prepare the most vulnerable populations but don't stop there.

6. They strengthen mental health elements of emergency services infrastructure.



We Offer Tailored Workshops, Webinars, and Consultations For

- **Mental Health and Human Service Workers**
- **Emergency Responders, Health Care, Food Security, Police, Fire, and other Emergency Services Providers**
- **Environmental and Climate Practitioners**
- **Community Leaders**
- **Organizational Leaders**
- **Mindfulness-Based Stress Reduction (MBSR) For Human Service, Mental and Physical Health, and Environmental Professionals**

Contact: tr@trig-cli.org

About the Presenter

Bob Doppelt is Executive Director of The Resource Innovation Group, a social science climate change and sustainability non-profit affiliated with Willamette University. He is trained as a counseling psychologist and in environmental science and has combined the two fields throughout his career. He is also a long-time mindfulness teacher and Mindfulness-Based Stress Reduction Instructor. In 2015 he was named one of the world's "50 Most Talented Social Innovators" by the CSR World Congress.

He is the author of 4 best-selling books on the processes involved with altering human-ecological systems to enhance wellbeing. His newest book *Transformational Resilience* (Greenleaf Publishing, March 2016) describes "Presencing" and "Purposing" skills and other tools to build personal resilience as well as psycho-social-spiritual resilience within organizations and communities for climate disruption.

