WORLD EXTREME MEDICINE
GLOBAL • EXPLORATION • SPACE

GROWTH FOLLOWING ADVERSITY

Dr Kate Baecher, Clinical Psychologist;
Elysium High Performance

Dr Dan Pronk, Medical Director;
TacMed Australia

DR KATE BAECHER

BACKGROUND

-15+ YEARS IN CLINICAL AND PERFORMANCE PSYCHOLOGY AT INDIVIDUAL AND ORGANISATIONAL LEVELS IN AUSTRALIAN AND IN HIGH RISK AND AUSTERE ENVIRONMENTS OVERSEAS

- AUSTRALIAN DEFENCE FORCE (ARMY), NRL, QANTAS, DVA, AUSTRALIAN FEDERAL POLICE, REALITY TV, HUMANITARIAN DISASTER RESPONSE

CREDENTIALS

- DOCTOR OF CLINICAL PSYCHOLOGY (MACQUARIE UNIVERSITY)
- MPHIL (CLINICAL PSYCHOLOGY) (MACQUARIE UNIVERSITY
- BACHELOR OF PSYCHOLOGY (HONS)

- MEMBER OF AUSTRALIAN PSYCHOLOGICAL SOCIETY

DR DAN PRONK

BACKGROUND

-15 YEARS SERVICE IN AUSTRALIAN DEFENCE FORCE AS A MEDICAL OFFICER, INCLUDING 5 YEARS IN SPECIAL FORCES (SAS AND 2CDO); WITH MULTIPLE OPERATIONAL TOURS IN TIMOR LESTE AND AFGHANISTAN

- AWARDED COMMENDATION FOR DISTINGUISHED SERVICE FOR LEADERSHIP DURING 2ND TOUR OF AFGHANISTAN

- REMOTE MINE SITE DOCTOR, SHIP'S DOCTOR, DEP. SUPT. OF A REGIONAL HOSPITAL, MEDICAL DIRECTOR OF STATE-WIDE PRISON SERVICE; MEDICAL DIRECTOR OF TACMED

CREDENTIALS

- BACHELOR OF MEDICINE
- BACHELOR OF SURGERY
- BACHELOR OF EXERCISE SCIENCE
- MASTER OF BUSINESS ADMINISTRATION
- FRACGP

SCOPE AND PURPOSE

- **DIFFERENCES BETWEEN:**
  - Resilience vs Hardiness vs Salutogenesis vs (PT) Growth
- **RESILIENCE:**
  - Definition
  - Trajectories
  - Predictors and correlates
- **GROWTH**
  - Definition
  - Manifestation and specific populations
  - The Paradox of Post-Traumatic-Growth
  - Predictors, correlates, prerequisites and caveats
  - The process: what is *actually* happening?
  - How can we facilitate it?
- **A PERSONAL EXPERIENCE: Dan's story**
- **TOOLKIT**

WHY IS THIS IMPORTANT?

TACMED AUSTRALIA

WHAT IS THE DIFFERENCE BETWEEN…

- RESILIENCE

  VS

- HARDINESS

  VS

- SALUTOGENESIS

  VS

- (PT) GROWTH

LET'S TALK RESILIENCE

- WHAT IS IT?
- WHAT IS IT NOT?

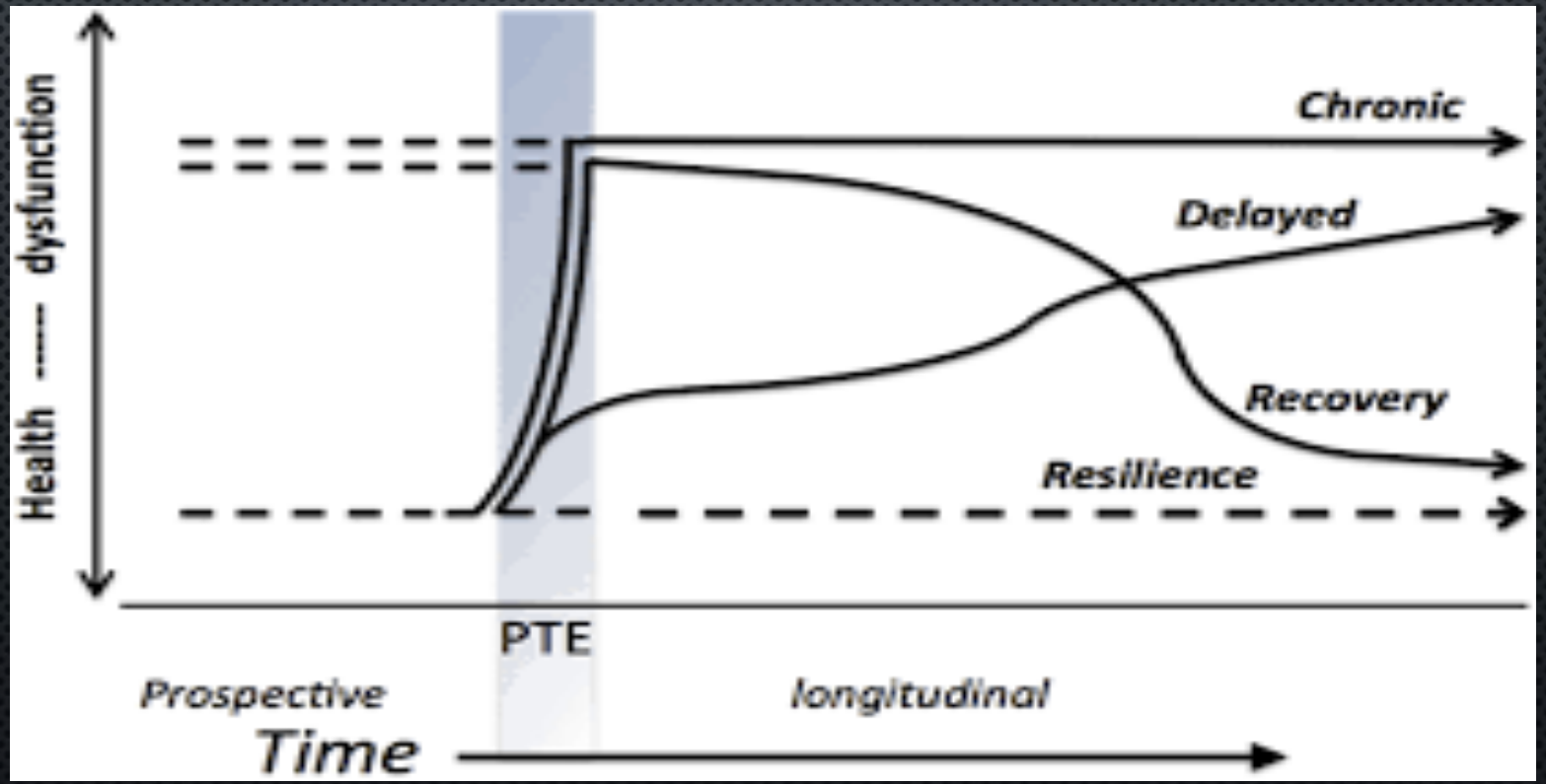
TRAJECTORIES OF IMPACT

RESILIENCE

RECOVERY

DELAYED ONSET

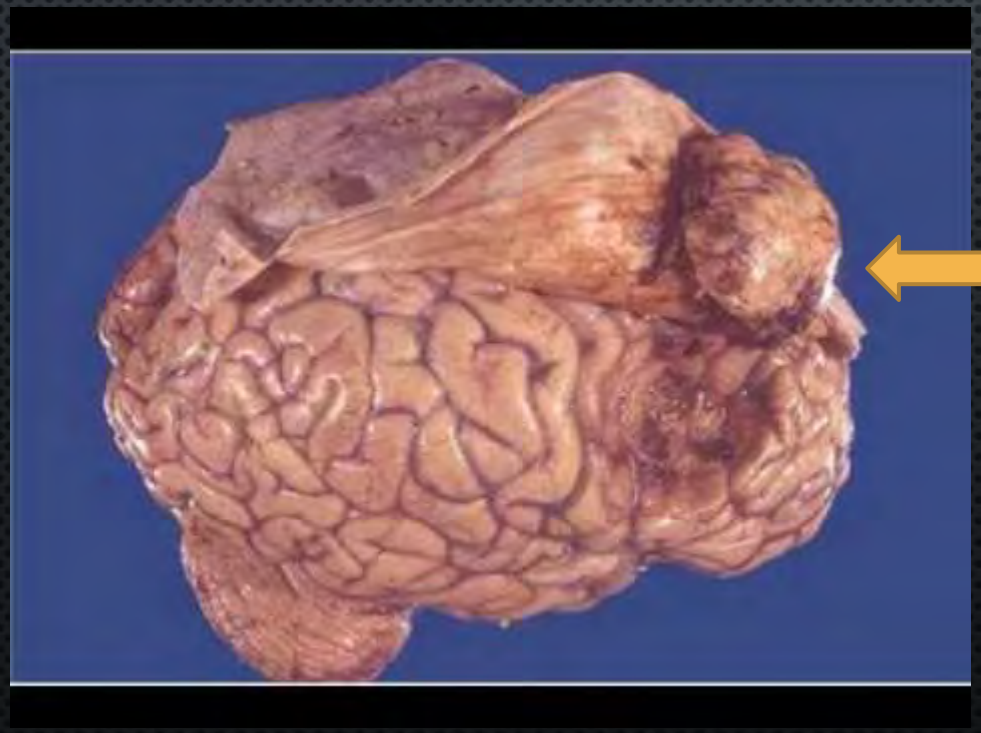
CHRONIC



RESILIENCE: PREDICTORS AND CORRELATES

* SENSE OF COMPETENCE OR PREPAREDNESS
* SOCIAL SUPPORT: QUALITY
* EFFECTIVE COPING STRATEGIES
    - APPROACH ACCEPTANCE
    - HARDINESS
    - EMOTIONAL PROCESSING
    - PHYSICAL HEALTHY BEHAVIOURS: DIET, SLEEP, EXERCISE

LET'S TALK GROWTH!



Not THAT sort of growth!!

GROWTH FOLLOWING ADVERSITY

- What is it?
- What does it look like?

GROWTH FOLLOWING ADVERSITY

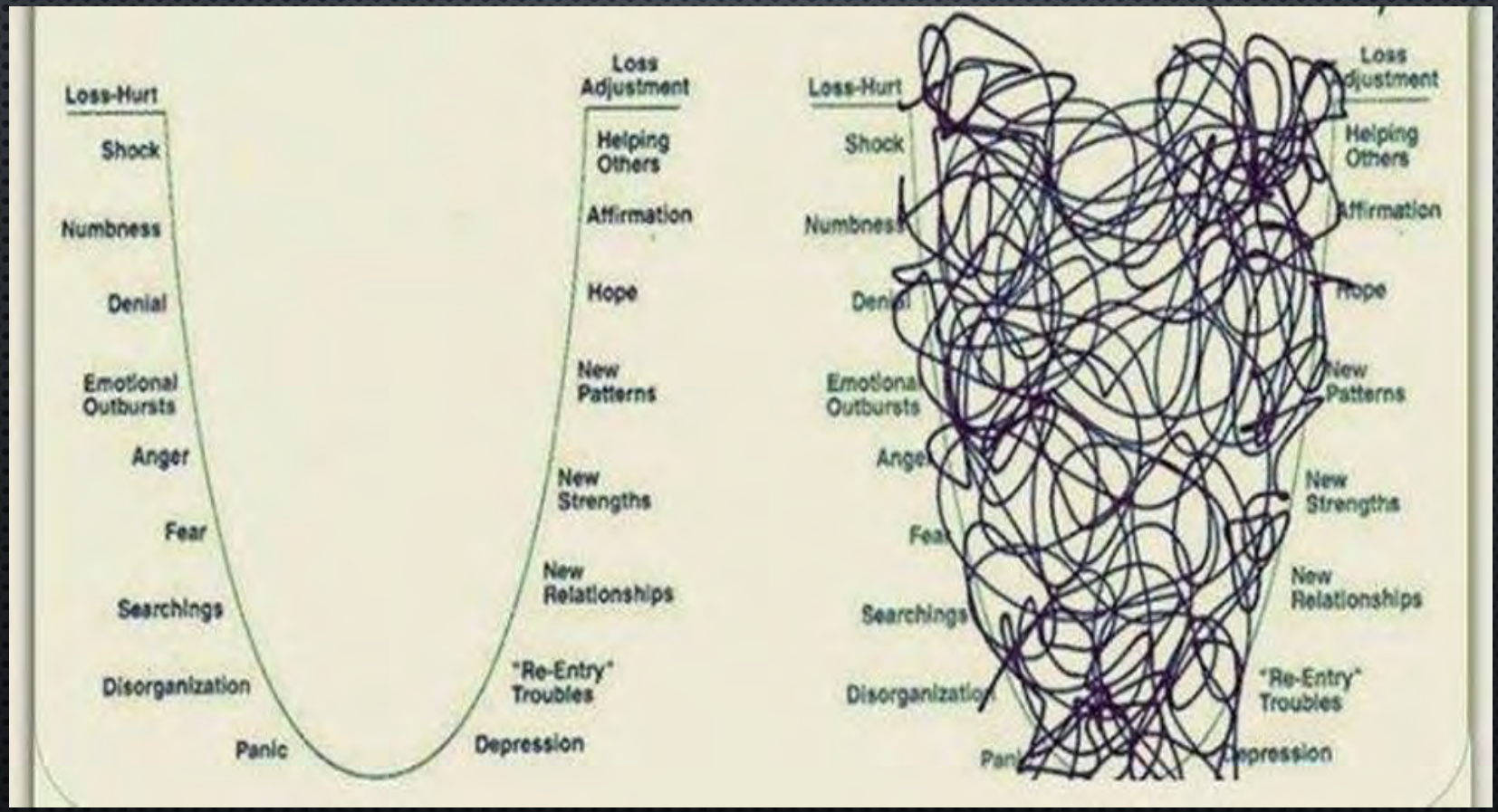
PREDICTORS, PREREQUISITES…. AND CAVEATS

- IMPACT OF EVENT → DISTRESS
- TIME
- SOCIAL SUPPORT
- ONGOING AND INTERACTIVE COGNITIVE ENGAGEMENT AND PROCESSING

CAVEATS

- GROWTH DOES NOT NECESSARILY MEAN A DECREASE IN DISTRESS
- RESILIENCE IS NOT THE SAME AS GROWTH
- GROWTH CAN OCCUR WITHOUT TRAUMA
- GROWTH CO-EXISTS WITH – AND IS PRECIPITATED BY DISTRESS
- PTG IS NEITHER UNIVERSAL NO INEVITABLE

WHAT IS ACTUALLY HAPPENING?:
THE PROCESS OF GROWTH



WHAT IS ACTUALLY HAPPENING?:
THE PROCESS OF GROWTH

- GRIEF
- EMOTIONAL PROCESSING
- COGNITIVE PROCESSING
- TIME
- CONVERTING COGNITIONS INTO ACTION

RESILIENCE

AND THE

PARADOX OF PTG

HOW CAN WE FACILITATE IT?

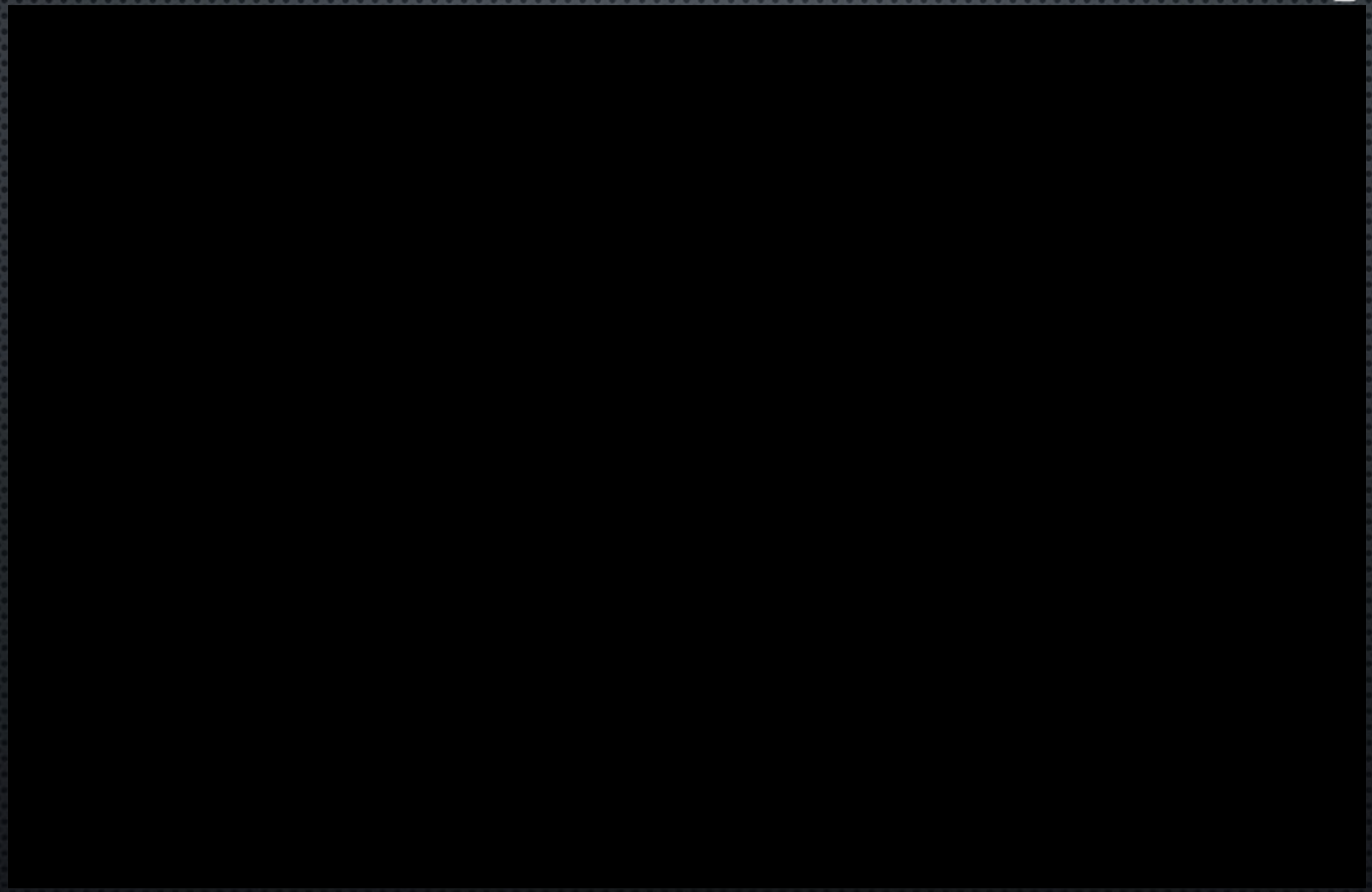
FOR THE INDIVIDUAL:

- TRAINING, EXPERIENCE AND PERCEIVED COMPETENCE
- OPENNESS TO EXPERIENCE
- GRIEF-WORK
- SUPPORT AND DISCLOSURE
- PROACTIVE AND CONFRONTATIONAL COPING STYLE
- ACCEPTANCE OF THE SITUATION
- COGNITIVE AND EMOTIONAL PROCESSING

FOR THE ORGANISATION:

- TRAINING FOR CRISIS SITUATIONS
- INDIVIDUAL RESILIENCE TRAINING
- PSYCHOSOCIAL SUPPORT
- PEER SUPPORT

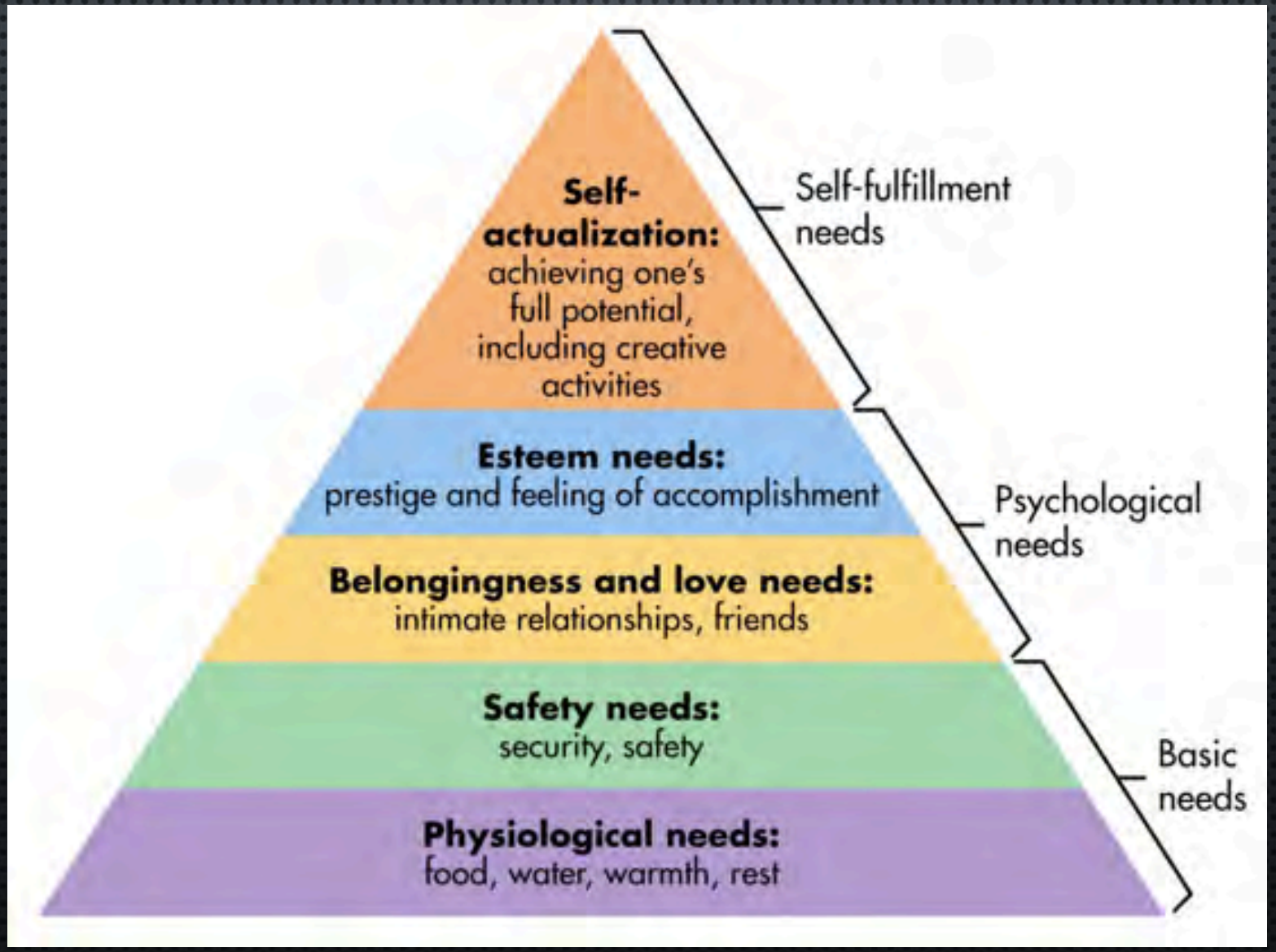
DAN'S STORY



SOCIAL IDENTITY THEORY

IDENTITY FUSION

MASLOW'S HIERARCHY OF NEEDS



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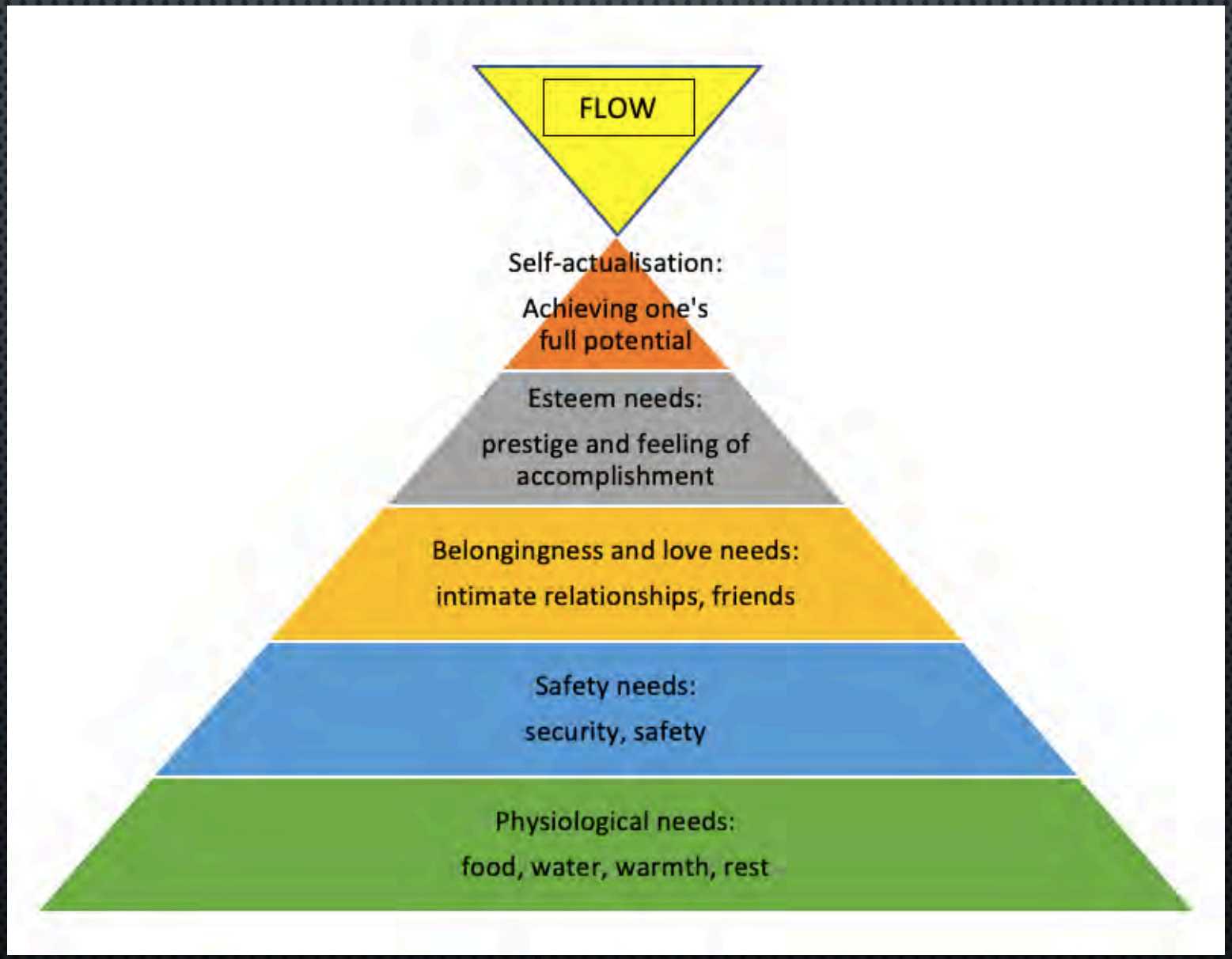

FLOW
Self-actualisation:
Achieving one's full potential
Esteem needs:
prestige and feeling of accomplishment
Belongingness and love needs:
intimate relationships, friends
Safety needs:
security, safety
Physiological needs:
food, water, warmth, rest

CONTINGENT SELF ESTEEM

RESILIENCE SHIELD

TACMED
AUSTRALIA

06 JUNE 2011

23 MAY 2011

04 JULY 2011

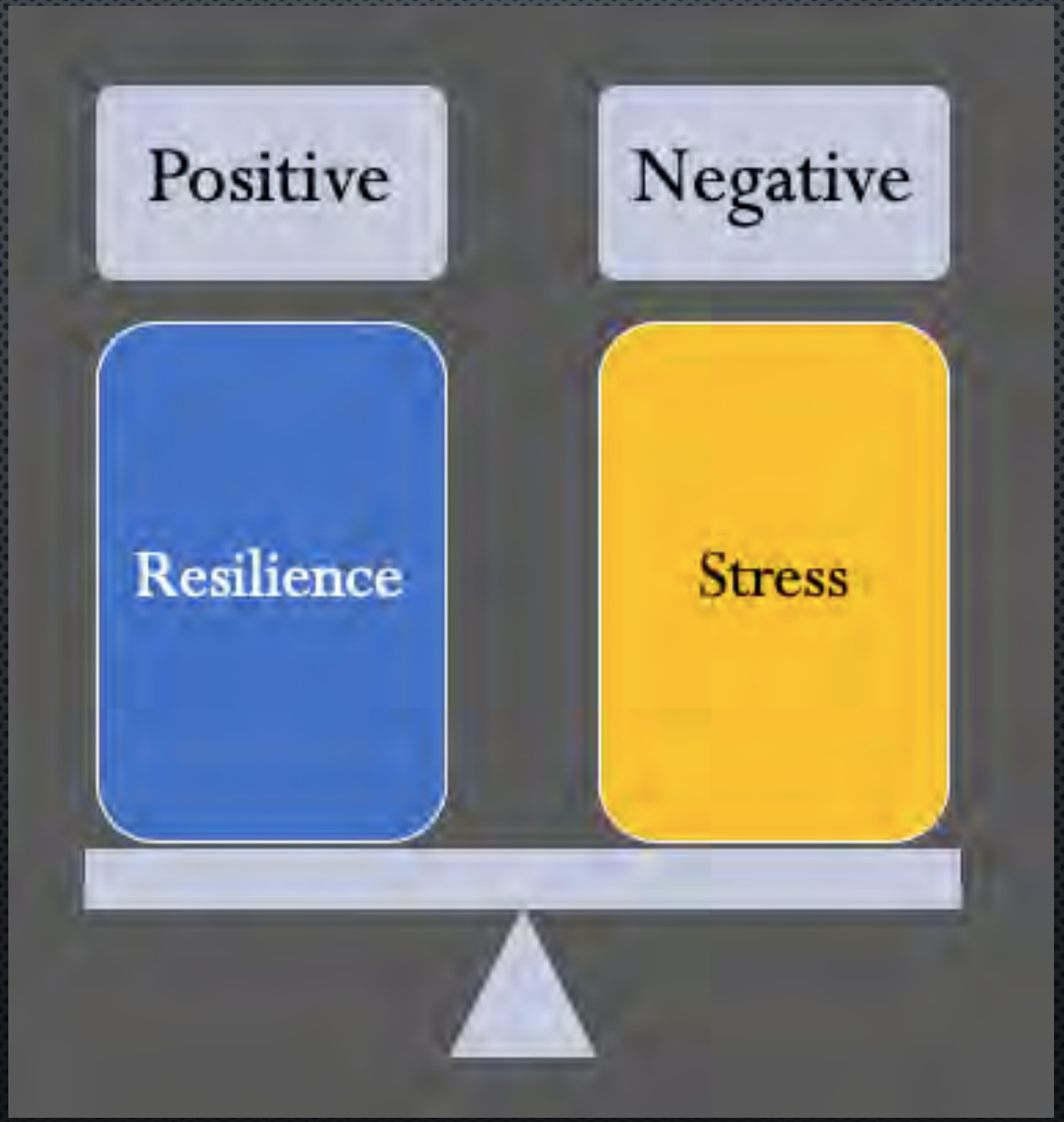
TACMED AUSTRALIA

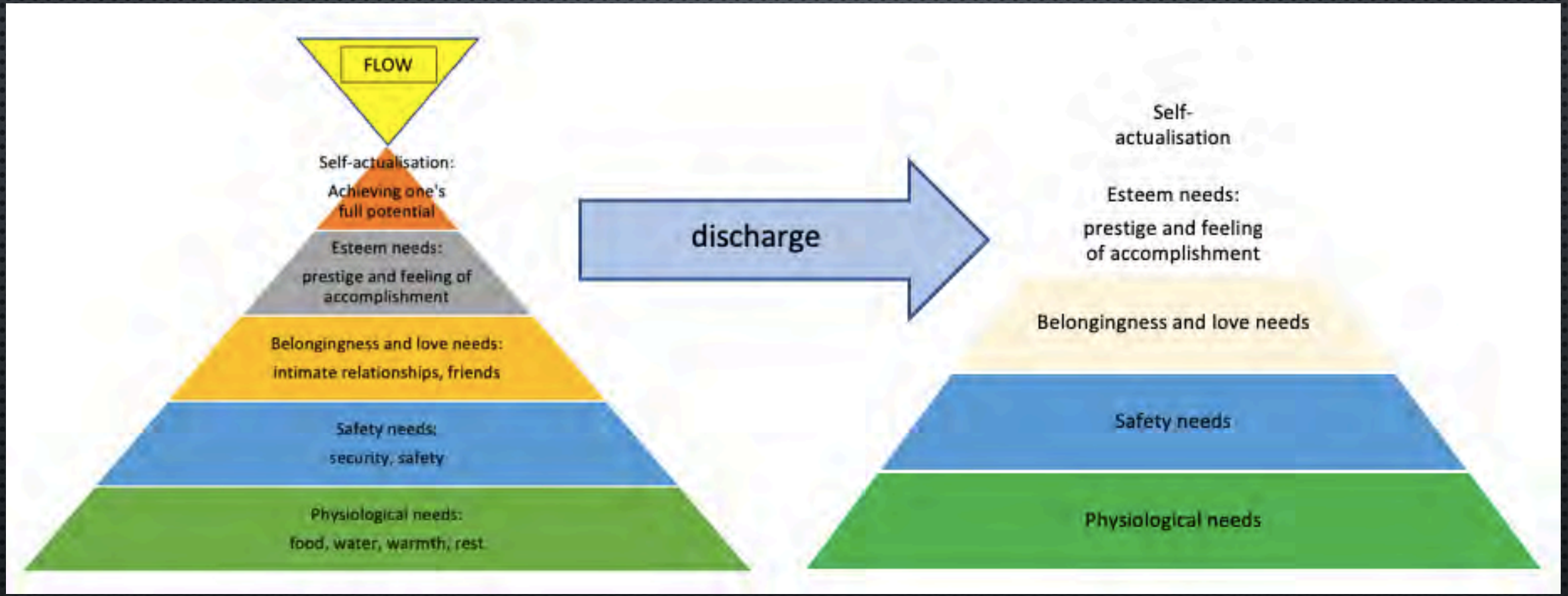
02 JUL 2012

PALMER

031
031

UNION CITY
BEARS


Positive
Negative
Resilience
Stress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discharge
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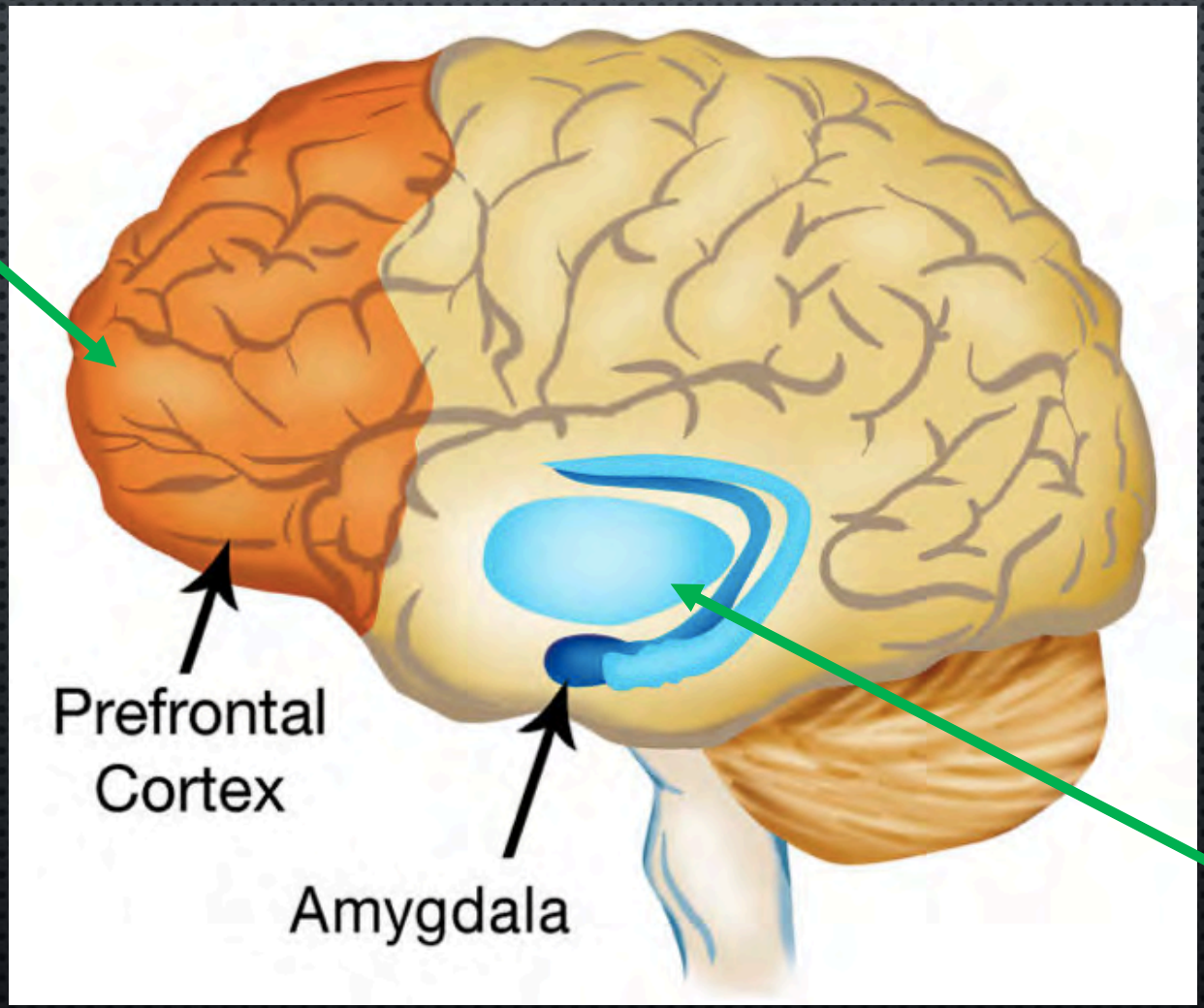
Positive
Negative
Resilience
Stress

TRAUMA IS NOT A COMPETITION!

COPING STRATEGIES

MINDFULNESS IS A SUPERPOWER



POSITIVE REAPPRAISAL

NEGATIVE

- I COULDN'T SAVE HIM
- FAILED RESUSCITATION

POSITIVE

- EFFICIENT MOBILISATION AND MOVE TO INCIDENT SITE UNDER COMPLEX CONDITIONS
- EFFECTIVE HAEMORRHAGE CONTROL WITH MULTIPLE ARTERIAL TOURNIQUETS
- SUCCESSFUL SURGICAL AIRWAY
- SUCCESSFUL INTRAOSSEOUS
- BILATERAL NEEDLE DECOMPRESSIONS
- SUCCESSFUL FRESH WHOLE BLOOD TRANSFUSION
- INJURIES WERE INCOMPATIBLE WITH SURVIVAL
- SUCCESSFUL MANAGEMENT AND EXTRACTION OF OTHER CASUALTIES
- SUCCESSFUL BODY RECOVERY

RECALIBRATING THE SUCK METER

NEW APPRECIATION FOR THE ORDINARY

NEW APPRECIATION FOR THE ORDINARY

NEW APPRECIATION OF FAMILY

NEW APPRECIATION OF KIDS

GRATITUDE

GRATITUDE

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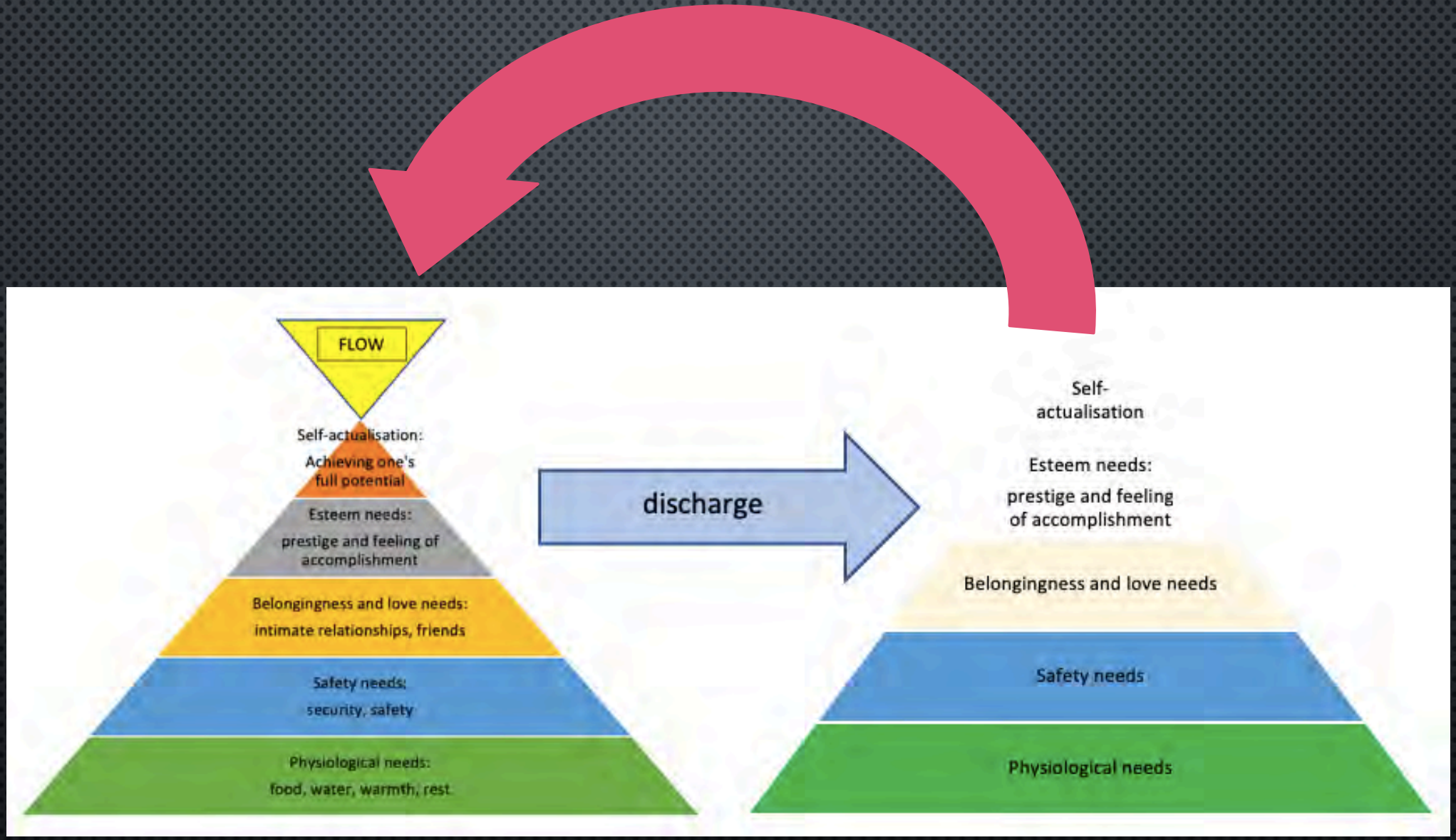
PERSPECTIVE IS EVERYTHING

TACMED AUSTRALIA

REBUILDING THE PYRAMID

EVOLVE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A TOOLKIT FOR YOU

- (SPECIFIC TECHNIQUES) ……
- *
- *
- *

LESSONS LEARNT

WHERE TO FROM HERE?

- DIGEST THE WORKSHOP
- RE-READ THE HANDOUT
- COMPLETE THE QUESTIONNAIRE IN ORDER TO THEN BEGIN USING YOUR OWN INDIVIDUALISED TOOLKIT
- HOLD ONTO HOPE! (AND SOCIAL SUPPORTS…)

- CONTACT DAN (DAN@TACMEDAUSTRALIA.COM.AU) OR KATE (KATE@ELYSIUMHP.COM.AU)

FOR ANY QUESTIONS OR FURTHER INFORMATION