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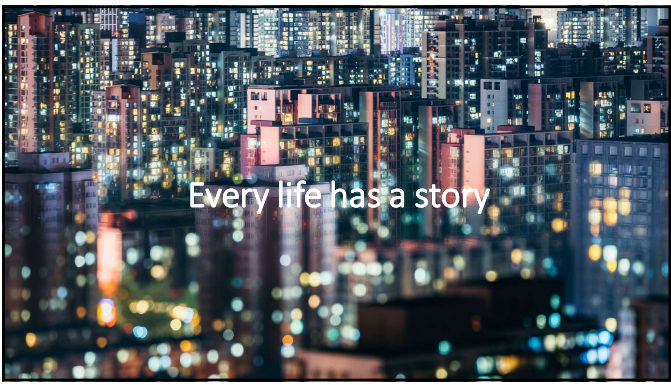
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Your life has a story

- Good stories
- Bad stories



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...and some of  
those stories  
continue to hurt...



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Struggle Well

Thriving in the Aftermath of Trauma



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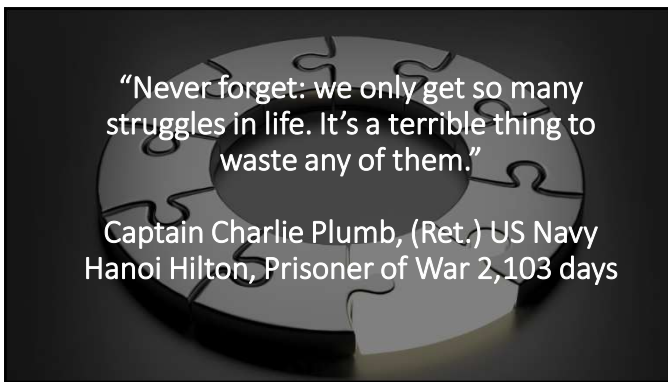
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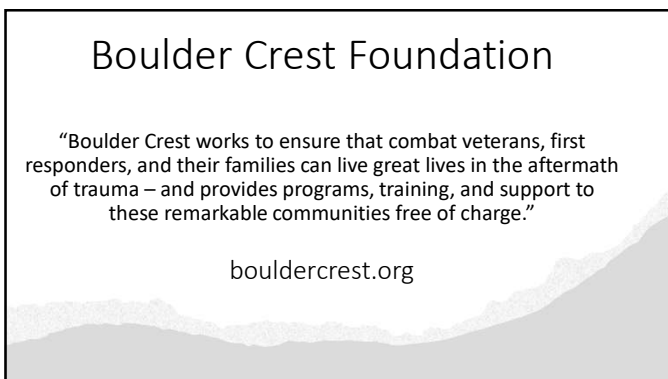
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Boulder Crest  
Foundation

- Founded by Ken Falke and Josh Goldberg

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Boulder Crest  
Foundation

- Founded by Ken Falke and Josh Goldberg
- Based on the works of Drs. Richard G. Tedeschi and Lawrence G. Calhoun
  - University of North Carolina – Charlotte

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  - 1995

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  - 1995
- Tedeschi and Calhoun spent thirty years studying people's ability to recover from tragedy and trauma.

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  - University of North Carolina – Charlotte
  - 1995
- Tedeschi and Calhoun spent thirty years studying people's ability to recover from tragedy and trauma.
- Coined the phrase "Posttraumatic Growth"

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## Boulder Crest Foundation

- Ken Falke
  - Mother died from cancer at 29 when he was seven years old
  - Lived between Washington and Philadelphia
  - Father was in the Army and remarried
  - Grandfather – alcoholic and abusive, Uncle – drug addict
  - Joined Navy at 19 – spent 21 years in the Navy – 19 years as an EOD Technician
  - Retired from the Navy after a parachuting accident
  - Started consulting company in explosives
  - Iraq war caused company to grow exponentially – sold company
  - Started to visit wounded EOD Technicians

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## Boulder Crest Foundation

- Josh Goldberg
  - "Inside Jew"
  - Perfect life – excelled in school, married well, beautiful home
  - Major oil company executive – two corner offices! - Traveled the world
  - Had all he sought – money, power, respect
  - Profoundly unhappy
  - 2011 Wife asked him "Is this what you want to do for the rest of your life?"
  - Began personal analysis
  - Left his false life – switched careers, built new habits and relationships
  - Got divorced
  - Mother's cancer
  - 2013 began to have panic attacks and suicidal thoughts
  - 2013 met Ken Falke

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## Post-Traumatic Stress Disorder

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## Post-Traumatic Stress Disorder

### PTSD

- Anyone can develop – at any age
- Includes combat veterans, first responders, experienced physical or sexual assault, abuse, an accident, disaster, terror attack, or other serious event
- Not everyone has to go thru trauma – learning that family or close friend's experience can cause PTSD
- 6 out of 100 experience PTSD at some point in their life

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## Post-Traumatic Stress Disorder

### Diagnosis

- Re-experience symptoms after trauma
- Avoidance of symptoms
- Arousal and reactive symptoms
- Cognitive and mood symptoms

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## Post-Traumatic Stress Disorder

### Treatment

- Psychotherapy
  - Exposure
  - Cognitive
- Medication

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Struggle Well  
....Live Well

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Struggle Well  
....Live Well

10 truths on how to live a meaningful  
life as taught by veterans

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10 Truths

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1. Struggle has value

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10 Truths

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1. Struggle has value  
2. We can't reach what we can't see

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## 10 Truths

1. Struggle has value
2. We can't reach what we can't see
3. The paradox of struggle

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## 10 Truths

1. Struggle has value
2. We can't reach what we can't see
3. The paradox of struggle
4. Why we struggle poorly

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## 10 Truths

1. Struggle has value
2. We can't reach what we can't see
3. The paradox of struggle
4. Why we struggle poorly
5. Our training + experience matters (all of it)

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## 10 Truths

1. Struggle has value
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6. The best things in life can't be bought

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7. We must have a personal philosophy about life

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8. Language matters

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### 10 Truths

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1. Struggle has value
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5. Our training + experience matters (all of it)
6. The best things in life can't be bought
7. We must have a personal philosophy about life
8. Language matters
9. We are our brother's and sister's keepers

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### 10 Truths

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1. Struggle has value
2. We can't reach what we can't see
3. The paradox of struggle
4. Why we struggle poorly
5. Our training + experience matters (all of it)
6. The best things in life can't be bought
7. We must have a personal philosophy about life
8. Language matters
9. We are our brother's and sister's keepers
10. There are no shortcuts

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Let's take a Break.

15 minutes

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Five Domains of Growth



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Five Domains of Growth

Deeper relationships

- When you struggle you have a greater compassion for and empathy with others who struggle, a greater sense of kindness for people in general.
- Relationships become deeper and more meaningful because you're more authentic and less concerned about being judged.



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Five Domains of Growth

Personal Strength

- When you have been through a traumatic event and not only survived, but thrived, you understand you can get through anything.
- You recognize you are stronger than you know, and it's when tested that you experience your own strength for what it is.



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## Five Domains of Growth

### Spiritual and Existential Change

- When you have a brush with death or thoughts of suicide or any experience that makes you realize the life you have isn't the life you want – you are forced to answer the deepest questions – “Who am I?”, “Where do I belong?”, “Why am I here?”.
- You get the opportunity to use the pursuit of these answers to change your life.




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## Five Domains of Growth

### Sense of Appreciation for Life

- You come to appreciate the ability to simply breath.
- You are grateful to wake up everyday, to spend time with good friends, to watch sunsets and do fulfilling work.




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## Five Domains of Growth

### New Possibilities

- When you struggle, the path that you were traveling is no longer available.
- You now have the opportunity and obligation to travel a new path – along the way, being introduced to new ways of life, new people to enrich your life and new ways of doing things.




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## Posttraumatic Growth

### A Lifelong Process




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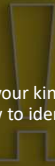
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## Posttraumatic Growth

### A Lifelong Process

#### Education –

- a) Knowledge is power, gives you the keys to your kingdom.  
Understand the impact of struggle and how to identify them.




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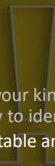
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## Posttraumatic Growth

### A Lifelong Process

#### Education –

- a) Knowledge is power, gives you the keys to your kingdom.  
Understand the impact of struggle and how to identify them.
- b) Recognize and accept struggle is both inevitable and useful –  
a lot to be gained from pain and distress




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## Posttraumatic Growth

### A Lifelong Process

#### Education –

- a) Knowledge is power, gives you the keys to your kingdom.  
Understand the impact of struggle and how to identify them.
- b) Recognize and accept struggle is both inevitable and useful –  
a lot to be gained from pain and distress
- c) Understand how to struggle and live well

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## Posttraumatic Growth

### A Lifelong Process

#### Regulation –

- a) Find wellness practices to keep you grounded

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## Posttraumatic Growth

### A Lifelong Process

#### Regulation –

- a) Find wellness practices to keep you grounded
- b) Connect your head, heart, calm your mind and body

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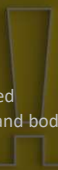
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Posttraumatic Growth

A Lifelong Process

Regulation –

- a) Find wellness practices to keep you grounded
- b) Connect your head, heart, calm your mind and body
- c) Meditation, exercise, taking walks



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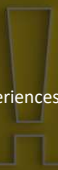
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Posttraumatic Growth

A Lifelong Process

Disclosure –

- a) Travel thru life collecting good and bad experiences



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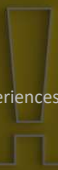
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Posttraumatic Growth

A Lifelong Process

Disclosure –

- a) Travel thru life collecting good and bad experiences
- b) Putting them in your “Rucksack”



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## Posttraumatic Growth

### A Lifelong Process

#### Disclosure –

- a) Travel thru life collecting good and bad experiences
- b) Putting them in your “Rucksack”
- c) About emptying your rucksack and figure out what’s in there

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## Posttraumatic Growth

### A Lifelong Process

#### Disclosure –

- a) Travel thru life collecting good and bad experiences
- b) Putting them in your “Rucksack”
- c) About emptying your rucksack and figure out what’s in there
- d) Share with others you can trust and decide what to put back in

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## Posttraumatic Growth

### A Lifelong Process

#### Positive New Story –

- a) What you carry with you going forward helps shape that story

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Posttraumatic Growth

A Lifelong Process

Positive New Story –

- a) What you carry with you going forward helps shape that story
- b) You and only you get to create your story



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Posttraumatic Growth

A Lifelong Process

Positive New Story –

- a) What you carry with you going forward helps shape that story
- b) You and only you get to create your story
- c) It speaks to who you are, why you exist, where you are going and who can join you



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Posttraumatic Growth

A Lifelong Process

Service–

- a) About what you do for others



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## Posttraumatic Growth

### A Lifelong Process

#### Service—

- a) About what you do for others
- b) Jesus, Martin Luther King, Jr., Mr. Rogers – all believed that life is about what you do for others.

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## Posttraumatic Growth

### A Lifelong Process

#### Service—

- a) About what you do for others
- b) Jesus, Martin Luther King, Jr., Mr. Rogers – all believed that life is about what you do for others.
- c) One of the greatest acts of service is listening.

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How about Us????

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### A Matter of Trust & Connection

1. We must come to terms with our own past trauma.
2. We must “undo” ourselves in order to help others.
3. Those who are not well can not help others.

“Hurt people hurt people  
Healthy people help people”

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### Struggle Well



Information obtained from;

The book by Ken Falke and Josh Goldberg  
“Struggle Well  
Thriving in the Aftermath of Trauma”

PTSD – National Institute of Mental  
Health

“it’s about living well”

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