

# Thriving Through Trauma

**Week 1: Welcome & Seeking Safety**

Presented by CSUEB Counseling Services



A woman in a light-colored jacket and dark pants stands on a sandy beach, looking out at the ocean. The sun is low on the horizon, creating a warm, golden glow. The waves are breaking in the distance. The text "Safe Place Visualization" is overlaid in a bold, orange font.

# Safe Place Visualization

## A Few Zoom Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

## Community Agreements

- Speak to your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
- Commit to all weeks of group
- Any suggestions?





# Weekly Check-In

Name, preferred pronouns, major, fun fact. What are you hoping to get out of this group?

**How are you (*weather analogy*)? What safe coping skill did you use this week?**

- ☐ Ask for Help
- ☐ Cry
- ☐ Choose self respect
- ☐ Take good care of your body
- ☐ Compassion
- ☐ Create a new story
- ☐ Structure your day
- ☐ Trust the process
- ☐ Reframe setbacks
- ☐ Focus on now/ your goals

# Safe Coping Skills Examples

1. **Ask for Help** - *reach out to someone safe*
2. **Cry** - *let yourself cry, it will not last forever*
3. **Choose self respect** - *choose whatever will make you like yourself tomorrow*
4. **Take good care of your body** - *eat right, exercise, sleep, safe sex*
5. **Compassion** - *listen and talk to yourself with respect and care*
6. **Create a new story** - *You are the author of your life: be the hero who overcomes adversity*
7. **Structure your day** - *a productive schedule keeps you on track & connected with the world/yourself*
8. **Trust the process** - *Accept this moment as if you had chosen it; the only way out is through*
9. **Reframe setbacks** - *Remind yourself that setbacks are not failures*
10. **Focus on now/your goals** - *Do what you can to make today better, don't get overwhelmed by the past or future*



# Quote of the Day

“Although the world is full of suffering,  
it is full also of the overcoming of it.”

-Helen Keller *(20th C. American Writer)*



# How can we Thrive through our Trauma?

- Seeking **safety** (safe coping skills)
- **Remembrance** and mourning losses (process unprocessed trauma)
- **Reconnection + integration** (reconnect with our positive beliefs/self and close others)

# Window of Tolerance

- Triggers can send you out of the window
- Not something you chose

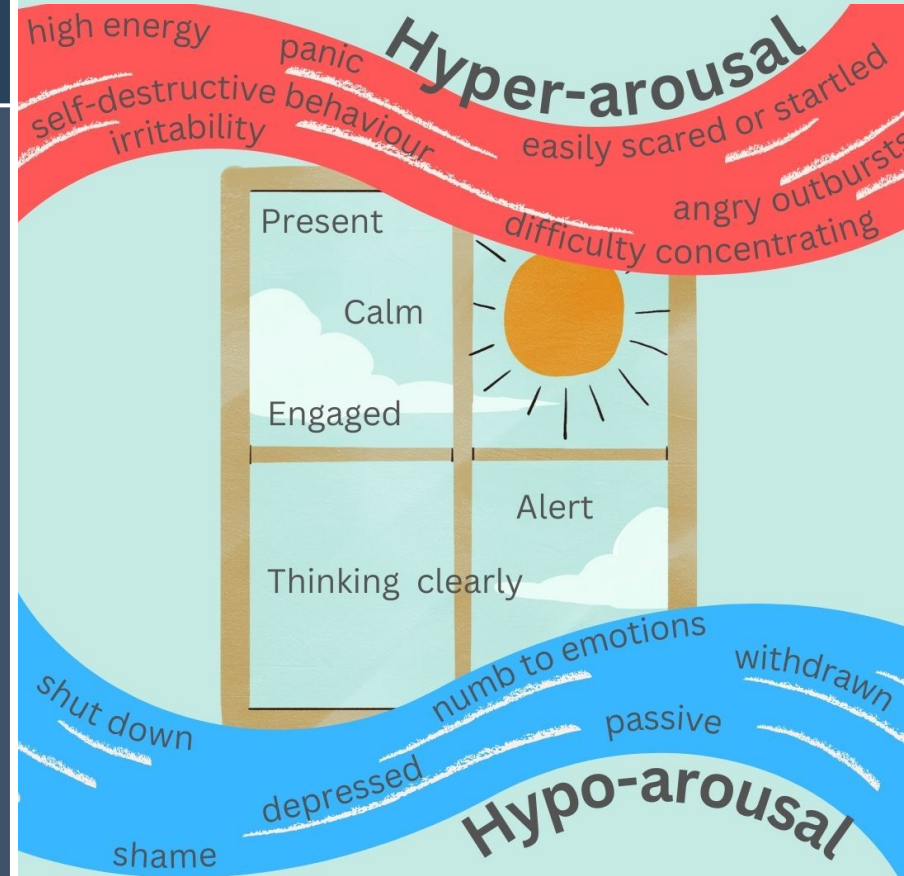
## Hyperarousal

- anxious, angry, out of control, panic
- body wants to fight or run away

VS

## Hypoarousal

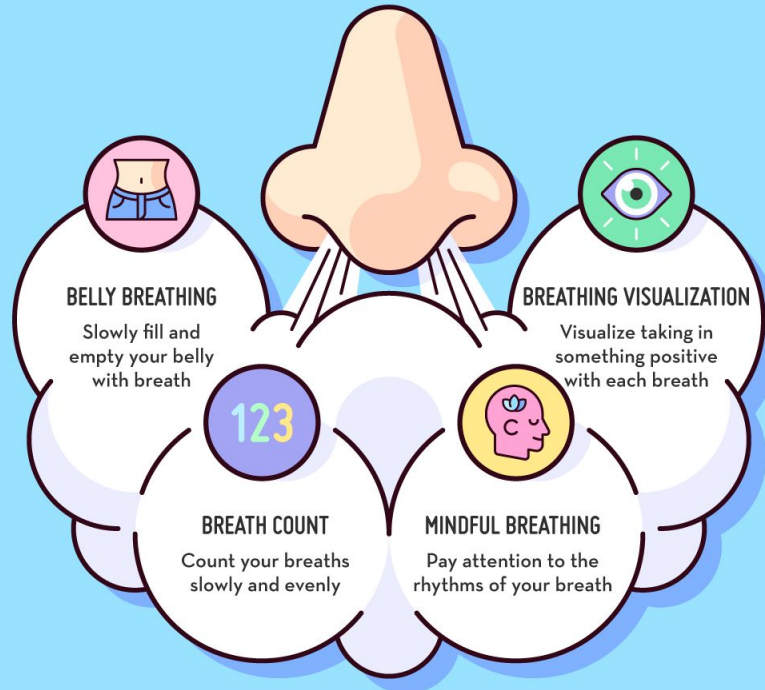
- spacey, zoned out, numb, frozen
- body wants to shut down, collapse
- threatened, dissociative





# FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.





# Reflect & Debrief





## Reflect & Debrief

### Reflect/ Debrief

Any thoughts? Questions?  
Reflections? Reactions?

### Check Out Question

1 thing you are taking away from  
the group or you are committing  
to do for yourself this week

# Additional Resources

- **Mental Health apps:** Wysa, Clarity (CBT), Mindshift, MoodTools, Calm, Shine, Happify, Headspace, Days since, IAmSober, Worry Watch, PTSD Coach, DBT Coach
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing @pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**





A person wearing a white, long-sleeved shirt with intricate embroidery on the cuffs is sitting on a sandy beach. Their hands are clasped together in their lap. The background is a soft-focus view of the ocean and some coastal vegetation. The overall mood is calm and serene.

# **Next Week:** **Grounding**



# Thanks for Joining!

**See you next week!**

With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List. © Guilford Press, New York. From: Najavits, L.M. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002). Only for personal use with clients.