Welcome to the Minnesota TZD Conference!

October 23-24, 2019
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www.minnesotatzd.org

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Jessica Schleck
Lasting Impact: Life without Logan

Matt & Julie Maas
parents of Logan Maas
Plenary Session:

Post Traumatic Growth: Turning Trauma into Action

What is trauma?
- a deeply distressing or disturbing experience
What can cause it?

What have you experienced?

“On the occasion of every accident that befalls you, remember to turn to yourself and inquire what power you have to turn it to use.”

-Epictetus (60-120 A.D.)
What about our mindset?

Upside

The New Science of Post-Traumatic Growth

JIM RENDON
• Telling a new story
• Relying on others
• Expressing yourself
• Looking for the positive
• Finding meaning in faith
• Opening up to new experiences

Dr. Leonard Poon, University of Georgia

• Optimism
• Engagement
• Mobility
• Adaptability to loss
Don’t pick up what doesn’t belong to you emotionally.

Resilience:

- A belief that we can influence events (power vs. powerless)
- A belief that we can learn and grow from both positive and negative events.

*Bonnano, Columbia University 2012*
Thank you!

2020
Duluth
October 20-21, 2020