



# REBOUNDERS

## FIRST ANNUAL CONFERENCE 2009

Presenter: James Whetstone, M.A., (C)OACCPP, CDRS



# *Psychotherapy*

Help with life changing events

- ◆ Auto accident
- ◆ Job injury
- ◆ Coping with critical illness
- ◆ Mental distress



# *Negative Response to Crisis*

- ◆ Loss of trust  
In life, others and self
- ◆ Fear for  
self, family, friends, public
- ◆ Anger with self and others  
"why me ?"



# *Response to Loss*

- ◆ Move to “Plan B”

Problem: No one has “Plan B”

- ◆ “Plan B” = Get “Plan A” back
- ◆ If this works = Good
- ◆ If this doesn't work ..???



## *Response to Loss*

- ◆ Person doesn't get - "Plan A" back  
Renewed Effort:
  - try harder, workout longer
  - take more Rx, find new M.D.,
- ◆ More negative self talk  
"I'm lazy, weak, cursed"



# *Psychological Response*

- ◆ When more effort, new expert opinion or different Rx - doesn't work
- ◆ Depression may set in:  
hopelessness, sadness about future  
sleeplessness, worry, anxiety  
more anger at situation and self



# *Positive Response to Loss*

- ◆ Revised - "Plan A" is developed  
creates = "new life story"

- ◆ Reorganization of self concept

mind

body

spirit

"Who am I now ?"

"What can I do for myself and others ?"



# *The New Story*

- ◆ Reorganized  
"Mind"
- ◆ Re-thinking purpose of life
- ◆ renewed interest in learning
- ◆ accept self as different



# *New Story*

- ◆ Reorganized  
“Body”
  - ◆ accept limitations
  - ◆ cope with chronic pain
  - ◆ participate in body maintenance



# *New Story*

- ◆ Reorganized  
    “Spirit”
  - ◆ practice liking self
  - ◆ faith that life is worth living
  - ◆ practice trusting
  - ◆ accept that “why me”
    - can not be answered



# *Path of Survivor*

- ◆ Reorganized "Plan A" = "New Story"  
you are a now a "survivor"
- ◆ To be a "survivor" you need
  - "RESILIENCE"
- ◆ Let's explore
  - "RESILIENCE"



# *RESILIENCE*

- ◆ The ability to adapt well to:
  - ◆ Stress
    - ◆ Mental or emotional strain
  - ◆ Adversity
    - ◆ Difficulties, misfortune



# *RESILIENCE*

The ability to adapt well to:

- ◆ Trauma

Deeply disturbing experience

- ◆ Tragedy

An event causing great suffering



# *How Do I Know If I Am Resilient*

- ◆ Resilient People:
  - ◆ Adapt to change easily
  - ◆ Feel in control of their life
  - ◆ Tend to bounce back after hardship or illness

"What we dwell on is who we become." - Oprah Winfrey



# *Am I Resilient*

- ◆ Resilient People:
  - ◆ Have close dependable relationships
  - ◆ Remain optimistic
  - ◆ Don't give up
    - ◆ even if things seem hopeless
  - ◆ Think clearly and logically
    - ◆ under pressure



# *Resilient People*

- ◆ See the humour in situations  
-even under stress
- ◆ Self-confident
- ◆ Content to be who they are
- ◆ Believe things happen for a reason

“What lies behind us and what lies before us are tiny matters, compared to what lies within us”

- Ralph Waldo Emerson



# *Resilient People*

- ◆ Can handle uncertainty
- ◆ Unpleasant feelings
- ◆ Know where to turn for help
- ◆ Face challenges
- ◆ Comfortable being different and
- ◆ Often must take the lead



# *Strength Your Resilience*

- ◆ Keep Reaching out to others
  - ◆ Family
  - ◆ Friends
  - ◆ Volunteer in community

“While they were saying among themselves it cannot be done, it was done.”  
- Helen Keller

A photograph of the Golden Gate Bridge at night, illuminated against a dark blue sky and water. The bridge's towers and suspension cables are visible, creating a strong silhouette effect.

# *REBOUNDERS*

Thank you

Have a great CONFERENCE  
2009

James Whetstone, M.A., (C)OACCPP, CDRS