



# Trauma-Informed Care with Experiential Psychotherapies

Honoring the Body For Resilience in Times of Stress

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The Merriam-Webster Dictionary **defines resilience** as “Capability of a strained body to recover its size and shape after deformation, especially if the strain is caused by compressive stresses—called elastic resilience.” As it applies to humans, the spin-off definition is “recovery” or “bouncing back” after stress. We are led to believe that resilience (for humans) is about “bouncing back” after stress—or returning to who or what we were before whatever hard rain hit us and soaked us to the bone.

**Eric Greitens, former Navy SEAL, states:**

“Life’s reality is that we cannot bounce back. We cannot bounce back because **we cannot go back in time to the people we used to be.** The parent who loses a child never bounces back. The 19-year-old who sails for war is gone forever, even if he returns. You know that there is no bouncing back. **There is only moving through.**

“What happens to us becomes a part of us. Resilient people do not bounce back from hard experiences; they **find healthy ways to integrate** them into their lives. In time, people find that great calamity met **with great spirit can create great strength.**”

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**cultivate  
resilience.**

christieinge.com

*brene brown*

”

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BRENÉ BROWN

**To the brave and  
brokenhearted who  
have taught us how  
to rise after we fall  
– your courage is  
contagious.**

*butfirstJOY.com*

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*Daring to set boundaries is  
about having the courage to love  
ourselves, even when we risk  
disappointing others.*

- BRENÉ BROWN

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GO  
Hartuition

Joy, collected over time, fuels  
resilience – ensuring we'll have  
reservoirs of emotional strength  
when hard things do happen.

Brené Brown

quote fancy

Brene Brown on resilience and leadership:

“The most **transformative and resilient** leaders that I’ve worked with over the course of my career have three things in common:

- “First, they recognize the central role that **relationships and story play** in culture and strategy, and they **stay curious** about their own emotions, thoughts, and behaviors.
- “Second, they understand and **stay curious about how emotions, thoughts, and behaviors are connected in the people they lead**, and how those factors affect relationships and perception.
- “And, third, they have the **ability and willingness to lean in to discomfort** and vulnerability. “

## BRAVE AND STARTLING TRUTH

A poem by Maya Angelou

We, this people, on a small and lonely planet  
Traveling through casual space  
Past aloof stars, across the way of indifferent suns  
To a destination where all signs tell us  
It is possible and imperative that we learn  
A brave and startling truth

And when we come to it  
To the day of peacemaking  
When we release our fingers  
From fists of hostility  
And allow the pure air to cool our palms

When we come to it  
When the curtain falls on the minstrel show of hate  
And faces sooted with scorn are scrubbed clean  
When battlefields and coliseum  
No longer rake our unique and particular sons and daughters  
Up with the bruised and bloody grass  
To lie in identical plots in foreign soil

When the rapacious storming of the churches  
The screaming racket in the temples have ceased  
When the pennants are waving gaily  
When the banners of the world tremble  
Stoutly in the good, clean breeze

When we come to it  
When we let the rifles fall from our shoulders  
And children dress their dolls in flags of truce  
When land mines of death have been removed  
And the aged can walk into evenings of peace  
When religious ritual is not perfumed  
By the incense of burning flesh  
And childhood dreams are not kicked awake  
By nightmares of abuse

When we come to it  
Then we will confess that not the Pyramids  
With their stones set in mysterious perfection  
Nor the Gardens of Babylon  
Hanging as eternal beauty  
In our collective memory  
Not the Grand Canyon  
Kindled into delicious color  
By Western sunsets

Nor the Danube, flowing its blue soul into Europe  
Not the sacred peak of Mount Fuji

Stretching to the Rising Sun  
Neither Father Amazon nor Mother Mississippi who, without  
favor,  
Nurture all creatures in the depths and on the shores  
These are not the only wonders of the world

When we come to it  
We, this people, on this minuscule and kithless globe  
Who reach daily for the bomb, the blade and the dagger  
Yet who petition in the dark for tokens of peace  
We, this people on this mote of matter  
In whose mouths abide cankerous words  
Which challenge our very existence  
Yet out of those same mouths  
Come songs of such exquisite sweetness  
That the heart falters in its labor  
And the body is quieted into awe

We, this people, on this small and drifting planet  
Whose hands can strike with such abandon  
That in a twinkling, life is sapped from the living  
Yet those same hands can touch with such healing, irresistible  
tenderness  
That the haughty neck is happy to bow  
And the proud back is glad to bend  
Out of such chaos, of such contradiction  
We learn that we are neither devils nor divines

When we come to it  
We, this people, on this wayward, floating body  
Created on this earth, of this earth  
Have the power to fashion for this earth  
A climate where every man and every woman  
Can live freely without sanctimonious piety  
Without crippling fear

When we come to it  
We must confess that we are the possible  
We are the miraculous, the true wonder of this world  
That is when, and only when  
We come to it.

