



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

”

“

*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.

