

*Using positive psychology to promote
Post Traumatic Growth in the
aftermath of the Christchurch
earthquakes (NZAPP, Sept 2011)*

Lucy Hone

Master in Applied Positive Psychology, University of
Pennsylvania

Doctoral student, AUT (based in Christchurch)

E: lucyhoney@xtra.co.nz

Just what is resilience?

The good news:

1. Most people have it
2. Requires very ordinary processes

The rose that grew from the concrete (Tupac)

Did you hear about the rose that grew

From a crack in the concrete?

Proving nature's law is wrong it

Learned to walk without having feet.

Funny it seems, but by keeping its dreams,

It learned to breath fresh air.

Long live the rose that grew from concrete

When no one else ever cared.



Lance Armstrong: resilience personified



The ability to **reappraise** and quickly **accept** that this goal would not be achieved – and **refocus** his energy and attention on his new role as a supporting rider.

1. Reappraise
2. Accept
3. Refocus energy/attention

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.



"I wasn't afraid," said Pooh, said he,
"I'm never afraid with you."

So wherever I am, there's always Pooh,
There's always Pooh and Me.

"What would I do?" I said to Pooh,
"If it wasn't for you," and Pooh said: "True, It
isn't much fun for One, but Two,
Can stick together, says Pooh, says he.
"That's how it is," says Pooh.

What's your own definition of resilience?

Listen for:

- Strengths
- Skills
- Coping strategies
- Internal/external factors that helped
- What has worked for me?

**Self-
confidence**

**Emotion
awareness**

**Impulse-
control**

**Reaching
out**

Resilience

**Flexible
thinking**

**Strong
relationships**

**“Realistic”
optimism**

1. Emotion Awareness



2. Impulse control



Begin forwarded message:

From: Grant Schofield <grant.schofield@xtra.co.nz>

Date: 26 August 2011 12:32:08 PM NZST

To: LUCY HONE <lucyhone@xtra.co.nz>

Subject: Thank you for your email

Thank you for your email,

In an attempt to redefine the main tasks of my day (these are currently responding to, and deleting email) I am now checking email only once a day.

If there is something urgent, then call me on my cell phone 021 635 527.

Thank you for your patience and hopefully this may inspire you to turn the email off once in a while.

I will stop this auto reply after one week.

Cheers,

Grant



PAUL BRUSGER

RONNIE CUBER / GEORGE ALLGAIER / JOHN HICKS / JOHN JENKINS

GO TO PLAN B

3. Flexible thinking

[c] Graphics CerraJazz LTD

4. Realistic optimism



You get lost driving to a friend's house.

I missed my turn (P)

She gave me bad directions (O)

You fail an important examination.

I wasn't as smart as the other people (P)

I didn't prepare for it well (O)

You lose your temper with a colleague.

He is always nagging me (P)

He was in a bad mood that morning (O)

5. Self-confidence



Who you gonna call?



 **GHOSTBUSTERS**

For professional paranormal investigation and eliminations

7. Reach out & Challenge yourself



What's in your resilience cupboard?

1. Which ingredients do you have in abundance (resilience strengths)?
2. Which are you low on (resilience weaknesses)?



GOALS

- personal?
- professional?
- Post Traumatic Growth?