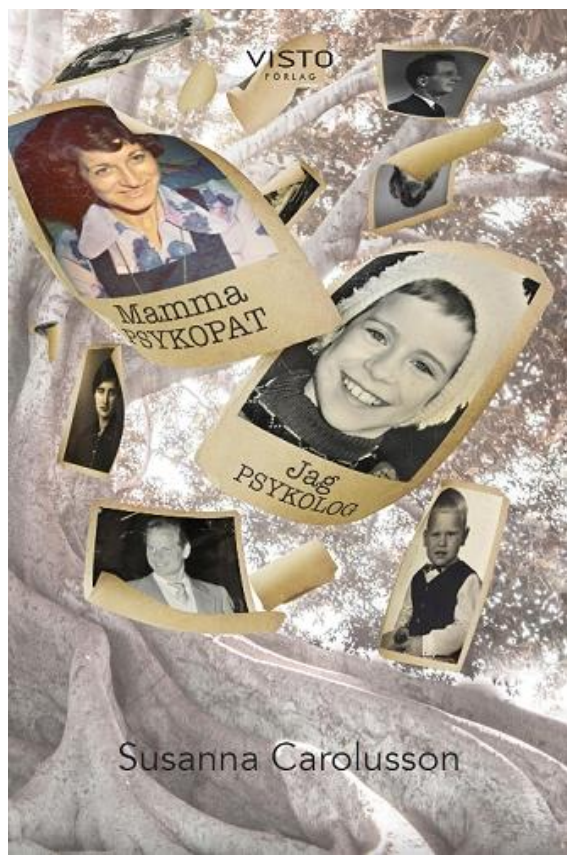
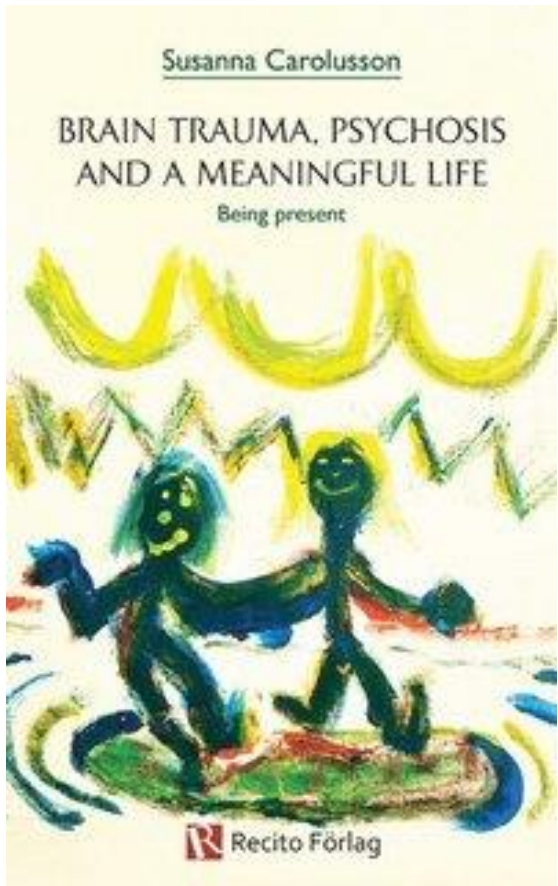


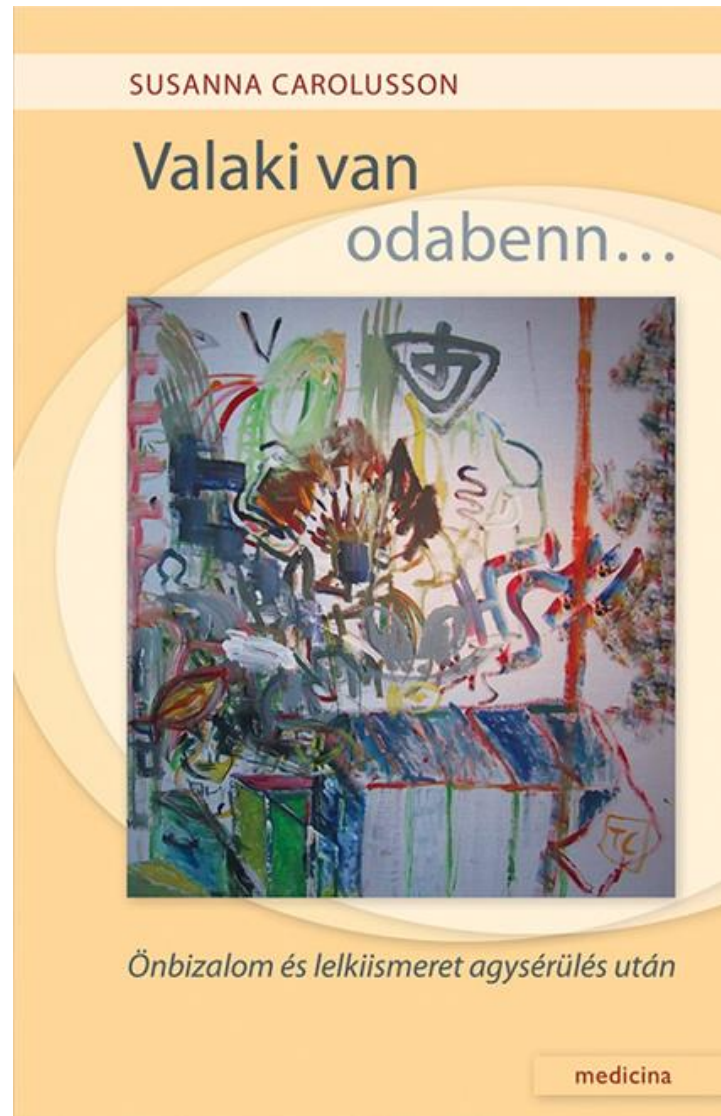
# 2023 Mentales Stärken **Maturation & Growth after Trauma**



# Susanna Carolusson

Teaching book for medical staff in Hungary:  
Communication

with respect



# Tobias

**Lost independence  
how to maintain dignity**

**Secondary trauma  
in family**

...

...



COPING:     **Respect the person as s/he is**

**”We must love them so much  
that they can forgive us  
that we are helping them.”**

St Vincent de Paul, Paris, Cent

# Resource: Painting





Susanna Carolusson  
Würzburg 2023

Mentales Stärken



# Express implicit memory









Suzanne Cahlon, "Mystic's Sky", 2014, Watercolor on Paper

”During trauma  
resource”

Dignity as  
co-teacher in  
NEPAL



# Parental grief/ Loss of expected future



## **Collings, Catherine. That's Not My Child Anymore!**

Parental Grief after Acquired Brain Injury (ABI): Incidence, Nature and Longevity. *British Journal of Social Work* (2008) 38



# MY PRE-TRAUMA RESOURCES

**Be in the present with senses**

**Do not expect anything**





# During trauma: Dissociating Bad - Good

## **Bad**

Fear of mother's violence



## **Good**

Idealizing my mother





# Trauma you can't escape – strategies

- Abuse
  - Hold your breath! Do not feel!
- Violence btw parents
  - Be responsible, interfere!
- Incestuous intimacy
  - Freeze, withstand, be still

# My bad father vs my good father needed no dissociation

## **Bad**

Worry about father's drinking



## **Good**

Feeling validated by father





# Post- trauma resources - as a senior

freedom integrity curiosity  
nature music/dance friends  
love  
spirituality

Post trauma resources:  
Spiritual experiences

Conclusion:

**Keep an open mind** and resources  
will enter.

In dreams

In nature

In meditational states

# spirituality

