

MODULE 16

Post-Traumatic Growth

From Surviving to Thriving and Finding New Purpose

Growth and grief can share the same room. Someone can still ache over what happened to them and, at the same time, be finding a deeper sense of purpose, a closer relationship, or a strength they didn't know they had. This module is about learning to see that kind of growth clearly, and to respond to it well, without ever hinting that the trauma itself was some kind of gift.

Why This Module Matters

What a supporter notices, and how they respond to it, shapes the whole conversation. For first responders and helping professionals, that often gets decided in the first few minutes with someone. This module is built around those minutes. It asks learners to slow down, pay attention to what's actually happening in front of them, protect the other person's choices, stay inside their own role, and connect people to the right kind of help when it's needed.

What You'll Walk Away With

You'll leave this module able to recognize real post traumatic growth instead of mistaking it for someone simply feeling better. You'll learn to notice it across different areas of a person's life: their relationships, their sense of purpose, what they've come to appreciate, their own strength, and their faith or sense of meaning. You'll also learn something harder to teach: that growth and distress aren't opposites, and a person can hold both without one canceling out the other. Most of all, you'll learn to support someone's own reflection and next steps without ever pushing them toward a silver lining they haven't found on their own.

What's Inside

This module gives you focused teaching written for people who actually do this work, real field scenarios to practice on, and language and tools you can use in an actual conversation, not just understand in theory. You'll see PRESENCE™ and ATTUNE™ at work throughout, along with reminders about scope, safety, and when to bring someone else in.

PRESENCE™ and ATTUNE™ in Practice

You won't find a list of steps to memorize here. What you'll find is PRESENCE™ and ATTUNE™ showing up the way they always do, in how a supporter actually shows up for someone and pays attention to what that person needs in the moment. This module lets you watch that happen specifically around post traumatic growth, so the framework stops being words on a page and becomes something you recognize in a real conversation.

A Story You Might Recognize

Two years after a traumatic incident, an EMS professional still grieves what happened. But they've also started mentoring the younger folks on their crew, and they'll tell you they feel a deeper sense of purpose than they did before. How does a peer recognize that growth without suggesting the trauma was worth it, or that everyone should come out the other side this way? Inside the module, you'll work through exactly that: what to notice, what not to assume, and how to respond in a way that honors both the grief and the growth.

Who This Is For

Fire and EMS, law enforcement, dispatch, and other public safety personnel. Peer support team members, coordinators, and supervisors. Chaplains and spiritual care providers. Nurses, healthcare workers, educators, and other helping professionals. Anyone building a trauma responsive team or wellness culture.

How We Ground This Work

Presence Works draws on trauma informed care, peer support principles, Psychological First Aid where it's relevant, stress and coping science, and what we know about how relationships help people heal. We use polyvagal concepts as a way to talk about safety, connection, and calming down together, not as a diagnosis or a proven mechanism. What we care about most is what you can actually see: someone's behavior, their choices, how they're functioning, and getting them the right support when they need more than a peer can give.

Scope and Safety

This module teaches skills. It doesn't authorize diagnosis, therapy, medical treatment, or anything outside your professional role. Your agency's policy, the law, your licensure, emergency procedures,

and local referral protocols always come first. If someone's safety is at risk, that takes priority over everything else.

Where This Leads

Presence Works Academy takes what you learn here further, with guided instruction, scenario practice, knowledge checks, and a real path toward competency.

Learn the skill. Practice the encounter. Become the presence your people can trust.