

The Post-Traumatic Growth Playbook

Michael A. Caparrelli, PhD

I. The Post-Traumatic Growth Model

A. Characteristics of PTG:

B. Bible verses – Romans 5:3-5, John 16:33, I Peter 5:10

C. “You’ve been told that you are damaged goods. But you can come back from the most horrific war stronger and surer of who you are. It’s called Post Traumatic Growth”, Secretary of Defense, James Mattis.

II. Joseph’s Traumas

A. Physical Abuse (Genesis 37:23)

B. Betrayal (Genesis 37:27)

C. False Accusations (Genesis 39:11-19)

D. Unjust imprisonment (Genesis 39:20)

E. “Trauma is not your culpability, but healing is your responsibility. Healing begins by examining what you went through and how it affects what goes through you” Dr. Carolyn Leaf.

III. Joseph’s Playbook

A. Joseph_____ the trauma (Genesis 50:20)

1. Elaborate on the various types of avoidance?

B. Joseph_____ the trauma (Genesis 50:20)

1. Cognitive framing involves evaluating every traumatic event through redemptive lens – what virtue did I acquire, or lesson did I learn from the ordeal?

C. Joseph_____ the trauma (Genesis 50:21)

1. Forgiveness must be willing to move beyond mercy and express itself through a grace more aggressive than the grudge.