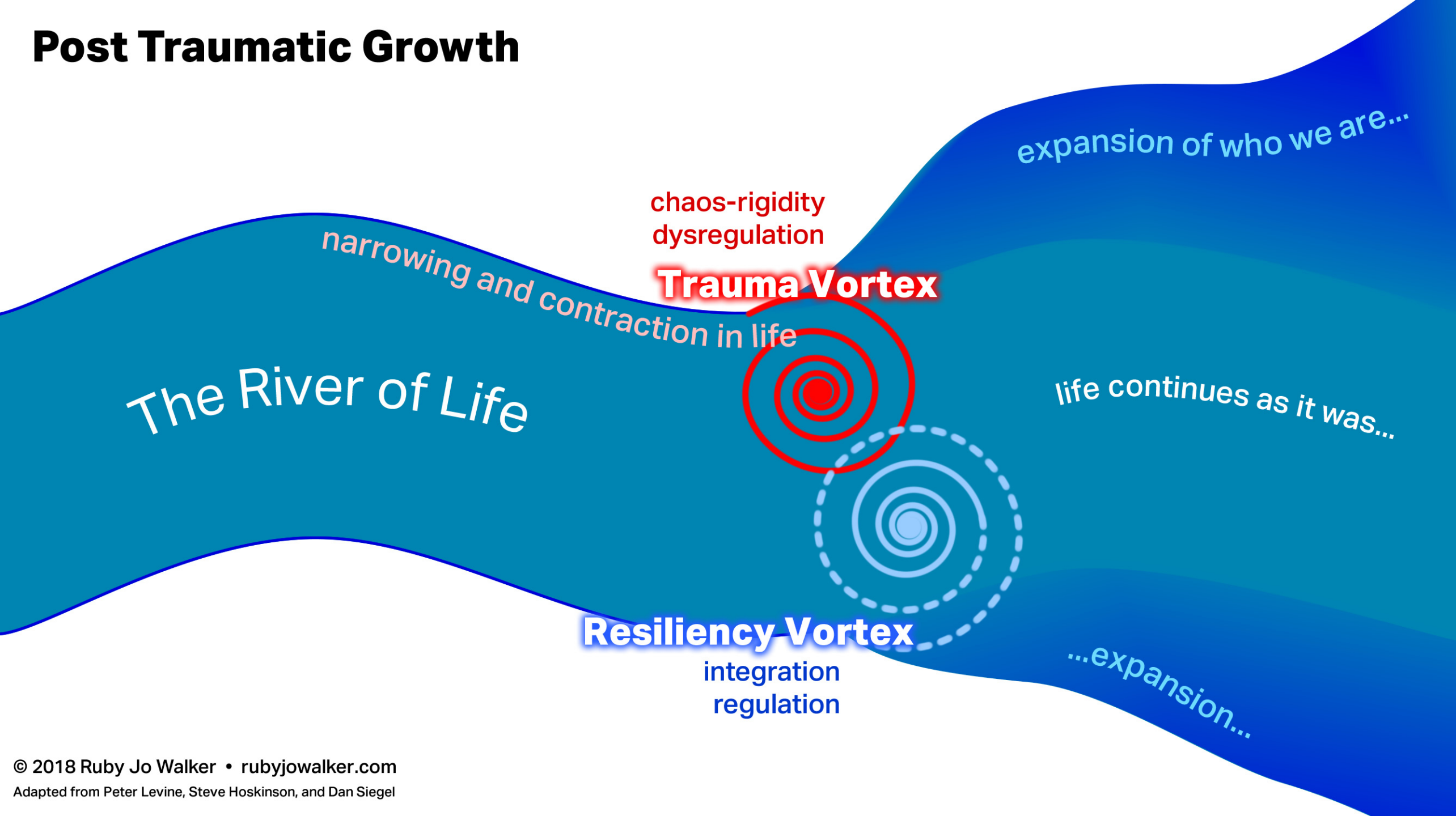


# Post Traumatic Growth



The River of Life

narrowing and contraction in life

chaos-rigidity  
dysregulation

**Trauma Vortex**

expansion of who we are...

life continues as it was...

**Resiliency Vortex**

integration  
regulation

...expansion...