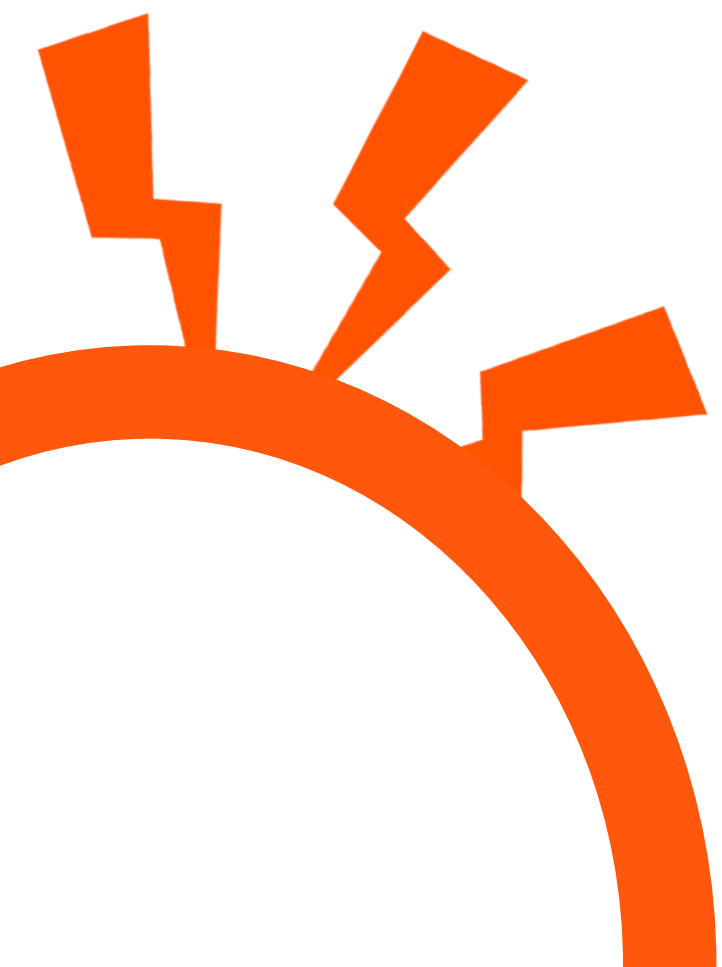




**RECOVERY**



# LEARNING OBJECTIVES

Analyze how to recover from trauma

Develop a persistent and motivated attitude



Identify personal trauma and how to overcome it

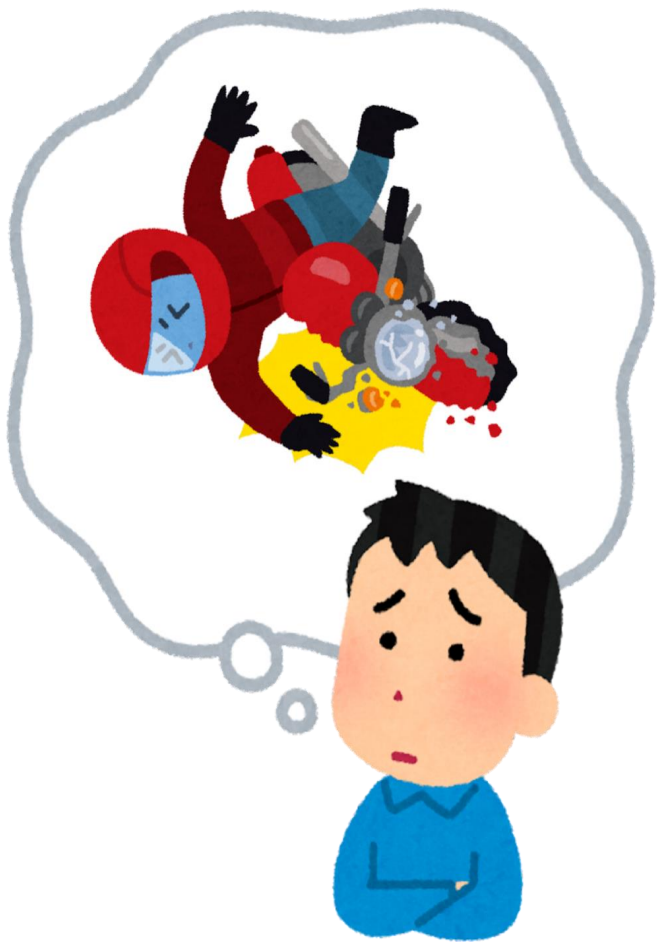
Have a personal commitment to recover

# Why someone should recover from **Trauma**?

Trauma recovery is necessary for a person to live fully with joy and be free from the symptoms of trauma.



# Professionally Assisted Trauma Recovery Approach



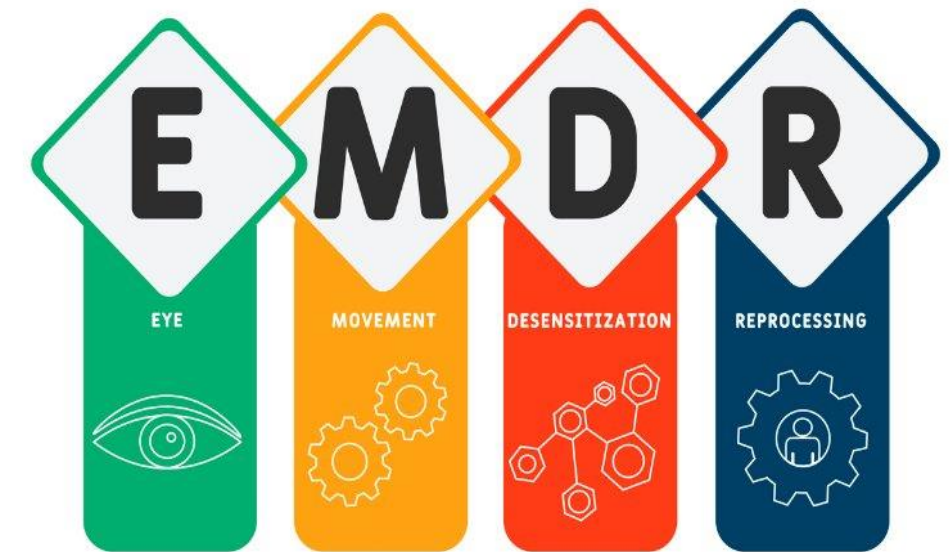
## Emotion Resolution

*Therapy* that focuses on resolving emotions that are still stored in traumatic memories.



## Thought-based/Cognitive Trauma Recovery

*Therapy* that corrects irrational thinking to become rational.



## Memory Recovery Approach

*Therapy*, which restores memory connectivity to reduce the brain's (amygdala) response to trauma.



# Self-help methods for recovery

Support groups

Relaxation

3L

Psychological First Aid  
(Look, Listen, Link)

Acknowledge and  
Express Pain

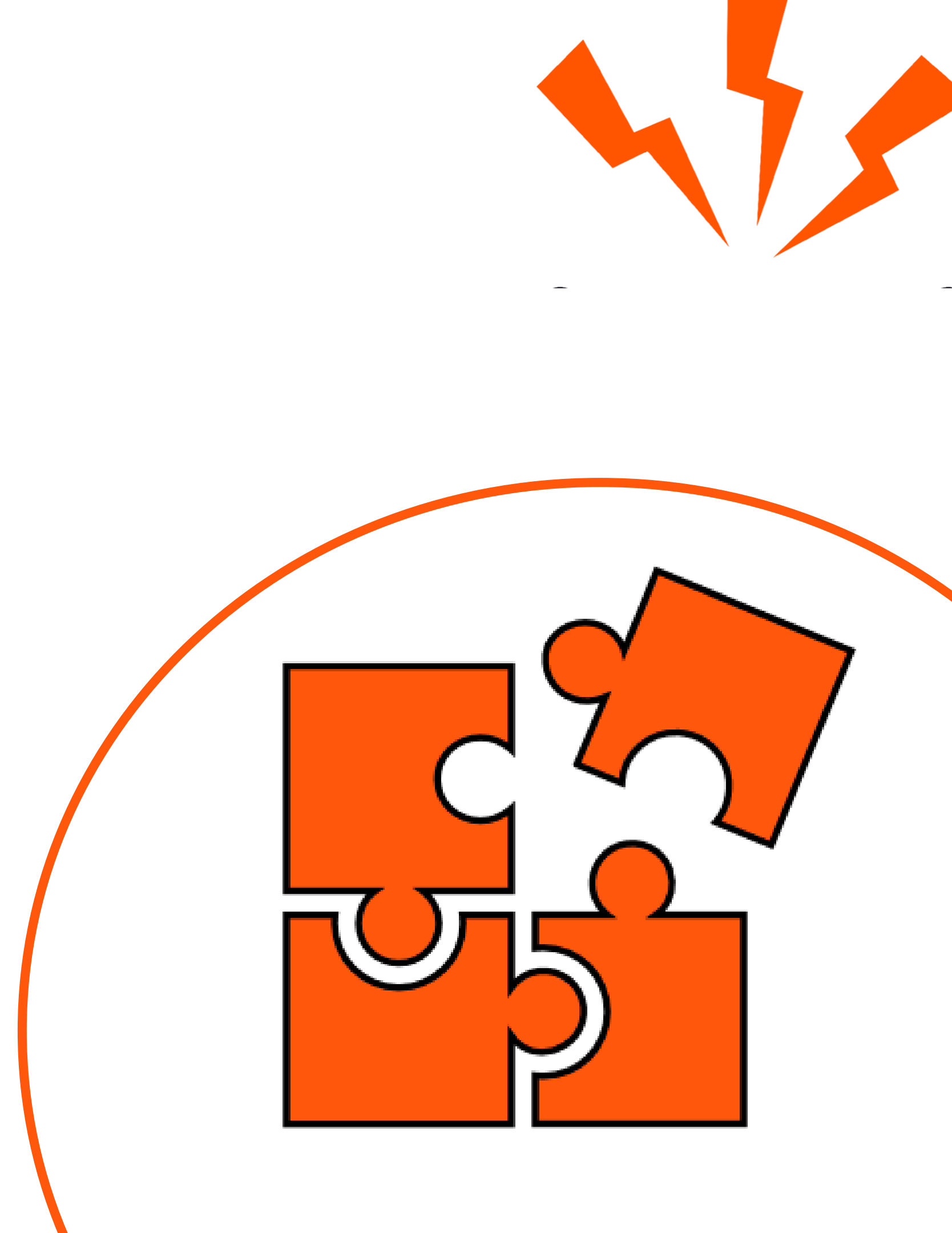
Sports

Find meanings

Set goals



**“The courage to start is  
already a sign that you  
are moving towards  
recovery”**



# Other Practical Steps You Can Take

Learn to have  
a positive view

Accepting  
change



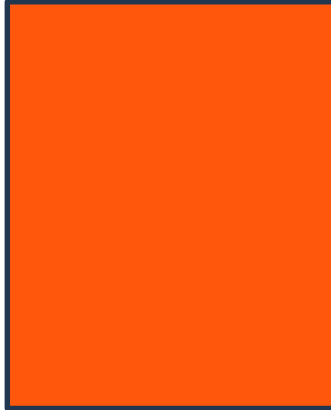
Self-care

Building  
hope



Positive future  
orientation





# Post-Traumatic Growth



*Post-traumatic growth* is the positive changes a person experiences after dealing with trauma.

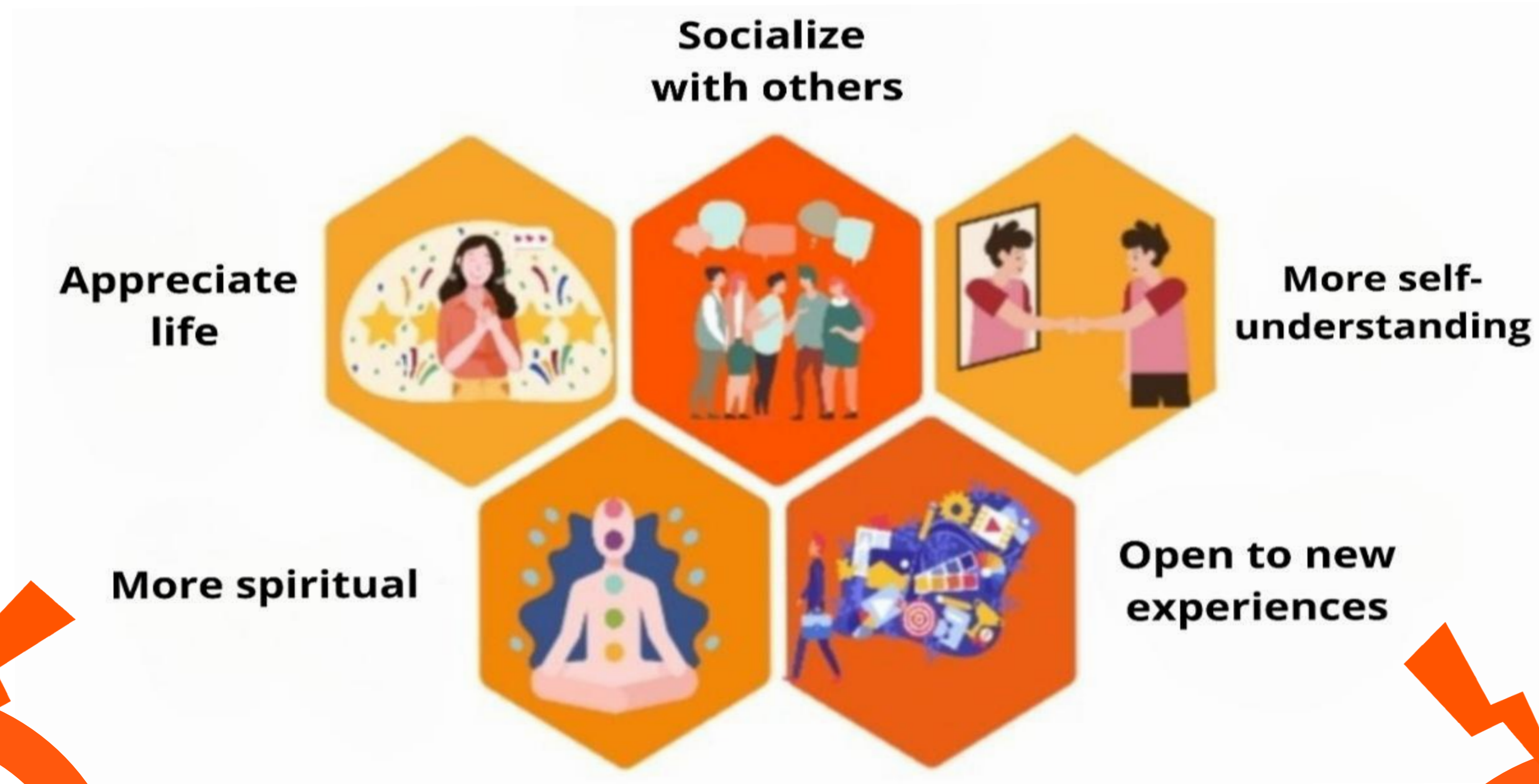




**To illustrate :**  
**Oprah Winfrey**, who rose from a traumatic experience to become a billionaire humanitarian.  
**Victor Frankl** also emphasized that suffering can give life meaning, nurture inner strength, and open up new opportunities.

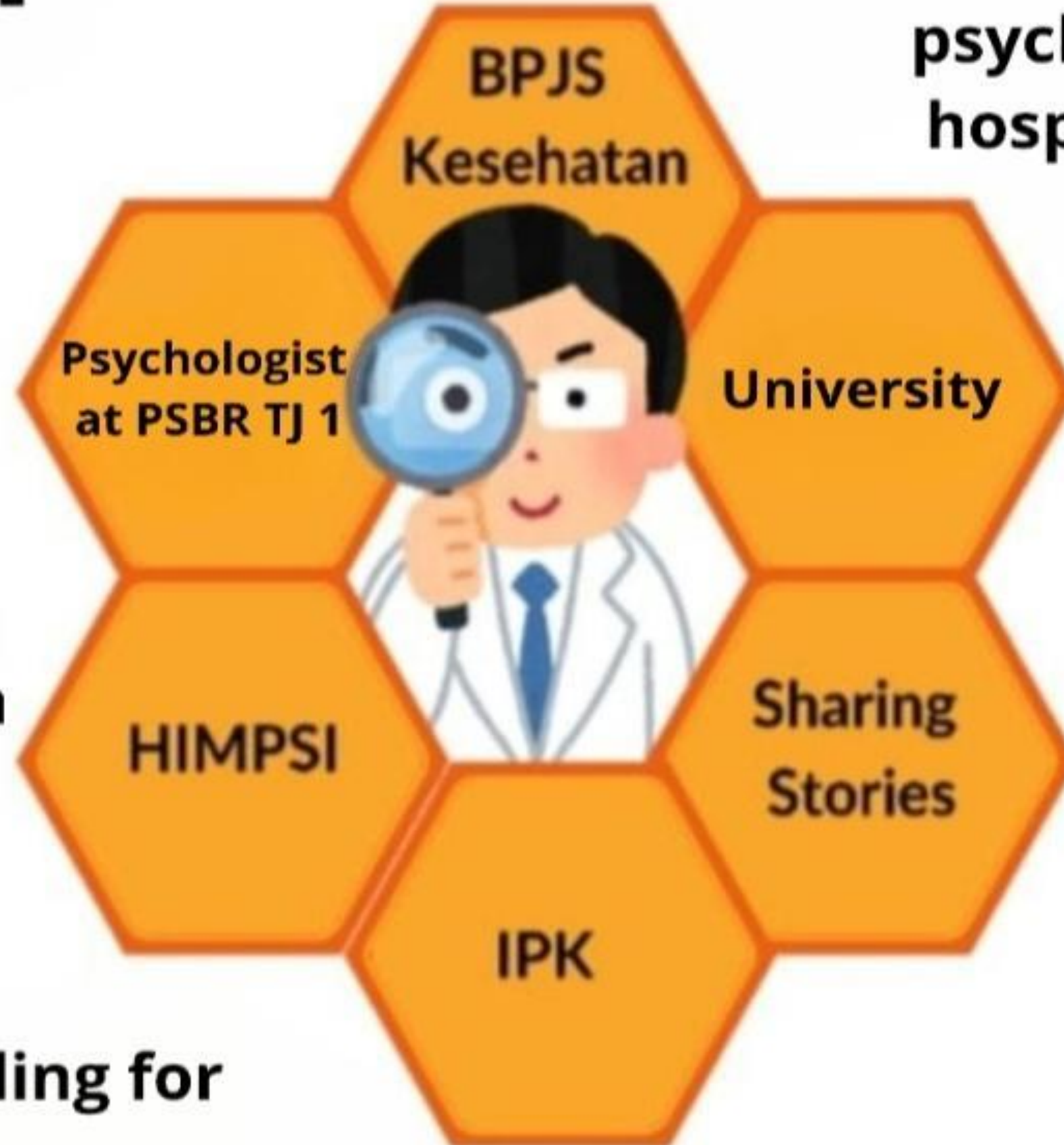


# 5 Post-traumatic domains according to Tadeschi and Calhoun





# Referral



**Free counseling with a psychologist/psychiatrist at hospitals or health centers**

**Free services from Faculty of Psychology (UNS, UNJ, etc.)**

**Free counseling via Line, Instagram, or Google Meet.**

**Free counseling in various parts of Indonesia**

**Online counseling for emotional distress**





INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)



Wahana Visi Indonesia

[www.wahanavisi.org](http://www.wahanavisi.org)



@wahanavisi\_id