

Trauma

Stages of Recovery

Recovery Syndromes

Hysteria

(Janet 1889)

- **Stage One**
 - Stabilization, Symptom-oriented treatment
- **Stage Two**
 - Exploration of traumatic memories
- **Stage Three**
 - Personality reintegration, rehabilitation

Combat Trauma (Scurfield 1985)

- **Stage One**
 - Trust, stress-management, education
- **Stage Two**
 - Re-experiencing trauma
- **Stage Three**
 - Integration of trauma

Complicated Post-Traumatic Stress Disorder (Brown & Fromm 1986)

- **Stage One**
 - Stabilization
- **Stage Two**
 - Integration of memories
- **Stage Three**
 - Development of self, drive integration

Multiple Personality Disorder (Putnam 1989)

- **Stage One**
 - Diagnosis, stabilization, communication, cooperation
- **Stage Two**
 - Metabolism of trauma
- **Stage Three**
 - Resolution, integration, development of post-resolution coping skills

Traumatic disorders (Herman 1992)

- **Stage One**
 - Safety
- **Stage Two**
 - Metabolism of trauma
- **Stage Three**
 - Reconnection

Trauma Three Group Models

Stages of Recovery

Therapeutic Task

- **One**
 - Safety
- **Two**
 - Remembrance
- **Three**
 - Reconnecting and mourning

Time Orientation

- **One**
 - Present
- **Two**
 - Past
- **Three**
 - Present, future

Focus

- **One**
 - Self-Care
- **Two**
 - Trauma
- **Three**
 - Interpersonal relationships

Membership

- **One**
 - Homogeneous
- **Two**
 - Homogenous
- **Three**
 - Heterogeneous

Boundaries

- **One**
 - Flexible, Inclusive
- **Two**
 - Closed
- **Three**
 - Stable, slow turnover

Cohesion

- **One**
 - Moderate
- **Two**
 - Very high
- **Three**
 - High

Conflict Tolerance

- **One**
 - Low
- **Two**
 - Low
- **Three**
 - High

Time Limit

- **One**
 - Open-ended or repeating
- **Two**
 - Fixed limit
- **Three**
 - Open-ended

Structure

- **One**
 - Didactic
- **Two**
 - Goal-directed
- **Three**
 - Unstructured

Example

- **One**
 - Twelve-step program
- **Two**
 - Survivor group
- **Three**

Trauma Stages of Recovery

Syndrome	Stage One	Stage Two	Stage Three
Hysteria (Janet 1889)	Stabilization Symptom-oriented treatment	Exploration of traumatic memories	Personality reintegration, rehabilitation
Combat Trauma (Scurfield 1985)	Trust, stress- management, education	Re-experiencing trauma	Integration of trauma
Complicated Post- Traumatic Stress Disorder (Brown & Fromm 1986)	Stabilization	Integration of memories	Development of self, drive integration

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Stages of recovery

Syndrome	Stage One	Stage Two	Stage Three
Multiple Personality Disorder (Putnam 1989)	Diagnosis, stabilization, communication, cooperation	Metabolism of trauma	Resolution, integration, development of post-resolution coping skills
Traumatic disorders (Herman 1992)	Safety	Metabolism of trauma	Reconnection

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Three Group Models

Stage of recovery

Group	One	Two	Three
Therapeutic Task	Safety	Remembrance	Reconnecting and mourning
Time Orientation	Present	Past	Present, future
Focus	Self-care	Trauma	Interpersonal Relationships
Membership	Homogeneous	Homogenous	Heterogeneous
Boundaries	Flexible, inclusive	Closed	Stable, slow turnover

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Three Group Models

Stage of recovery

Group	One	Two	Three
Cohesion	Moderate	Very high	High
Conflict Tolerance	Low	Low	High
Time Limit	Open-ended or repeating	Fixed Limit	Open-ended
Structure	Didactic	Goal-directed	Unstructured
Example	Twelve-step program	Survivor group	