

June 2023 Sanctuary Monthly Training
Growth & Change/Loss & Future

ICEBREAKER: **Rose, Thorn, Bud**

In meetings, it can be hard to communicate or understand everyone's perspective on a project unless everyone has the floor to say what's on their mind. With the Rose, Thorn, Bud icebreaker, team members can quickly convey what's on their mind by sharing three bits of information:

- **Rose:** A recent positive happening like a personal highlight or win
 - **Thorn:** A challenge or roadblock they need support on
 - **Bud:** An idea for the future they'd like to share, or excitement for events in motion
-

Growth & Change:

- The commitment to growth and change is based on the understanding that trauma often results in people repeating, re-experiencing and reliving their traumatic pasts.
- Task= resolve the losses that keep individuals and organizations stuck in the past.
- Change does not happen all at once or the same way for every person.
- We must create situations that force us out of our comfort zones, to create a sense of disequilibrium or instability that forces movement.
- Managing from the future: envisioning what things can be like and working toward creating that vision rather than accepting that things must always be as they have been in the past.
- In short: creating hope for our clients and ourselves.

Loss:

- Grieving – acknowledging the past
- Saying goodbye- developing rituals or rites of passage
- Moving on – beginning to plan for the future
- Refraining from Reenactment – disrupting old and dysfunctional patterns
- When reviewing loss challenges for individuals, keep in mind the following:
 - Ability to talk about losses or changes
 - Ability to anticipate impending losses
 - Ability to deal with change constructively

Future:

- Changing trajectories – disrupting past behaviors
- New attractors – finding inspiration that pulls you toward something better
- Making different choices – being active rather than passive
- Imagination – believing that things can be different
- Vision – taking time to think about what can and will be different.
- When reviewing future challenges with individuals, keep in mind the following:
 - Learned helplessness

June 2023 Sanctuary Monthly Training
Growth & Change/Loss & Future

- Academic progress
- Ability to care for self and others
- Ability to talk about aftercare plans
- Ability to express strengths and resources
- Ability to participate in community service