

# *Resilience and Restoration* in INTERNATIONAL HEALTH

*tools for post-traumatic growth*  
presented by Beth Reece for CMMB



CCIH 2023

HOPE IN HEALTH: OUR LABOR IS NOT IN VAIN

# *Post traumatic growth tools*



- ❑ Story
- ❑ Community
- ❑ Hope
- ❑ Creativity
- ❑ Faith

# Challenges

- ❑ Work schedules
- ❑ Technology
- ❑ Cultural barriers



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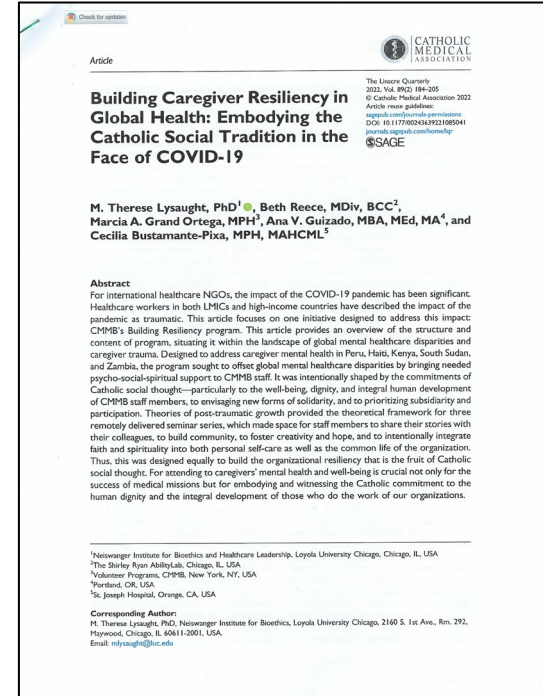
HOPE IN HEALTH: OUR LABOR IS NOT IN VAIN



# Evaluation

*From CDs to staff members, the “Building Resiliency” initiative met with extraordinarily positive responses.*

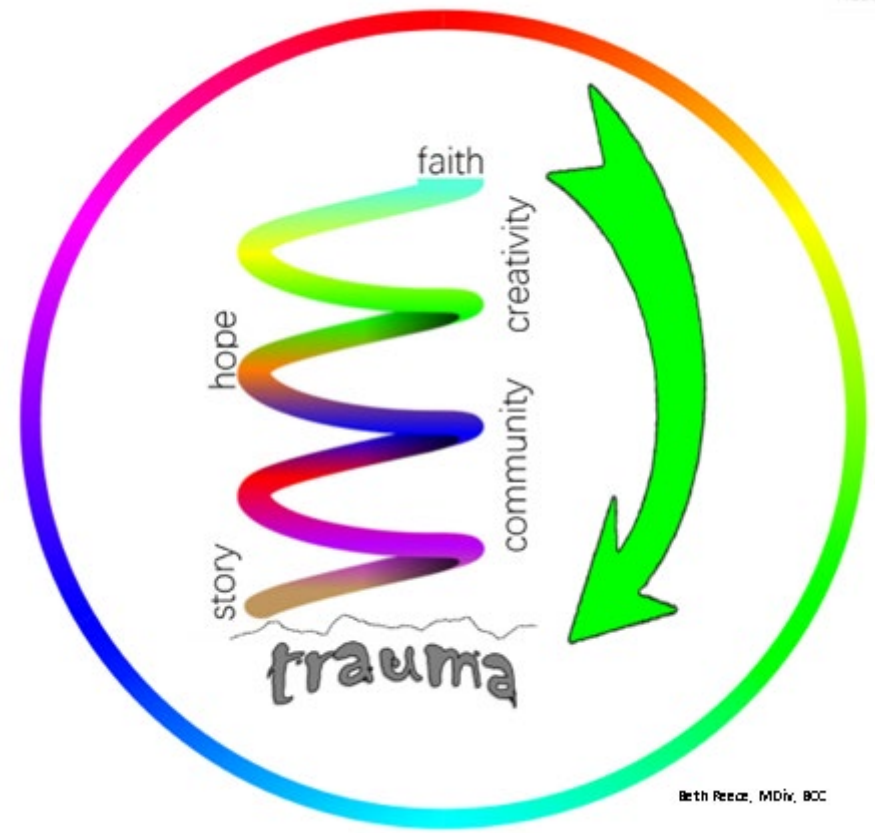
Program evaluations were administered to participants through pre- and post-testing surveys.



# *Outcomes*

- ❑ Materials strongly resonated with their experience
- ❑ A sense of empowerment
- ❑ Deepening of relationships and building of community
- ❑ Appreciation of the emphasis on faith and spirituality as key resources for resilience





Beth Peacor, MDiv, BCC





# Emmaus Journey

*Jesus embodies the tools...*

- ❑ Invitation to story
- ❑ Community
- ❑ Hope
- ❑ Creativity
- ❑ Faith restored



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