Gold Stone: A Narrative Approach to Dealing with Trauma

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Gold Stone
A Narrative Approach to Trauma Recovery

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Foundation
Effects of Trauma

- Loss of sensory self-awareness
- Changes in memory
- Numbing
- Intrusive images and sensations
- Rigidity
- Agitation or immobilization
- Impaired social function
The Results of Trauma

- Disconnection, dissociation, and fragmentation
- Living in a constant state of arousal
- Loss of ability to self-regulate
- Inability to create satisfying relationships
- No distinction between past and present
- Loss of agency
- Physiological impacts (sleep disruption, holding tension in the body, mental fogginess, autoimmune disorders, heart and digestive problems, chronic fatigue)
- Self-loathing and/or self-blame
Why Narrative?

- Remaining connected to your mind and body while talking about your trauma
- Remaining present in the here-and-now and connected to others for support
- Giving language to your story
- Integrating your trauma story into your life story
- Giving meaning to your trauma experience
- Re-authoring your story with an ending of your choosing
- Rediscovering yourself as not defined by the trauma
In a country of 11 million:

200-400,000 killed

4.5 million displaced
But everyone traumatized
133 pastors
85 teachers
21 community workers
Trained in the model
Creating a force multiplier
Gold Stone Model Distinctive Features

• Shortens the time needed for treatment to six sessions (by half compared to CBT)
• Designed to be used with groups
• Structured for ease of use
• Integrates research-supported techniques such as spiritual responses, mindfulness, relaxation, play, and expressive therapies with narrative
• Addresses all of the multiple elements of trauma
Gold Stone Model

• Introductory Session
• Life Before the Trauma
• The Traumatic Event
• Life After the Trauma
• Defining Life from Now On
• Review and Evaluation
Life Before the Trauma
Read Part I of the story and have the group reflect on Caonaciba’s life before the trauma. Ask and discuss the following questions:

- Who was he?
- What was his life like?
- What were some of his beliefs?
- What were some of his values?
- What was his reality?
- How are you like Caonaciba?

- Reflect on your life before your traumatic event:
  - Who were you?
  - What was your life like?
  - What were your beliefs?
  - What were your values?
  - What was your reality?
The Traumatic Event
Read Part 2 of the story and have the group reflect on Caonaciba’s trauma. Ask and discuss the following questions:

- What happened?
- How do you think he felt?
- How did his life change?
- What happened to his beliefs?
- What happened to his values?
- What happened to his reality?
- How are you like Caonaciba?

- Reflect on your trauma:
- What happened?
- How did you feel?
- How did life change?
- What happened to your beliefs?
- What happened to your values?
- What happened to your reality?
Life After the Trauma
Read Part 3 of the story and have the group reflect on Caonaciba’s life after the trauma. Ask and discuss the following questions:

- What happened?
- What was his life like after the trauma?
- What happened to his beliefs?
- What happened to his values?
- What was his reality now?
- How are you like Caonaciba?

- Reflect on your life since the trauma:
- What is happening now?
- How did you feel?
- What is life like for you now?
- What happened to your beliefs?
- What happened to your values?
- What is your reality now?
Writing My Story
Read Part 4 of the story and have the group reflect on the end of Caonaciba’s story. Ask and discuss the following questions:

- What happened in the last part of his story?
- What was his life like?
- What happened to his beliefs?
- What happened to his values?
- What was his reality now?
- How are you like Caonaciba?

- Reflect on defining your life from now on:
- What are you going to do?
- How did you feel?
- Is your trauma going to define the rest of your life or are you going to define the rest of your life?
- What happens now to your beliefs?
- What happens now to your values?
- What is your reality going to be?
The Diamond in the Dirt
Article

To read the article published in the *Journal of Loss and Trauma*, go to the following link:

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Like us on Facebook at Restored Christianity and Cody Lane Foundation to receive devotionals and Scripture studies, and Gold Stone to receive updates on new materials and research
Trauma Narrative Treatment
A Trauma Recovery Model for Groups

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