Mar 8th, 8:30 AM - 9:45 AM

Gold Stone: A Narrative Approach to Dealing with Trauma

William D. Lane
Mercer University, lane_wd@mercer.edu

Donna E. Lane
Mercer University, doctordelane@gmail.com

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Gold Stone
A Narrative Approach to Trauma Recovery

W. David Lane, Ph.D.    Donna E. Lane, Ph.D.
Mercer University     Liberty University
Atlanta, GA            Cody Lane
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
Trauma Narrative Treatment
A Trauma Recovery Model for Groups

Gold Stone
David & Donna Lane
Yvonne Gabriel, Illustrator
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:

Contact Information

Feel free to email us:

David Lane  
lane_wd@mercer.edu

Donna Lane  
delane@liberty.edu
Websites and Links
RestoredChristianity.com
CodyLaneFoundation.com
http://www.amazon.com/Gold-Stone-David-Lane
http://www.amazon.com/Trauma-Narrative-Treatment-Recovery-Groups

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