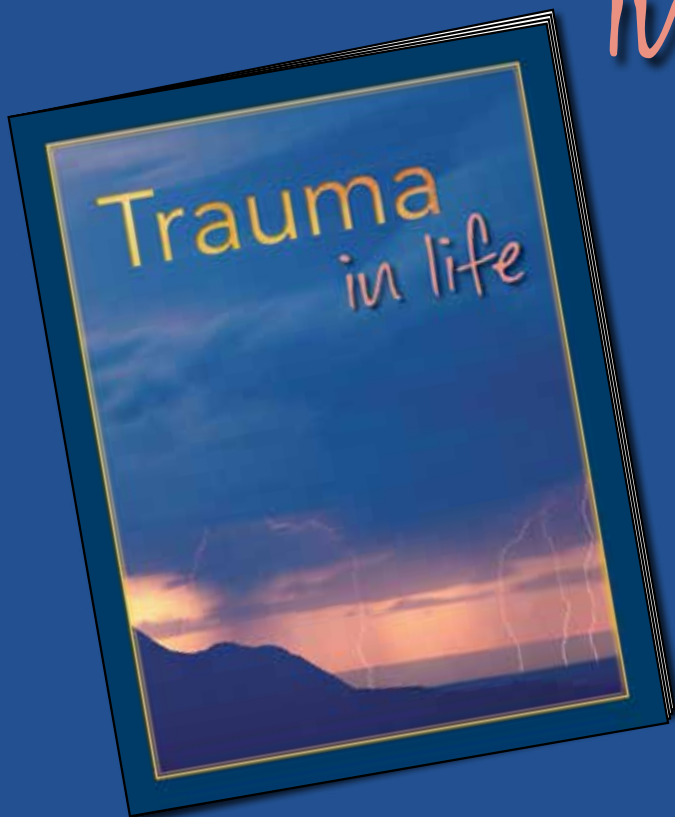
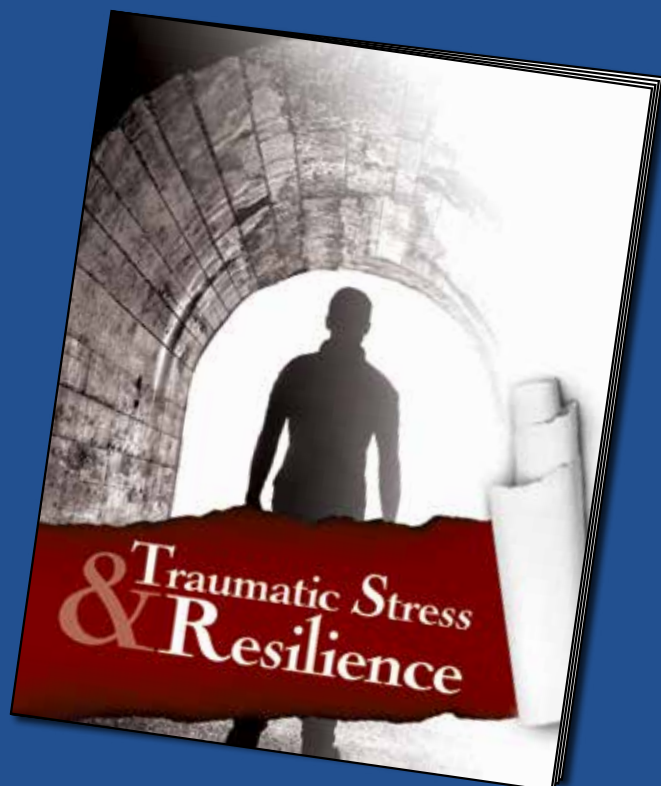


*Interactive Journaling®*

# Trauma *in life*



## Traumatic Stress & Resilience



# RESOURCES

## to SUPPORT PERSONAL CHANGE

**Over 25 million** people have used Interactive Journals to make positive changes in their lives.

**The Change Companies®** collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

**Interactive Journaling®** curricula are used in many behavior change fields, including justice services, substance use treatment, impaired driving, healthcare, mental health, prevention and intervention.

INTERACTIVE



JOURNALING®



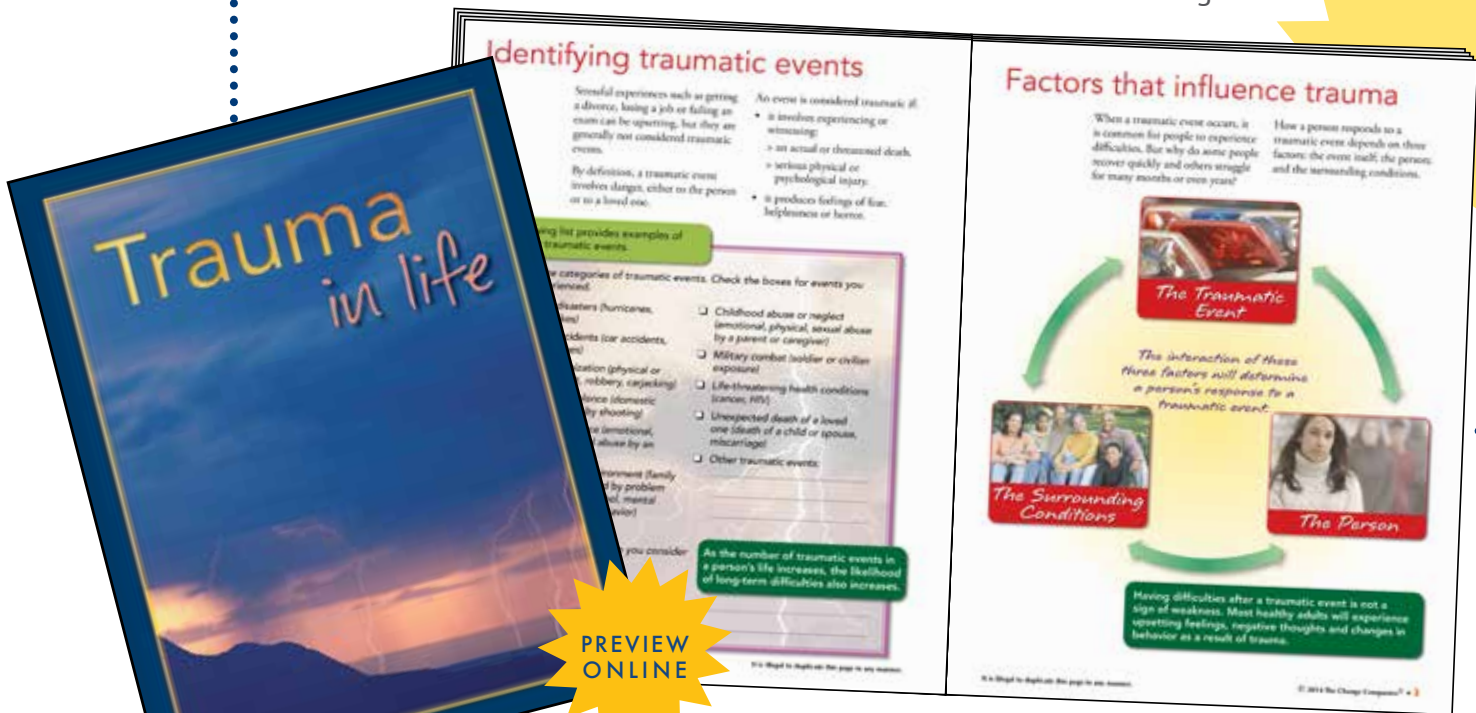
**Interactive Journaling®** is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

# TRAUMA IN LIFE

Developed in  
conjunction with  
the Federal Bureau  
of Prisons - to help  
women identify and  
cope with trauma and  
its aftermath

## *Understanding Traumatic Experiences - Building Resiliency - Breaking the Cycle*

Seventy percent of adults have experienced a traumatic event at least once in their lifetimes, and women and children are more likely to develop long-term difficulties in the aftermath of a trauma. Chances are there is a significant population of women in your facility who will benefit from the Trauma in Life Journal. This Journal helps women articulate what role trauma has played in their lives. Women develop coping skills to strengthen their resiliency and avoid continuing the cycle of victimization in their own lives. Resources for more help and recommended readings are offered.



### *The Trauma in life Journal helps women:*

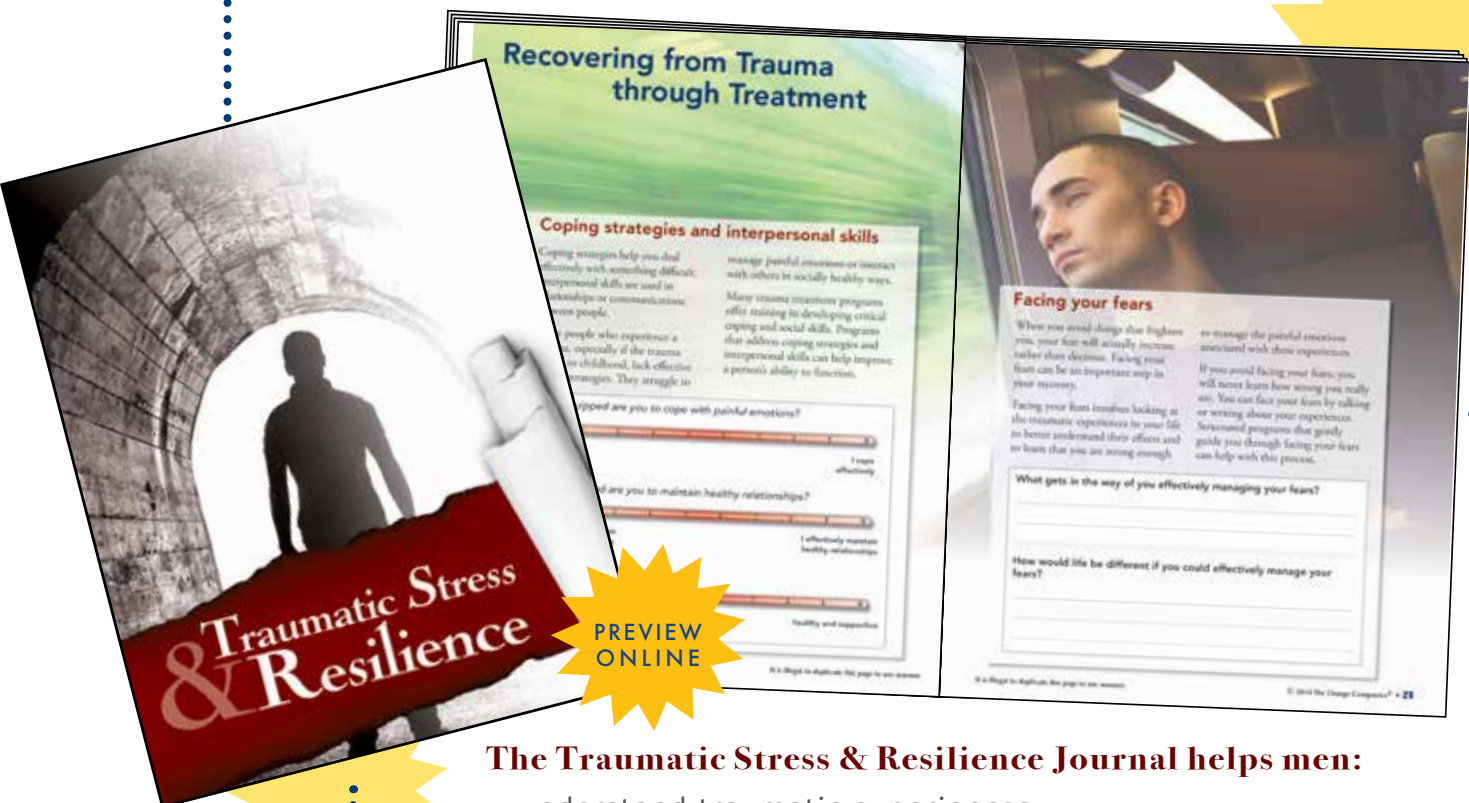
- understand traumatic experiences.
- assess the impact trauma may have had on their lives.
- develop resiliency to cope with trauma.
- resolve difficulties through treatment.
- initiate positive change and break the cycle of further trauma.



# TRAUMATIC STRESS & RESILIENCE

## Why choose Traumatic Stress & Resilience?

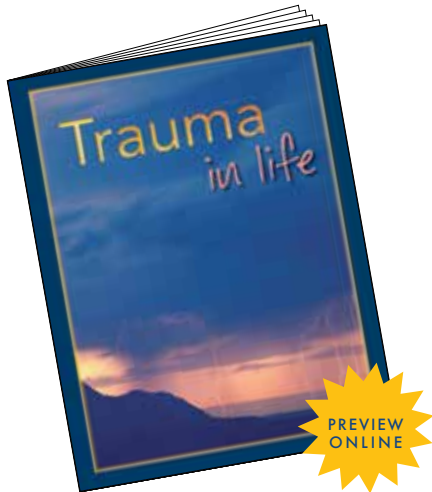
- Features the evidence-based practice of Interactive Journaling®, a structured and experiential writing process that motivates and guides participants toward positive life change
- Educates participants on the impact and effects of traumatic experiences
- Introduces skills to help participants build resilience and break the cycle of trauma
- Provides opportunities for continued growth, including personal next steps and options for formal treatment



### The Traumatic Stress & Resilience Journal helps men:

- understand traumatic experiences.
- assess the impact trauma may have had on their lives.
- develop resiliency to cope with trauma.
- resolve difficulties through treatment.
- initiate positive change and break the cycle of further trauma.

# THE JOURNALS



## Trauma in Life

Item #: TL1 | 36 pages | \$4.25

*Corresponding Facilitator Guide Item #: TFG1 • \$20.00*

Trauma in Life emphasizes the experiences of women and their responses to trauma.

## Traumatic Stress & Resilience

Item #: TSRI | 36 pages | \$4.25

*Corresponding Facilitator Guide Item #: TFGM • \$20.00*

Traumatic Stress & Resilience is a Journal written specifically for men who have experienced some form of trauma. Participants work through each section, identifying personal challenges, strengths and skills to promote recovery and build resilience. Topics include identifying characteristics and common symptoms of trauma and strategies to cope with traumatic events.



# ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
TL1	Trauma in Life			x \$4.25	=
TSR1	Traumatic Stress & Resilience			x \$4.25	=
ITEM #	FACILITATOR GUIDES		QUANTITY	UNIT PRICE	TOTAL
TFG1	Trauma in Life Facilitator Guide			x \$20.00	=
TFGM	Traumatic Stress & Resilience Facilitator Guide			x \$20.00	=
DOMESTIC SHIPPING AND HANDLING 7.5% (MIN. \$7.50)					
TAX (CA, CO, DC, IN, MO, NM, NV, TN, WA)					
TOTAL					

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