

# The Ultimate Guide to Meaning Centered Therapy Trauma Treatment Foundational Phase Work Manual

Dealing with trauma can be an incredibly challenging experience. Its impact can linger on for years, affecting every aspect of an individual's life. Thankfully, there are therapeutic approaches designed specifically to help individuals heal from traumatic experiences. One such approach is Meaning Centered Therapy (MCT), which focuses on finding and creating meaning in life as a way to cope with trauma and move towards recovery.

## The Essence of Meaning Centered Therapy

Meaning Centered Therapy is a psychotherapy that addresses the existential concerns of individuals who have experienced trauma. It was developed by Dr. William Breitbart, an internationally recognized psychiatrist who specializes in the field of psycho-oncology.

The foundational phase work manual of Meaning Centered Therapy lays out a structured framework for therapists to guide clients through the process of healing and finding meaning in their lives. This manual serves as a comprehensive resource for practitioners and individuals who are seeking trauma treatment.



## Trauma Treatment - Healing the Whole Person: Meaning-Centered Therapy & Trauma Treatment Foundational Phase-Work Manual

by Marie Dezelic PhD (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 14988 KB

Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 286 pages



## **Understanding the Foundational Phase**

The foundational phase is the starting point of the Meaning Centered Therapy trauma treatment. It aims to establish a safe and supportive therapeutic relationship between the therapist and the client. This phase is crucial in building trust, rapport, and understanding to create a solid foundation for the subsequent therapeutic journey.

During the foundational phase, therapists and clients come together to explore the client's trauma history, identify coping mechanisms, and understand the impact trauma has had on their sense of self and meaning. Through various therapeutic techniques, such as narrative exploration, art therapy, and cognitive restructuring, the therapist helps the client make sense of their traumatic experiences and begin the process of healing.

## **The Key Components of the Foundational Phase**

The foundational phase work manual outlines several key components that are essential to the successful implementation of Meaning Centered Therapy. These components include:

- Establishing a safe and confidential therapeutic environment
- Exploring the client's trauma narrative and associated emotions

- Identifying the effectiveness of current coping mechanisms
- Assessing the loss of meaning and existential concerns
- Introducing meaning-centered interventions and exercises
- Cultivating a sense of purpose and hope

## **The Role of Meaning in Trauma Recovery**

One of the central concepts of Meaning Centered Therapy is the importance of finding and creating meaning in life, especially in the face of adversity. Research has shown that individuals who can attribute meaning to their traumatic experiences are more likely to experience post-traumatic growth and improved psychological well-being.

By assisting clients in exploring the meaning of their trauma, therapists using Meaning Centered Therapy help them reframe their experiences and find purpose in their suffering. This reframing empowers clients to transform their trauma into a catalyst for personal growth and a source of enhanced meaning in their lives.

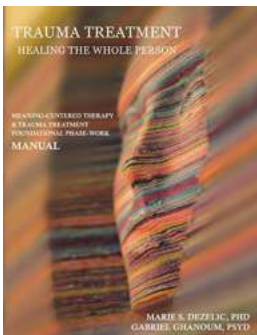
## **Benefits and Outcomes of Meaning Centered Therapy**

Meaning Centered Therapy has demonstrated numerous benefits in the treatment of trauma. By focusing on finding meaning in life, individuals participating in this therapy often experience:

- Reduced symptoms of post-traumatic stress disorder (PTSD)
- Improved emotional well-being
- Enhanced post-traumatic growth
- Increased self-esteem and self-efficacy

- Greater resilience in the face of adversity
- Improved overall quality of life

The Meaning Centered Therapy trauma treatment Foundational Phase Work Manual is an invaluable resource for therapists and individuals seeking effective trauma recovery strategies. By focusing on finding meaning in life, this therapy offers a transformative approach to healing and growth, allowing individuals to regain control of their lives and find purpose even in the face of overwhelming adversity.



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### TRAUMA TREATMENT - HEALING THE WHOLE PERSON

Includes Reproducible Handouts!

Non-assignable permission to reproduce clinician and client handouts in this manual for clinical use.

## Discovering Meaning in Life, and Tapping into our Resilience and Healing Capacities IN SPITE OF TRAUMA...

MEANING-CENTERED THERAPY combined with the TRAUMA TREATMENT FOUNDATIONAL PHASE-WORK (TTFP) Model is an integrative and multi-dimensional approach to the holistic treatment of trauma and traumatic stress. Through clinical, evidence-based, trauma-informed and meaning-centered interventions, clinicians and clients will learn how to address the various bio-psycho-social-spiritual symptoms and effects of the aftermath of trauma and overwhelming experiences. Clients will be able to (1) Build safety, stability, regulation & flexibility, (2) Significantly reduce/eliminate trauma response symptoms, and (3) Increase engagement with others, life & meaningful goals.

“Drs. Marie Dezelic and Gabriel Ghanoum have created a comprehensive and innovative manual for the meaning-centered treatment approach to heal past trauma. Their work and approach are commendable; their ability to convey it to other clinicians is superb.”

~ Amir Levine, M.D., Co-Author of ATTACHED: The New Science of Adult Attachment and How it can Help You Find and Keep Love

“To categorize Trauma Treatment - Healing the Whole Person as a conventional "manual" would only marginalize its inherent value as a supportive resource for all people experiencing life transitions, whatever they may be. Informed by Viktor Frankl's System of Logotherapy and Existential Analysis, and guided by their own innovative model of meaning-centered trauma treatment, Drs. Dezelic and Ghanoum aptly demonstrate how finding meaning in life—under ALL circumstances—is both within us, and within reach. Importantly, it is along this pathway to meaning where the healing process ultimately takes place and where wholeness in spirit, mind, and body can be found.”

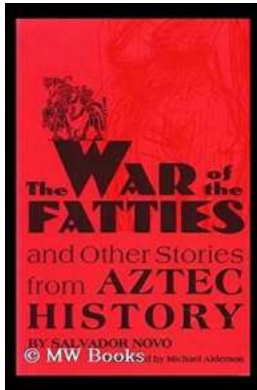
~ Alex Pattakos, PhD, Co-Author of Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work; and The OPA! Way: Finding Joy & Meaning in Everyday Life & Work

“The paradigm shift in the traditional treatment model is currently upon us; the idea behind living a fulfilling and authentic life is paramount in the therapeutic community and addiction industry. The missing links are self-actualization, self-transcendence, and meaning in the everyday experience when talking about recovery and sobriety. Dr. Dezelic and Dr. Ghanoum provide a clear and concise trauma training platform for professionals across disciplines where meaning is woven throughout all of the interventions.”

~ Cali Estes, PhD, Author of The Recovery Coach Workbook

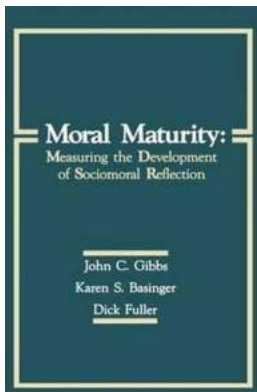
“How do we heal from the pain of traumatic events? How do we survive in the face of unavoidable suffering and loss? Once again, Dezelic and Ghanoum have developed innovative, colorful and informative Conceptual Pictographs to illustrate their model of recovery. TTFP is flexible enough to be appropriate for individual and group counseling, as well as for self-exploration. This manual is an invaluable addition to the treatment plan for clinicians dedicated to helping trauma survivors heal from and discover meaning in the face of tragedy and sorrow.”

~ Ann-Marie Neale, PhD, Diplomate in Logotherapy, Editor of Meaning-Centered Therapy Manual: LTEA Brief Therapy Protocol for Group & Individual Sessions; and Meaning-Centered Therapy Workbook: Based on Viktor Frankl's Logotherapy & Existential Analysis



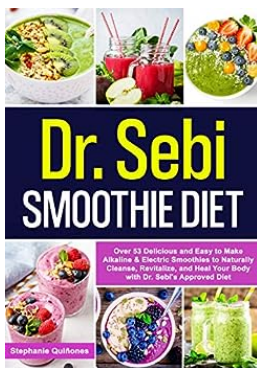
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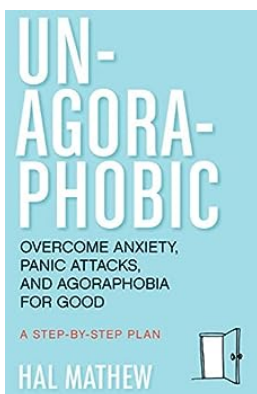
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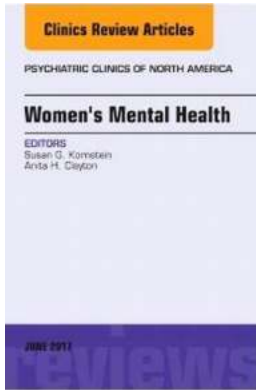
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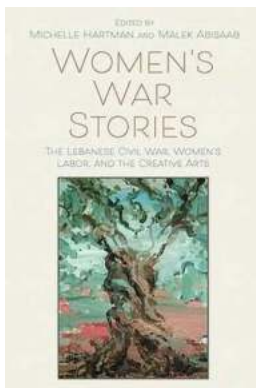
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