



The Center on Holocaust Survivor Care
Institute on Aging and Trauma

JFNA Training Workshop 2023

Aging and Trauma

May 7 - 9, 2023

Dallas, Texas

PCTI Care Takes Root

Viewpoints from the Center, the U.S. Government, and PCTI Strategies for Family Caregiving

Speakers

Shelley Rood Wernick



Elana Broitman



Alison Barkoff



Harriet Cohen



Melanie Levav





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**Jewish
Federations**
of North America

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Alison Barkoff, Acting Administrator and Assistant Secretary for Aging/Principal Deputy Administrator



PCTI Strategies for Family Caregiving

Presenters:

Harriet Cohen



Melanie Levav





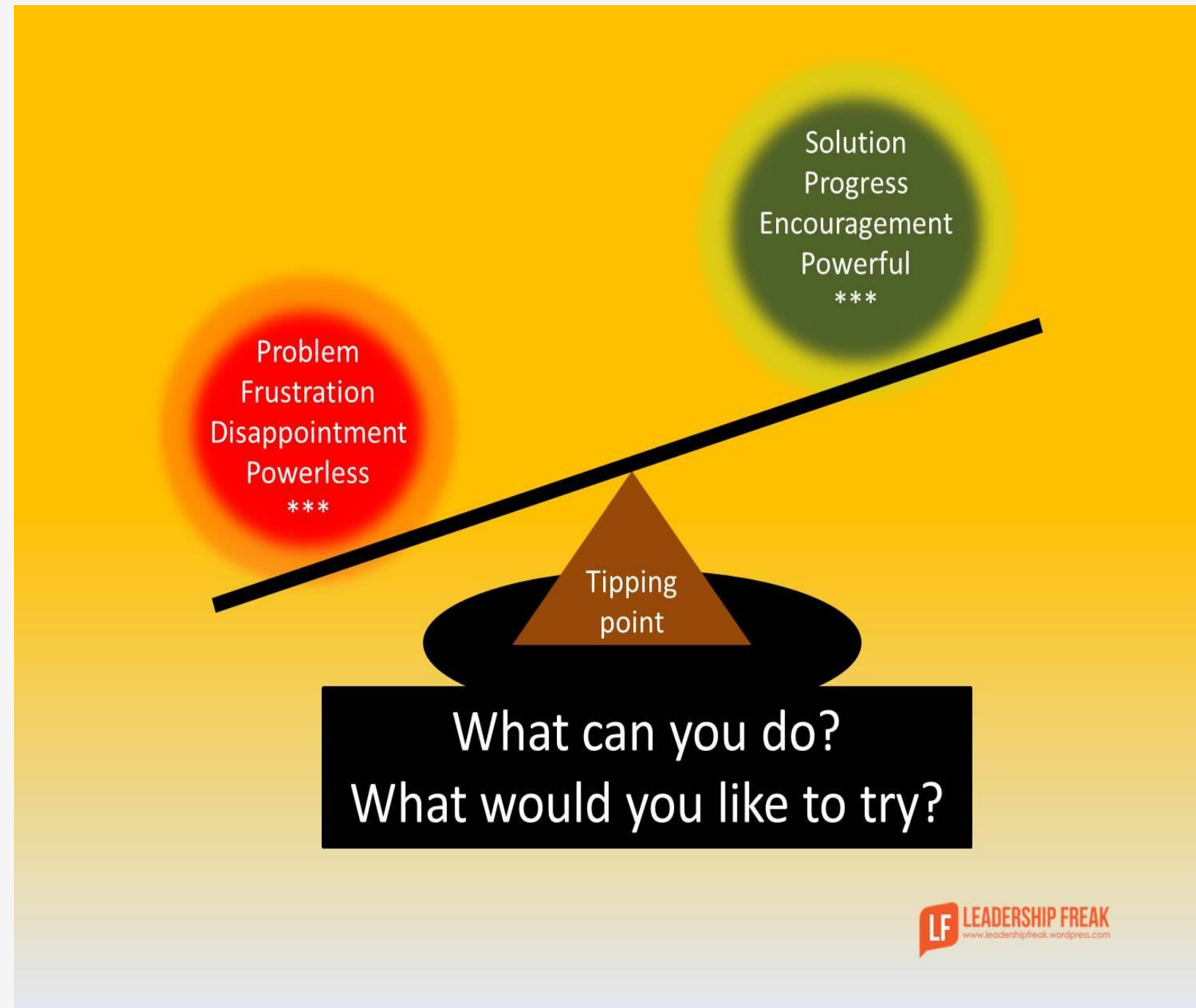
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Fostering Resilience In Family Caregivers

Fostering Resilience to Mitigate Trauma

Harriet Cohen, PhD, LCSW, Clinical Social Worker, Older Adult Department, Jewish Family Service of Dallas

How Do We Foster Resiliency?



Resilience is not defined in terms of the absence of pathology or heroics. Rather, it is an ability to cope with adversity, stress, and deprivation (Begun, 1993, pp. 28-29)

Resilience is the ability to maintain continuity of one's personal narrative and a coherent sense of self following traumatic events (Borden, 1992, pp.125).

4 interrelated dimensions of resilience

(Kenyon & Randall, 2001)

1

**Personal
internal meaning and
coherence**

2

**Interpersonal
families and friends**

3

**Sociocultural
social meaning of life
events**

4

**Structural
social policies,
power relations,
economic conditions**

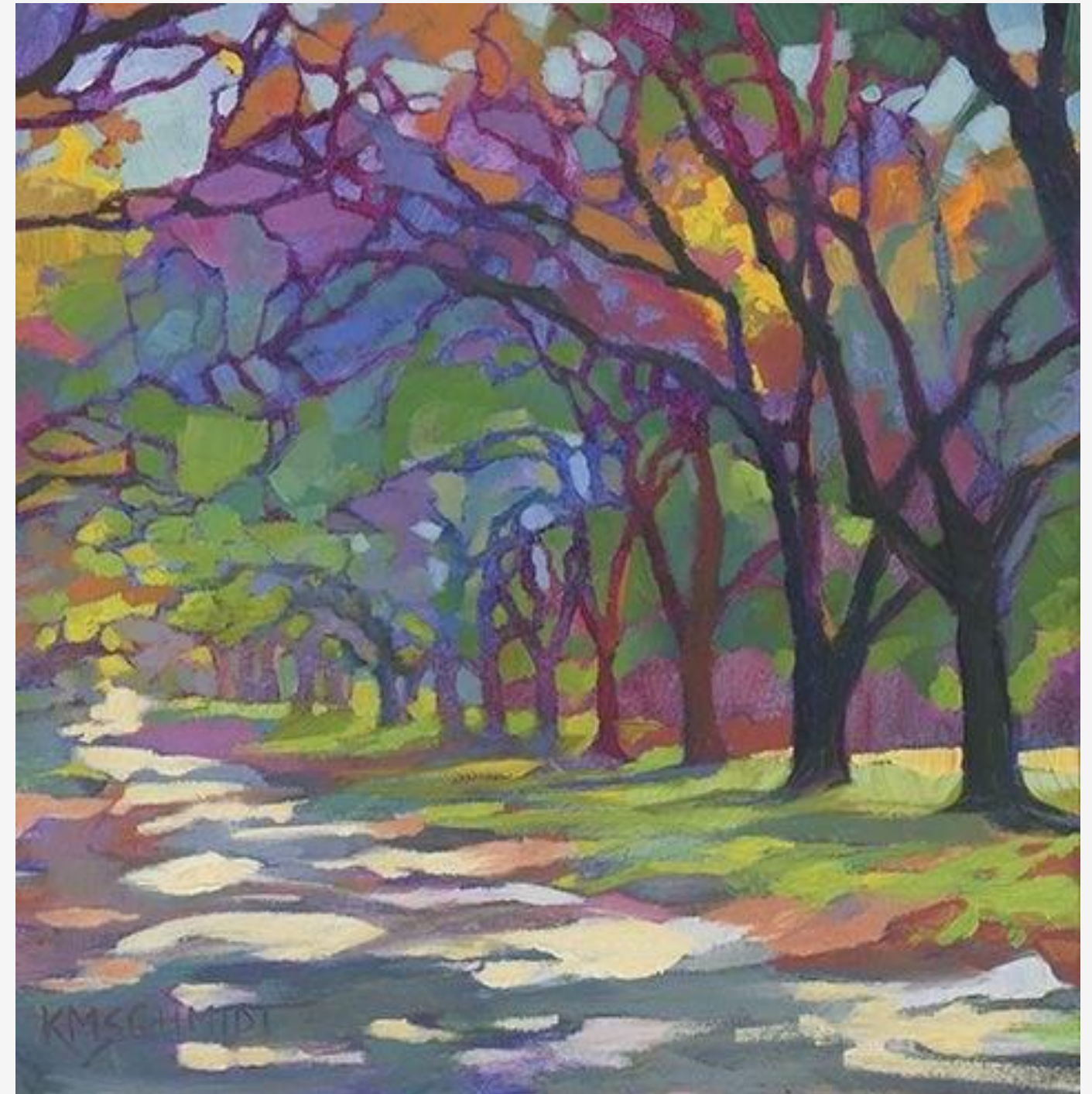
Findings from Case Study: Fostering Resilience with Family Caregivers

- Confronting the past: “I thought I came through the experience unscathed, but I just did a good job putting things on the shelf.”
- Changing perspective: ““the hardest thing is changing your perspective.” “I always thought I was the rock. How did I get to believe I was bulletproof. It gave me strength, putting things into perspective.”
- Rebuilding family relationships: “being able to identify my ‘not normal Robin’ as anxiety;” “I have a new plan. I am rewriting the first four chapters of my life” (from an Autobiography in Five Chapters by Portia Nelson); “I couldn’t keep my kids from feeling the pain (of husband’s death).”
- Redefining and reintegrating life narrative: “I’m learning to pick my battles.” “from understanding to experiencing hope;” “Resilience gave me a sense of hope and connection.



Promoting Resilience Strategies to Mitigate Trauma

- Process the trauma in a safe nonjudgmental environment/ identifying resilience in the client's narrative
- Reflect on beliefs/reevaluating how traumatic experience has reinforced or challenged current beliefs and values
- Recognize strengths, courage, resilience that helped survive and how they can help you adapt to new challenges
- Practice self compassion, self forgiveness and gratitude





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PCTI APPROACHES to Advance Care Planning (ACP) with Family Caregivers

A Case Study Among Russian-Speaking Holocaust Survivors

Rabbi Melanie Levav, BCC, LMSW, Executive Director, Shomer Collective





Using Advance Care Planning to support caregivers

Talking about death/dying/end of life can be a significant trigger for victims of trauma and their caregivers.

“We survived the war, we survived Stalin, we survived immigration, we’ll survive what comes next.”

Reality check: everyone is mortal.





Mitigating triggers in ACP

By incorporating knowledge about trauma in victims' lives into agency programs, we can mitigate the triggers in ACP.

What do we know about the trauma experienced by our clients and their family caregivers?

ACP can reduce risks for abuses of power.



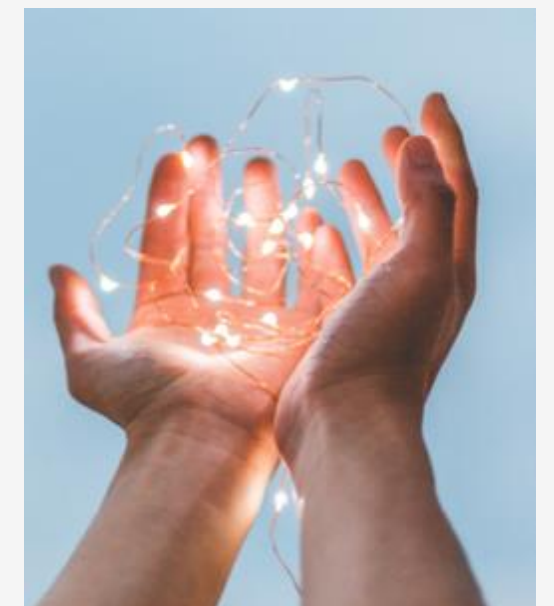


Empowering victims and caregivers

By promoting dignity, the process of advance care planning can serve to empower trauma victims and their family caregivers.

Identifying one's values as they apply to healthcare/end of life decisions can promote the sharing of family stories.

ACP can strengthen intergenerational connections for family caregivers.





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Q&A



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Thank You!