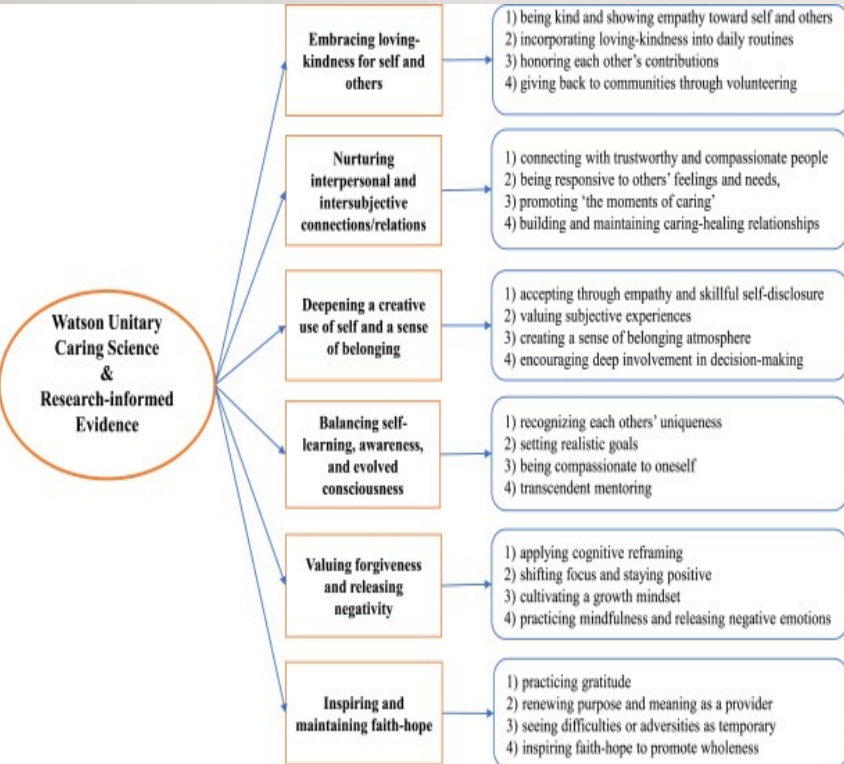




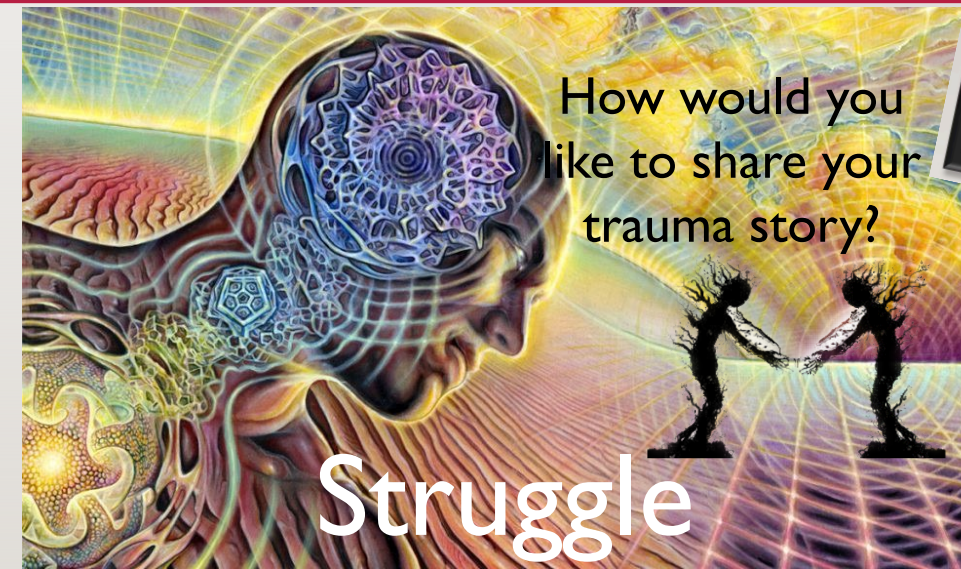
USING CARING SCIENCE FOR FACILITATING POSTTRAUMATIC GROWTH FOR VETERANS, MILITARY PERSONS AND FAMILIES

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We are part of each other's journey; we are all on our own journey toward healing as part of the infinity of the human condition. When we work to heal ourselves, we contribute to healing the whole. (Watson 08, p.88).



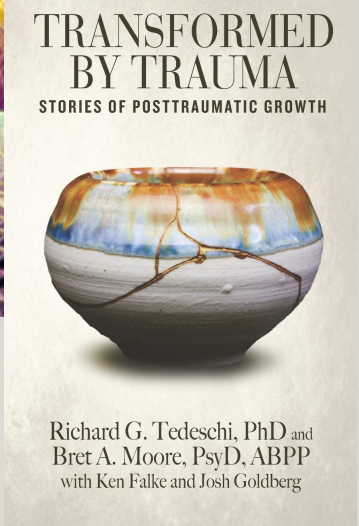
- *Personal Strength*
- *Relationships with Others*
- *New Possibilities*
- *Appreciation for Life*
- *Spiritual and Existential Change*



How would you like to share your trauma story?

Struggle

"What matters is the specific meaning of a person's life at a given moment"
V. Frankl



PURPOSE Use a caring science framework so nurses can facilitate posttraumatic growth while they themselves sustain their sense of self and honor subjective experiences.

Watson, J. (2008) *Nursing. The philosophy and science of caring*. University Press of Colorado.