Beyond Resistance and Resilience: The Altered Book in Adolescent and Young Adult Complex Trauma Recovery, a Method

Colleen Mann-Buxton

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E. Kellogg, PhD

Abstract
The method detailed in this paper was developed to explore the potential positive impacts altered bookmaking could have on adolescents and young adults with complex trauma histories. The paper describes the literature supporting the use of art therapy in trauma treatment and using altered books with adolescents to explore identity and assist in treating depression and anxiety. Trauma is typically not communicated linearly or with words; art therapy is effective in treating individuals with trauma, as the modality allows the client to communicate symbolically. By externalizing the story onto an object, a book, clients create space from their thoughts, memories, and emotions. To expand upon these findings, I created trauma-informed interventions for adolescents and young adults with complex trauma histories to explore the potential value of an altered book art therapy intervention with this population. My observations of the clients' positive responses have supported the need for future research of providing an altered book intervention to assist in the progression through trauma recovery.

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living in Italy who completed measures of trauma exposure and PTSD symptoms. Latent class analysis (LCA) was used to identify PTSD symptom profiles, and predictors of class membership were identified via multinomial logistic regression. We outline the Drive to Thrive (DTT) theory in an attempt to advance existing understanding of human stress adaptation and resilience. Prior work has considered demand and distress, temporal dynamics, and differential outcomes in defining resilience but has sparsely examined the mechanism(s) and processes of resilience across different life challenges. Epidemiological data indicate that most adults experience at least one and usually several potentially traumatic events (PTE) during the course of their lives (Norris, 1992; Kessler et al., 1995; Breslau et al., 2000), and that most children are also exposed to such experiences (Copeland et al., 2007). The available evidence, however, suggests a more complex and far more encouraging picture. Bonanno, G. A. 2004 Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events?American Psychologist 59 20. Bonanno, G. A. 2005 Resilience in the face of loss and potential traumaCurrent Directions in Psychological Science 14 135.