



POSTTRAUMATIC GROWTH (PTG) GROUP

START • GROW • STRUGGLE WELL • THRIVE TOGETHER



PTG Meetings extend the work of Posttraumatic Growth into sustainable, peer-led community practice. Groups are volunteer-led, held in donated spaces, and always free of charge. No individual or organization owns the group; it belongs to the collective.

Our mission: Growth, not therapy.



1 WHAT IT IS

A PTG Group is a closed, peer-led community for Veterans, First Responders, and approved supporters focused on Posttraumatic Growth.

- ✓ **Not therapy.** Peers share from experience.
- ✓ **Purpose:** Find purpose in struggles by sharing joys, perspectives, and triumphs in the aftermath of trauma.
- ✓ **Confidential:** What is said here stays here.
- ✓ **Growth-centered dialogue:** Move from stuck toward growth.
- ✓ **Equal voice:** Rank and roles are left at the door.
- ✓ **Always free and accessible.**

OUR COMMITMENT

We show up for one another, speak our truth, listen with respect, and leave no one behind.



2 HOW TO START A GROUP

- 1. Gather Committed Core Members**
 - Identify 3-5 committed Veterans or First Responders
 - Keep the mission focused on posttraumatic growth, not therapy
 - Confirm confidentiality and growth-centered dialogue
 - Clarify meetings are always free and volunteer-led
- 2. Review the Meeting Guide**
 - Download and review the full guide together
 - Review founding principles, boundaries, non-negotiables, and higher-risk protocols
 - Confirm referral procedures are understood
- 3. Secure a Donated Space**
 - Identify a free, consistent location
 - Ensure privacy and arrange seating in a circle
 - Confirm reliable access
- 4. Set a Weekly Time**
 - Choose a consistent day and time
 - Commit to repetition and communicate clearly
- 5. Confirm Facilitator Readiness**
 - Veteran or First Responder
 - Emotionally regulated and understands PTG
 - Protects confidentiality
 - Can redirect trauma loops toward growth

★ **Growth begins with showing up. Keep showing up.**



3 HOW TO RUN IT

- 1. Welcome**

Read the opening statement. Reinforce confidentiality, mission (growth, not therapy), and equal voice.
- 2. Review Ground Rules**

First-person sharing; no interrupting or cross-talk; no politics or religion debates; advice only when invited; confidentiality; growth-centered dialogue.
- 3. Introductions (if new members)**

Name, military/first responder background (optional), and what you hope to gain.
- 4. Check-In / Reflection**

Use a guided reflection or PTG topic. Keep discussion focused on growth, meaning, lessons, and forward movement.
- 5. Open Share**

Members share from their experience. Listen with respect and make space for equal voice.
- 6. Closing**

Share takeaways, gratitude/self-care, announcements, and read the Closing Statement and Tribe of the Restored Warriors Pledge.

SAFETY FIRST

If someone is struggling, pause, validate, connect them with appropriate support, and follow the group's higher-risk and referral procedures. PTG Groups do not replace clinical care.



EXAMPLES OF FREE SPACES

- VFW Post or American Legion Post (Away from bar areas)
- Police department community room
- Elks Lodge
- VA community room
- Fraternal Order of Police Lodge
- Nonprofit conference room
- Church or faith community room
- School/university room (after hours)
- Community center
- Recreation center meeting room
- Public library meeting room
- Coworking space (donated use)
- Local firehouse meeting room

★
The key is a quiet, private space where members can sit in a circle and speak freely.



STRUGGLE WELL & WARRIOR PATHH



Struggle Well | <https://bouldercrest.org/program/struggle-well/>

A 2- or 5-day, classroom-based training program that helps individuals and teams understand struggle differently and develop practical skills that strengthen resilience, relationships, performance, and Posttraumatic Growth.

Warrior PATHH | <https://bouldercrest.org/program/warrior-pathh/>

A 90-day Posttraumatic Growth program beginning with a 5-day, on-site intensive that helps veterans and first responders transform struggle into strength through practical training, connection, and continued growth practices.



PTG Groups help sustain growth through continued peer connection, accountability, and application in daily life.



QUESTIONS? CONTACT:

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GET THE FULL GUIDE

PTG Group Start-Up & Facilitation Guide:
bticonsultingservice.com/torw



START. GROW. THRIVE.

Free. Peer-led. Built for connection.
Keep showing up.

TRIBE OF THE RESTORED WARRIORS ★ LEAVE NO ONE BEHIND ★ KEEP UP THE GOOD FIGHT ★ ONE TRIBE. ONE FIGHT.