Dramatic Evolution as a Possible Response to Profound Trauma

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Overview

- Introduction
- Who are these people?
- What is meant by an enhanced capacity?
- What are the processes that facilitate?
- How do they work together?
- What is the evidence?
- What does the evidence tell us?
- What are the implications?
Who are these people?

- The Court Jester?
- The Singing Masseuse?
- The Soaring Activist?
- Dancing with Trauma?
A Meaning for Enhanced Capacity

- A personality trait?
- A biological imperative?
- A social consequence?
- Non-attachment?
- Adversarial growth?
- Synthesis?
- Cognitive Complexity?

What are the processes that facilitate such outcomes?

- Gentle and soothing calmness?
- Active observation? (mindfulness, separating self from external events)
- Strategic and often passionate agency? (spirit, body, thoughts, feelings, behaviour, relating)
- Discerning humility?

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How do they work together?

The Experience Cycle

What is the evidence?

- The viability of the “gold standard” evidence base
- Alternatives?
What does the evidence tell us?

- Neuroscience?
- Psychology?
- Public health?
- Environmental health?

What are the implications?

- For prevention?
- For intervention?
- For structural and systemic change?
Yes it is possible to evolve...