

Andrew Lave, LCSW



Keynote

**The Wildfire of  
Secondary Trauma  
and the  
Transformative  
Power of Resilience**



**2025**

STAR-T

Secondary Trauma Activates Resilience-Training

# **The Wildfire of Secondary Trauma and the Transformative Power of Resilience**

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# STAR-T

[ACTIVATERESILIENCY.COM](http://ACTIVATERESILIENCY.COM)

# The Wildfire







# Self Care



# Isolate











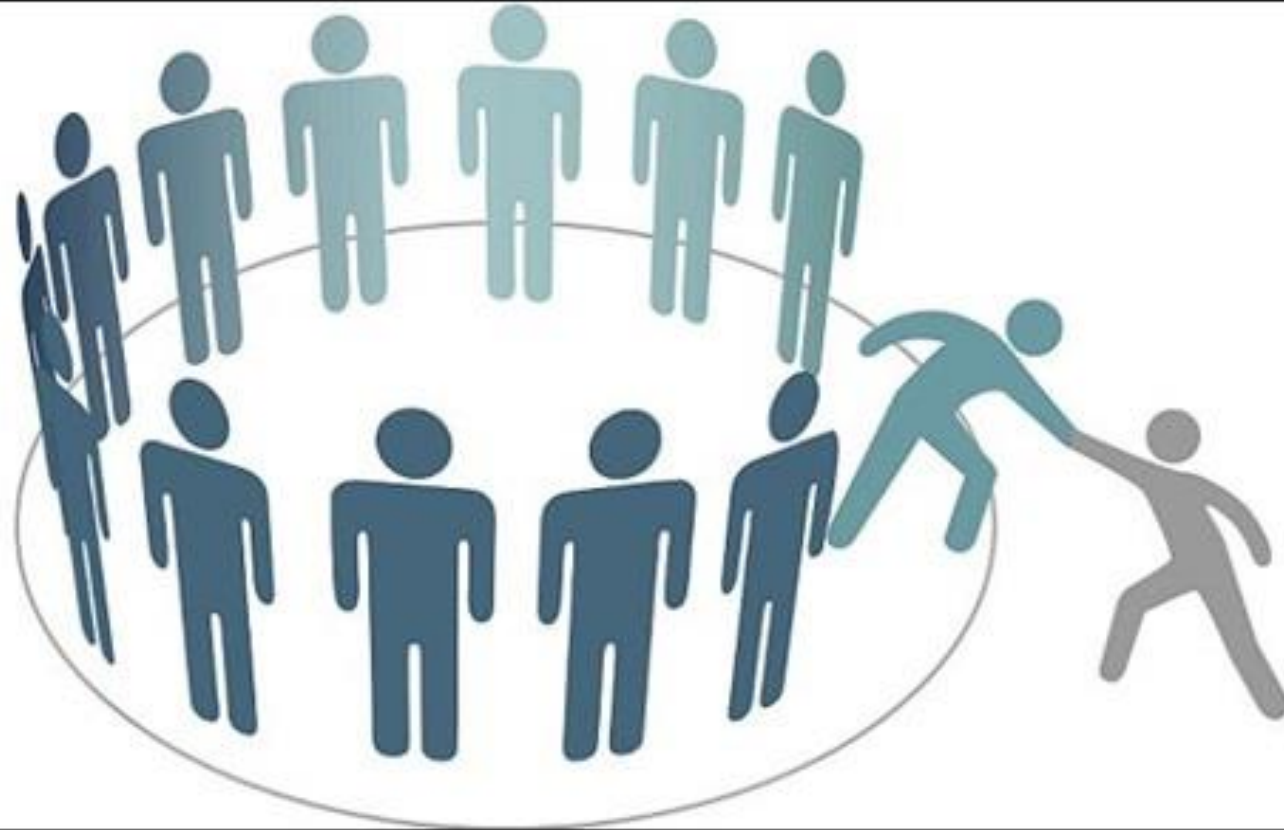
# Shared Responsibility







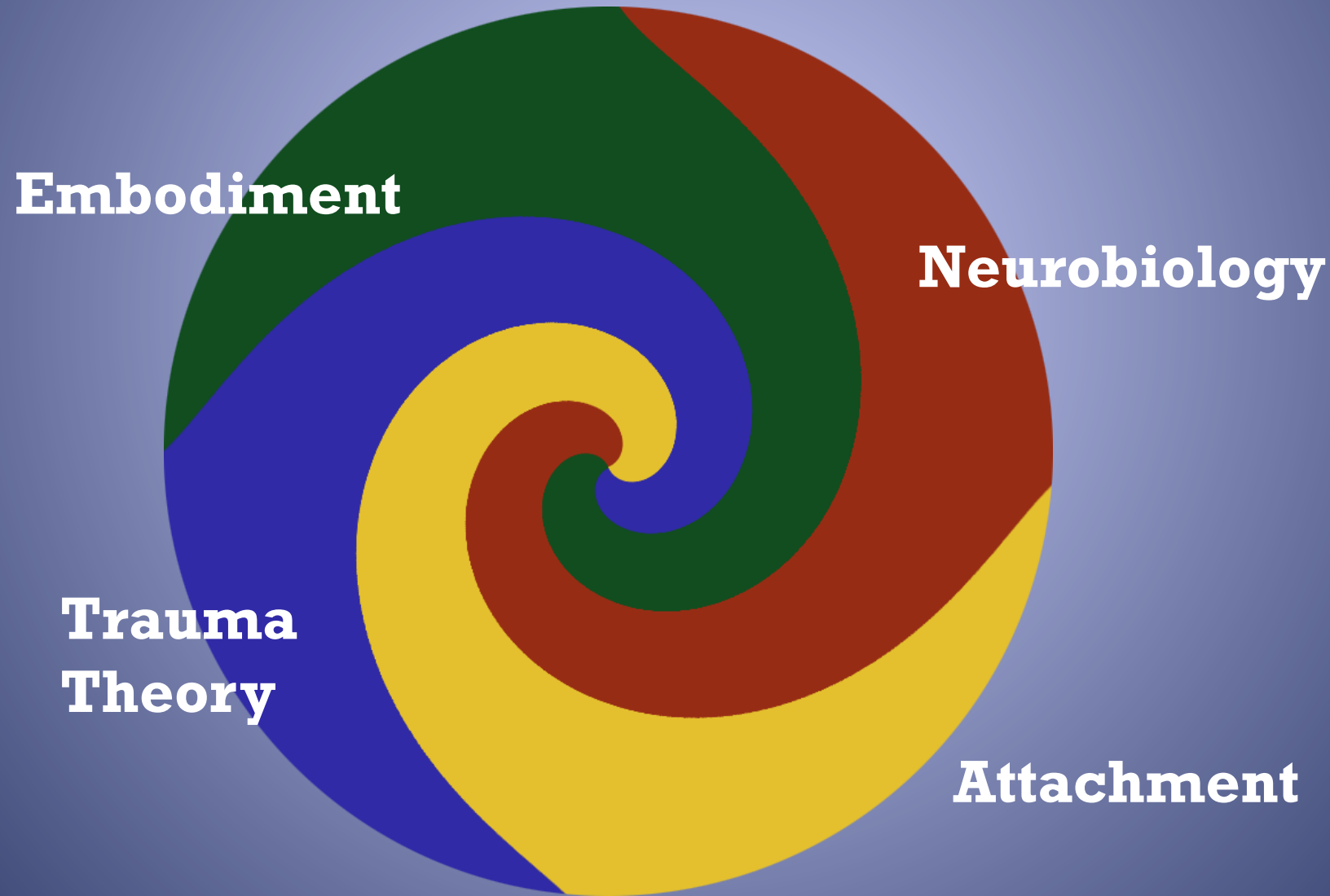
# Transforming Work Culture





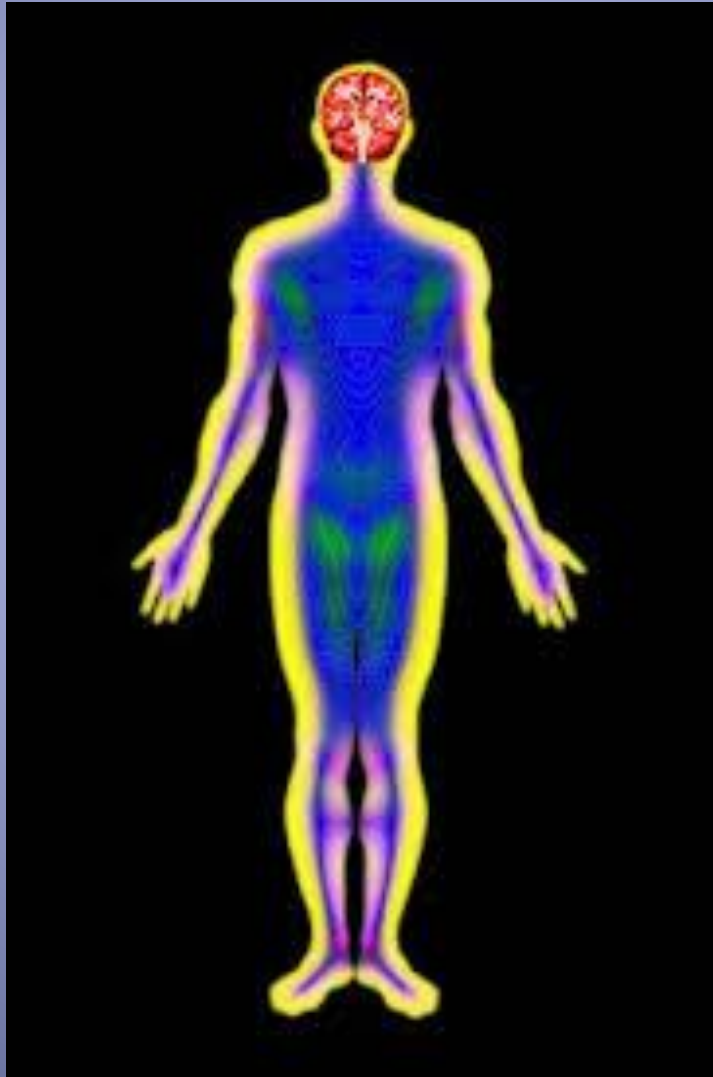


# Integration of Four Theories into a Hybrid Intervention





# Body









We acknowledge that we are in the aboriginal territories of the Salish, Kootenai, and Kalispel people.

We honor the path they have always shown us in caring for this place for generations to come.





# Jennifer Finley, Tribal Council



# Salish Trail of Tears, 1890

- The day we left the Bitterroot Valley for the Flathead Reservation,
- I said to my kids, “look at your arms connected to your body.
- Look at your feet connected to the ground you walk on.
- You are connected to everything.
- You are made of the land, and the trees, fish, deer, and clouds are made of your ancestors.
- You are always connected to someone who loves you.”

# Threat System

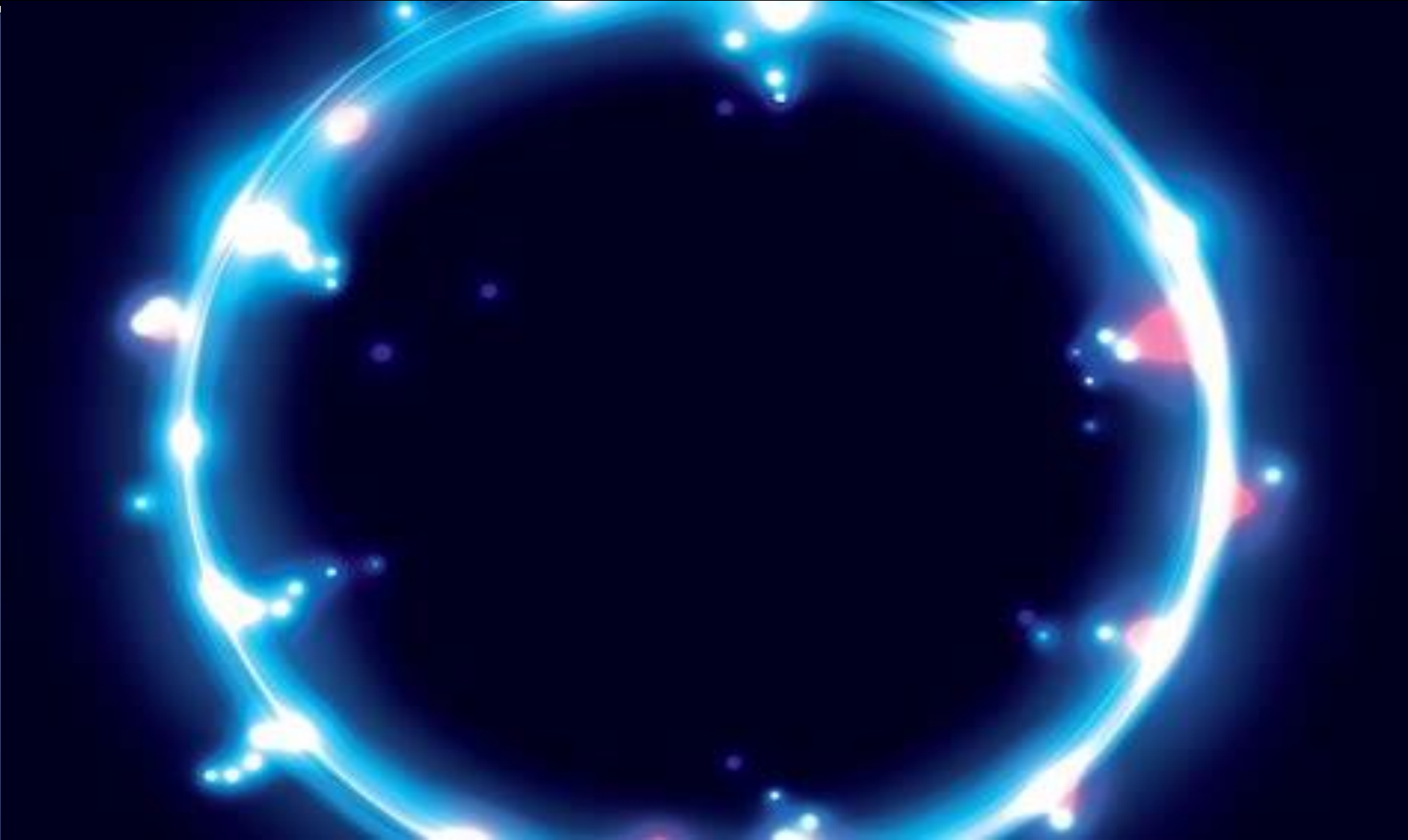




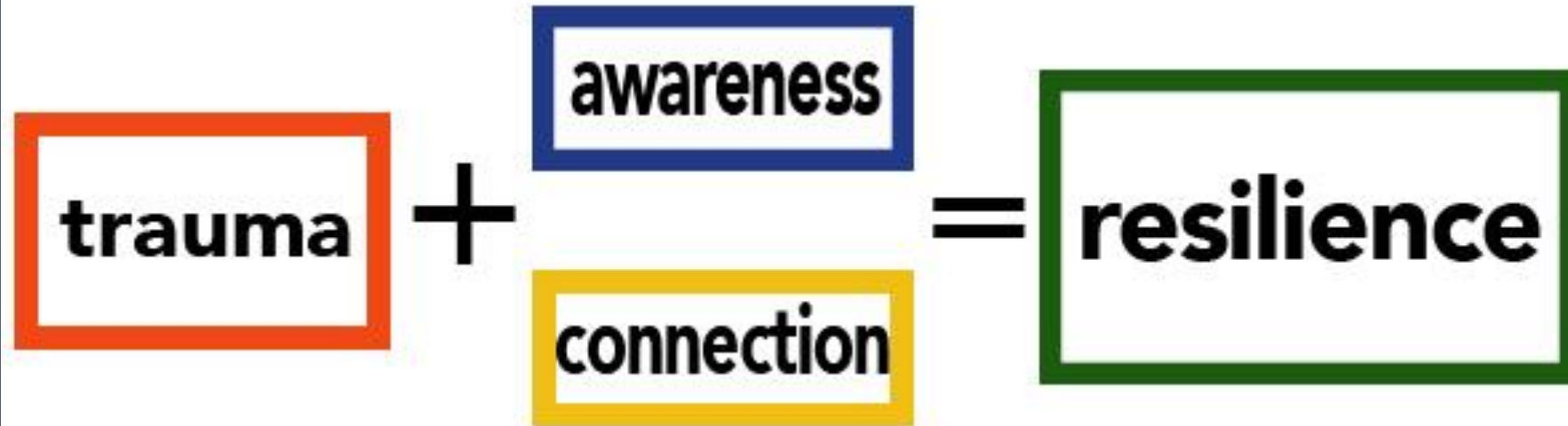
# Drive System



# Nurturance System



# Resilience and Trauma





# Post-Traumatic Growth



# A sink hole that turns into an artesian well

U. S. GEOLOGICAL SURVEY



A. ARTESIAN WELL AT LYNCH, NEBR.

Flows more than 3,000 gallons per minute.



# Collaboration





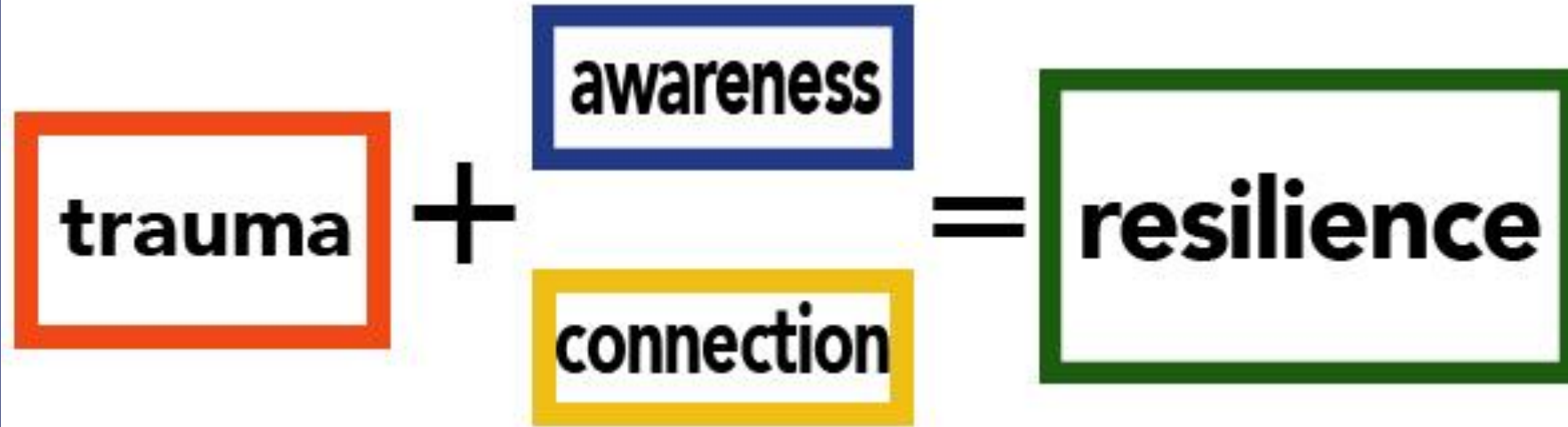
# Building Together



# Spreading the Seeds



# Acceptance of the Reality of Trauma





# Acute Distress



# Vicarious Trauma





# Moral Injury

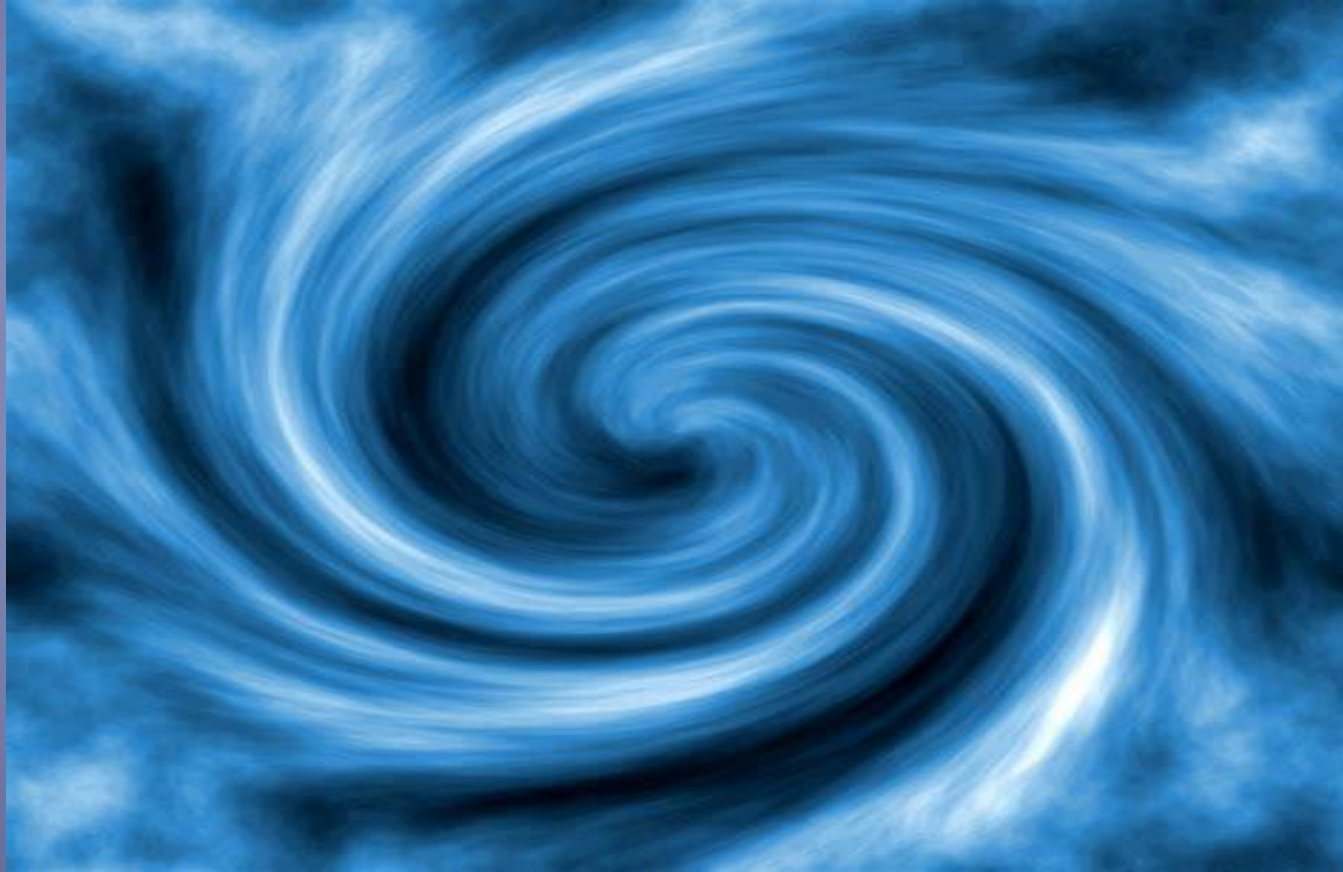




# Burn Out



# Trauma Vortex



# Engagement











# Trauma Engaged





# Awareness Skills for Blue

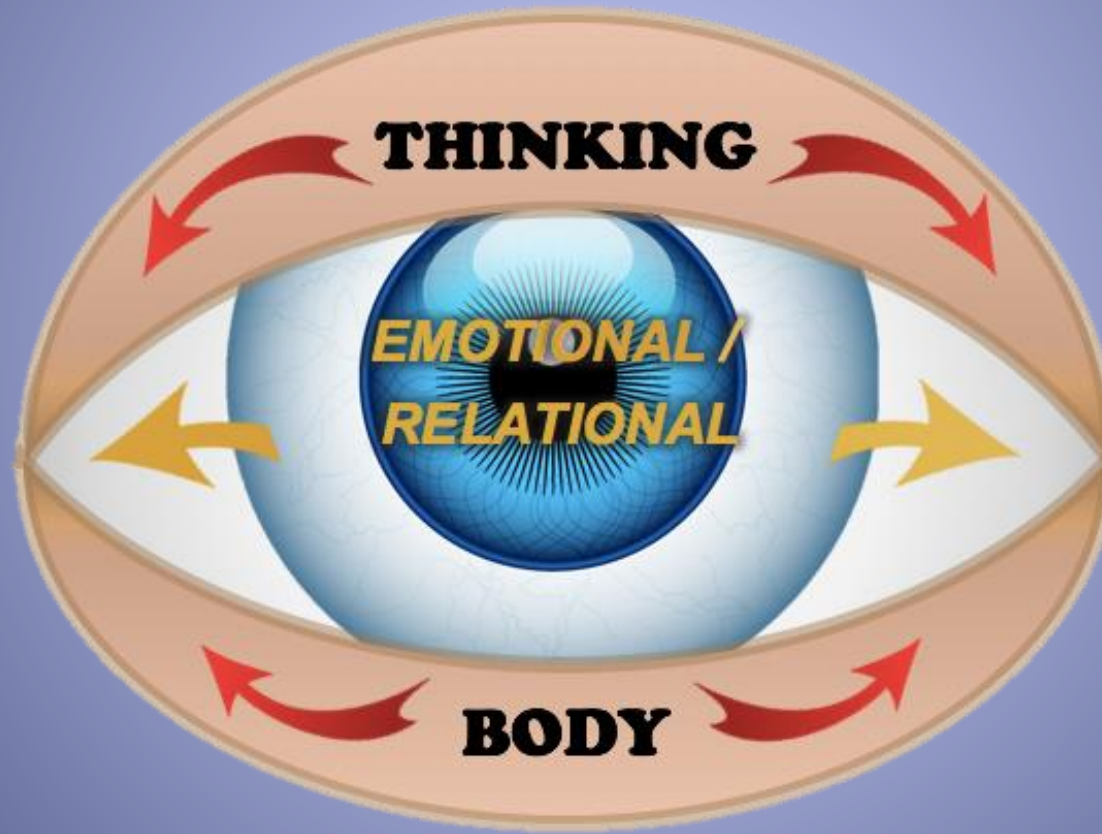




# Noticing

- The verb of awareness
- Tracking, not fixing
- Resilience is activated by tracking or noticing

# Observational Brain



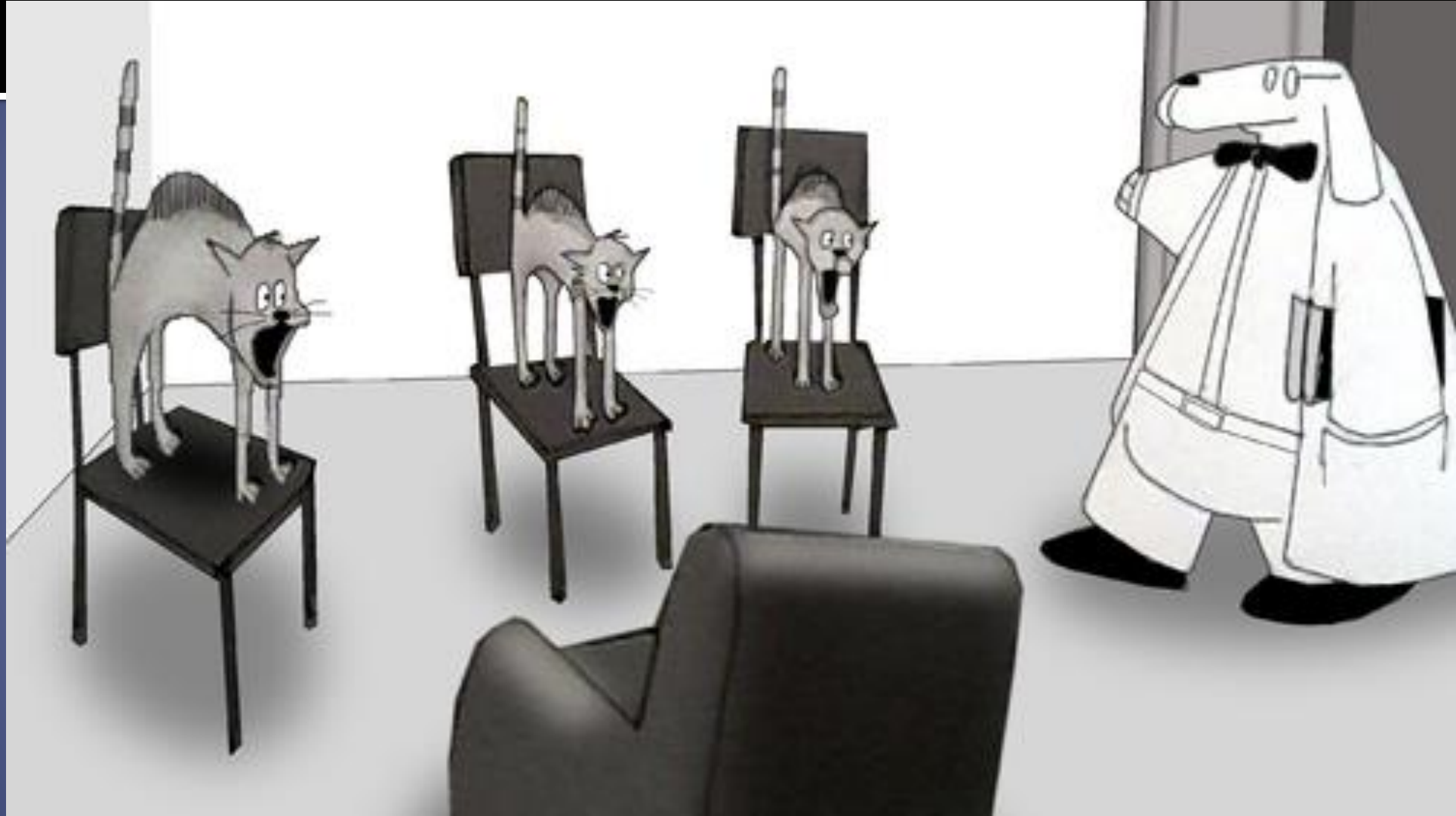


# Connection Skill for BLUE



# Making Dynamic Contact









# Co-Regulatory Work Environments



# **Pulsing: the strength of engagement and boundary**





# Regulation with the Natural World



# Four Elements









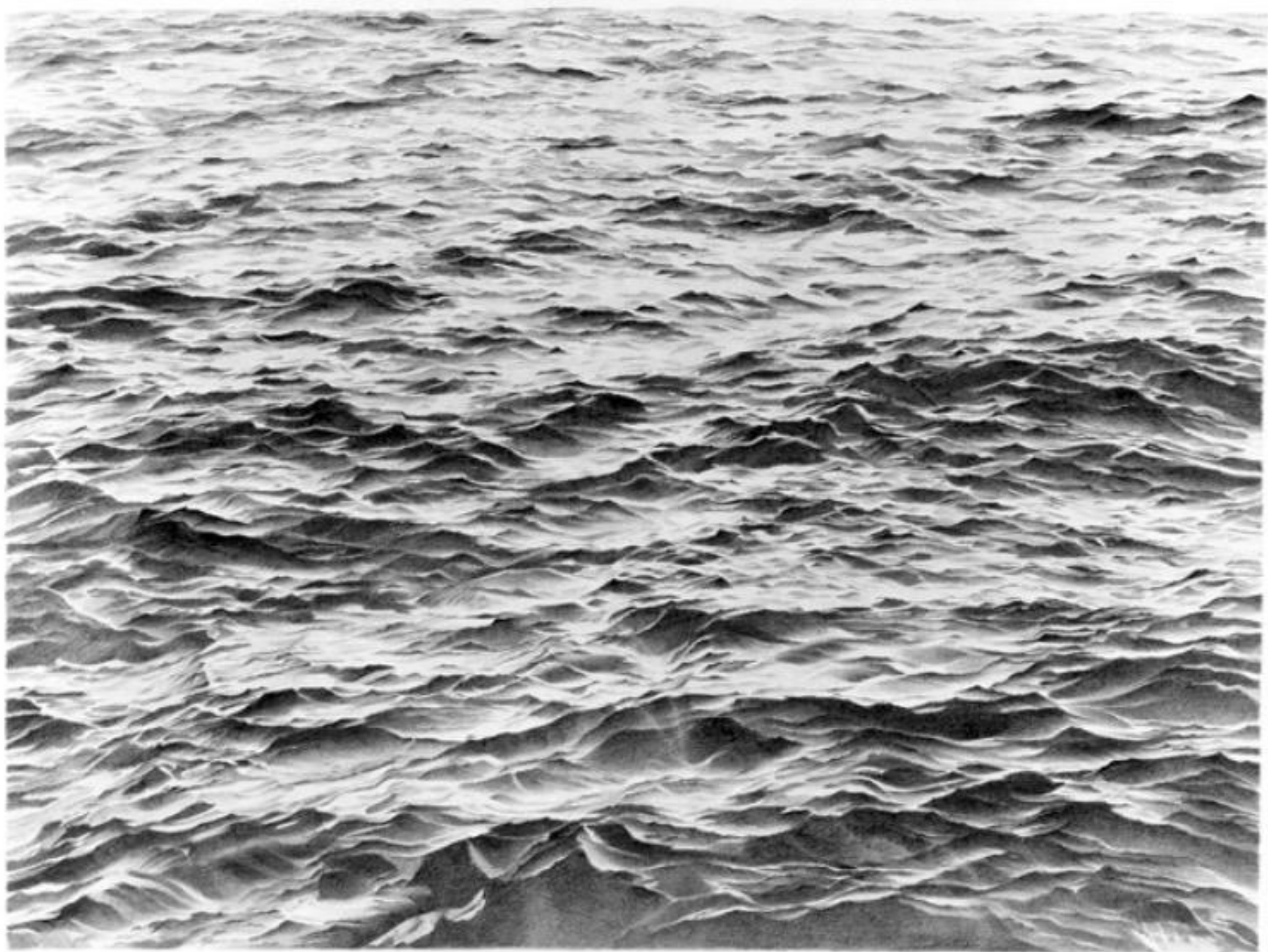


**Air**

# Fire









# Shared Nervous System

