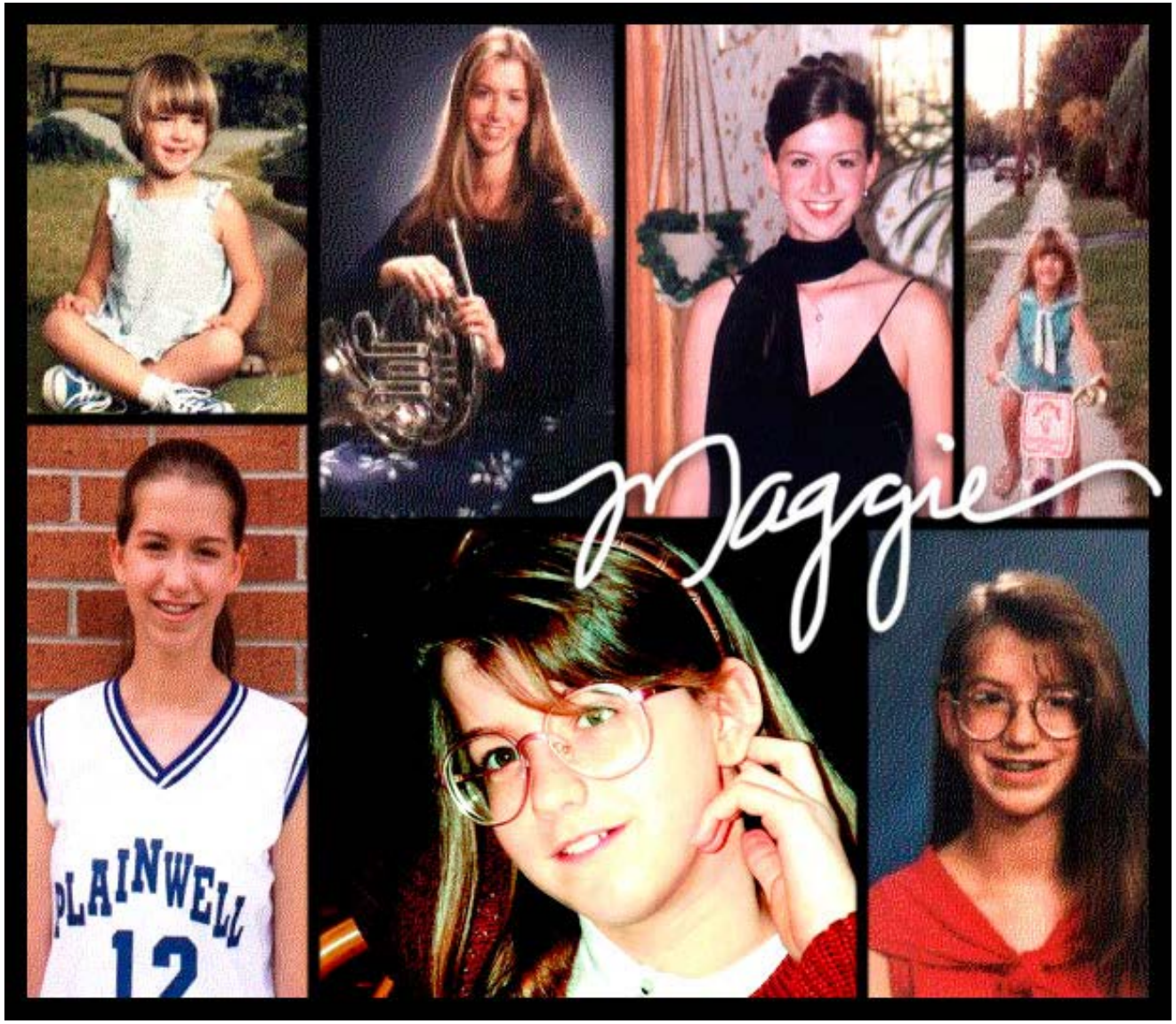
Remembering Maggie



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Thriver: Moving On After Abuse

Full Video is available at www.ThriverZone.com

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HAVE *YOU* BEEN ABUSED?

Get Started on a New Life with ...

My Avenging Angel Workshops™

"Living well is the best revenge." George Herbert

SUPPORTED BY

CT ALIVE

CT Alliance for Victims of Violence & Their Families Inc.
www.CT-ALIVE.org

AND

Petit Family Foundation
www.PetitFamilyFoundation.org

FOR WOMEN WHO . . .

have been abused by domestic violence, sexual assault, sexual harassment, stalking, emotional abuse or verbal or physical assault, and, have left those abusive environments and desire to reclaim their lives!

THIS WORKSHOP EMPOWERS WOMEN TO . . .

* ***CONQUER*** self doubt,
* ***DISCOVER*** hidden talents,
* ***HEAL*** their wounded spirit,
* ***CREATE*** a new future for themselves.

FREE

Fall, 2026 Virtual
Two-Day Workshops

Saturday, October 3 and 10, 2026
10:30 a.m. – 4:30 p.m. both days.

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

Saturday, November 7 and 14, 2026
10:30 a.m. – 4:30 p.m. both days.

~ ~ ~ ~ ~ ~ ~

ON-LINE REGISTRATION
BEGINS on September 1st at
www.MyAvengingAngel.com

susan@ThriverZone.com
www.Thriver Zone.com

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Recovery from Trauma

The core experiences of trauma are disempowerment and disconnection with others and recovery therefore is based on the empowerment of the survivor and the creation of new connections.

— DR. JUDITH HERMAN

from **Trauma and Recovery** *(1992)*

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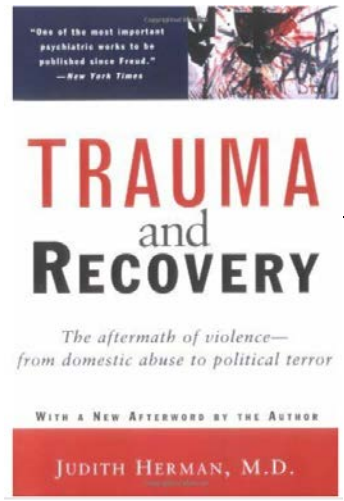

Three Stages of Recovery

from Dr. Judith Herman's Trauma and Recovery (1992)

VICTIM #1 - Safety/Stability

SURVIVOR #2 - Remembering and Mourning

THRIVER #3 - Re-Integration and Connection

Reconnect with people, meaningful activities

Set goals, follow your dreams, see a bright future.

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Q4

The Continuum of Care for DV Victims

VICTIM	SURVIVOR	THRIVER
		What's Next ???
CRISIS INTERVENTION	**SUPPORT GROUPS**	Healing Recovery Post-Trauma Growth
• Hotline • Short-term Crisis Counseling • Victim Advocacy • Court Advocacy	**Provide support, information and resources for survivors so they can move beyond the crisis of their situation.**	
Safety/Stability	***Remembering and Mourning***	***Re-Integration & Connection***

** Herman, 1992*

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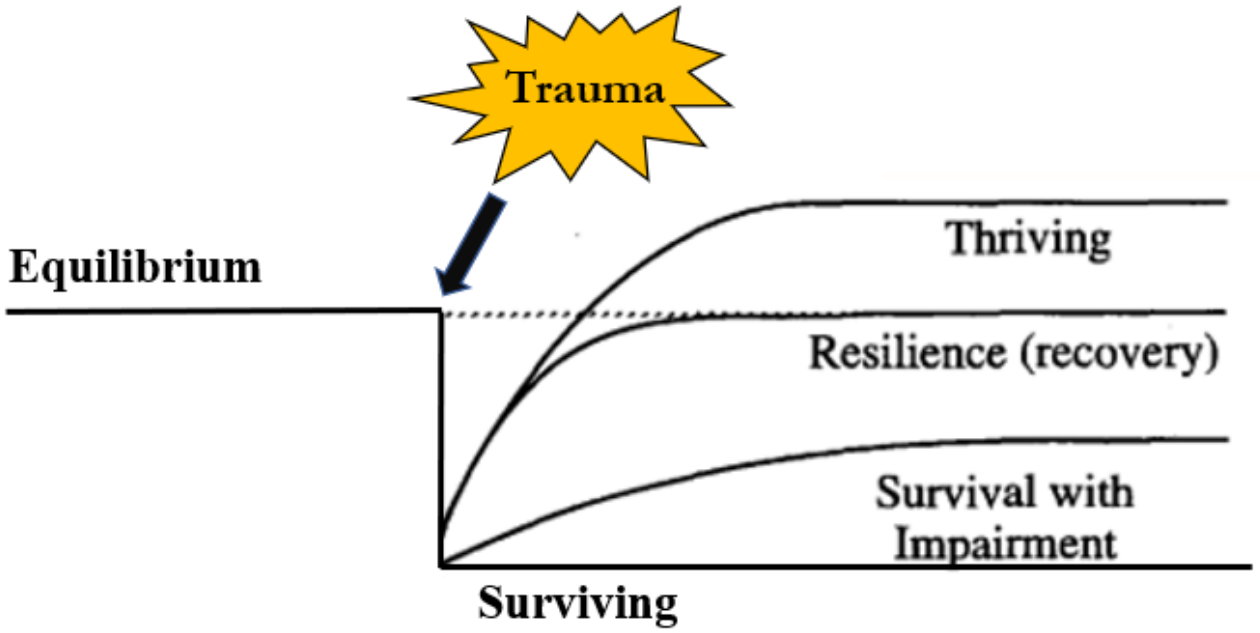
Thriving = Post-Traumatic Growth

Q4



Adapted from O'Leary and Ickovics (1995)

Three Levels of Post-Trauma Experience

Surviving – Just making It
Recovery – Getting nearly back to where we were pre-trauma
Thriving – Finding growth opportunities and function at levels above perhaps far above, where we were before

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Survivor to Thriver

"When I met Susan, I was no longer a victim, but I was wearing my survivor armor. It was heavy, it defined who I was, and limited my circumstances.

Susan asked me to remove my armor and consider a part of myself untouched by abuse, invite that part out to talk and dream awhile, and grieve our years of separation.

Today I know that I am bigger than my former story.
I am motivated to move beyond my 'survivor' life
to something more rewarding, more authentic,
and definitely more satisfying.
I am thriving!"

— LORA, FROM *Entering the Thriver Zone*

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TESTIMONIALS!

Susan's work provides a component for women recovering from crisis that has, until now, been virtually overlooked.

Susan is like a 'reverse' tornado. Where a tornado takes a community and tosses it about, Susan's tornado works in reverse. It picks up the debris, reorganizes it and plants the seeds for growth again.

Susan's workshop gave me hope!

A year and a half later, I am proud to share the goals Susan helped me create, focus on. I completing my 3rd year of BA degree with a 4.0 GPA, then plan to go to law school. I have become an activist and I am thankful for the passion in wanting to make a difference.

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Post-Traumatic Growth Takes Various Forms

from The PTG Workbook by Richard G. Tedeschi, PhD and Bret A. Moore, Psyd, ABPP

Susan's Seven Steps to Thriving After Abuse

- **Building Personal Strength** — *See Your Journey, Quiet Inner Critic*
- **Improved Relationship with Self** — *Connect w/Happy Person Inside*
- **More Appreciation of Life** — *Vision a New Life, Get Positive Energy*
- **Seeing New Life Paths and Possibilities** — *Overcome Fears*
- **Finding Life's Meaning and Purpose** — *Set New Goals*
- **Discovering a New Life Story** — *Living Well is the Best Revenge!*

(Omilian 2016)

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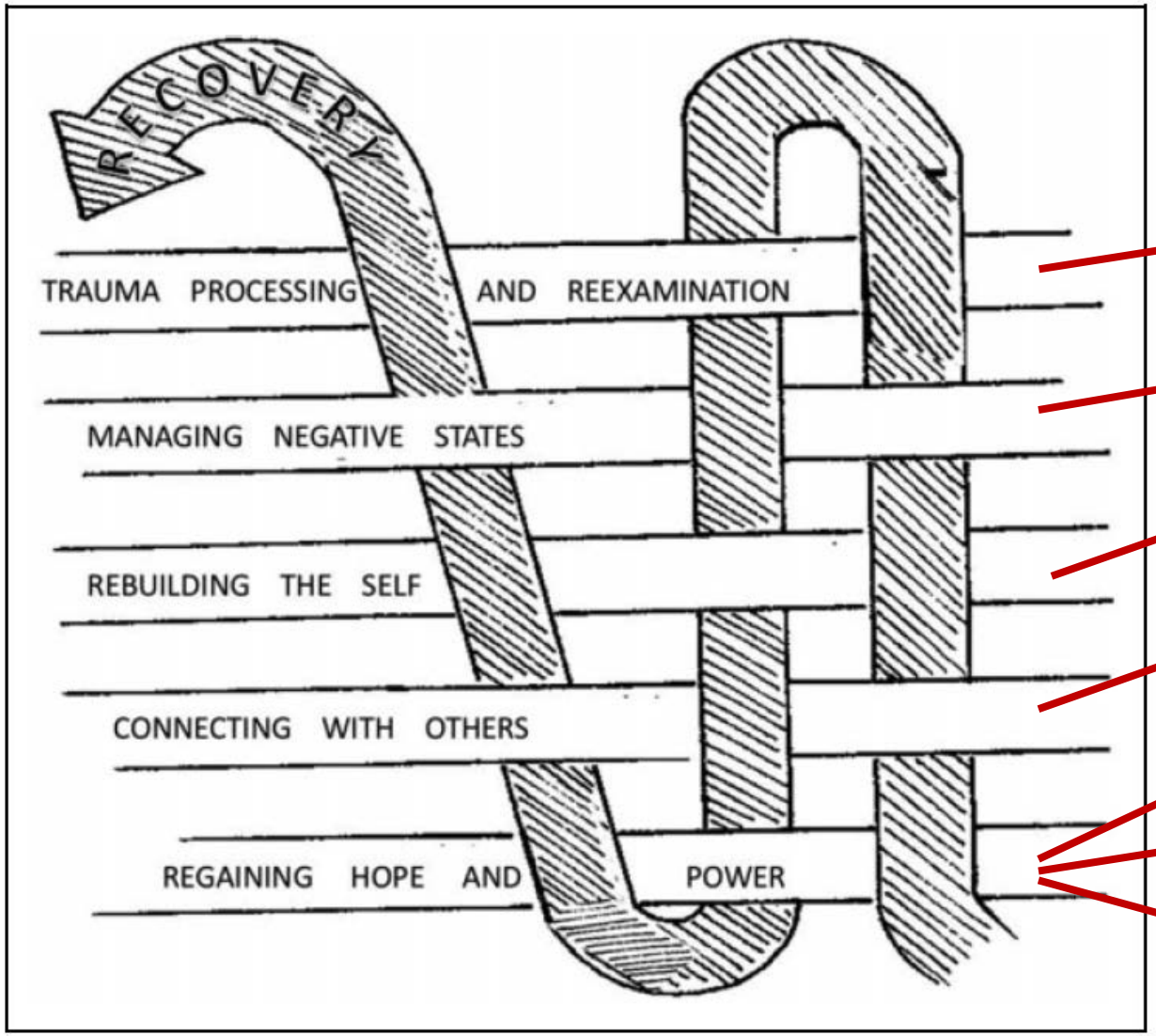

Figure 2. Healing after gender-based violence: a metaphor of weaving knotted silk.

(Sinko, 2021)

Susan' s Seven Steps to Thriving

- **Step #1 ~ See Your Journey**
- **Step #2 ~ Quiet the Inner Critic**
- **Step #3 ~ Connect with Happy Person**
- **Step #4 ~ Get Positive Energy**
- **Step #5 ~ Vision A New Life**
- **Step #6 ~ Overcome Fears**
- **Step #7 ~ Set New Goals**

(Omilian 2016)

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Post-Traumatic Growth Takes Various Forms

from The PTG Workbook by Richard G. Tedeschi, PhD and Bret A. Moore, Psyd, ABPP

ADULT PTG

- **Building Personal Strength**
- **Improved Relationship with Self**
- **More Appreciation of Life**
- **Seeing New Life Paths and Possibilities**
- **Finding Life's Meaning and Purpose**

Discovering a New Life Story

CHILDREN PTGrowth

Personal Strength

Relating to Others

Appreciation of Life

New Possibilities

Spiritual changes

?????

(Kilmer, et al., 2009)

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USE OF POST TRAUMATIC GROWTH INVENTORY FOR CHILDREN (Kilmer, et al., 2009)

1. I learned how nice and helpful some people can be.
2. I can now handle big problems better than I used to.
3. I know what is important to me better than I used to.
4. I understand how God works better than I used to.
5. I feel closer to other people (friends or family) than I used to.
6. I appreciate (enjoy) each day more than I used to.
7. I now have a chance to do some things I couldn't do before.
8. My faith (belief) in God is stronger than it was before.
9. I have learned that I can deal with more things than I thought I could before.
10. I have new ideas about how I want things to be when I grow up.

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Table 2. Posttraumatic Growth Inventory for Children Revised Item-Level Descriptive Statistics at Both Time Points[a]

	Time 1		Time 2		
Item[b]	*M*	*SD*	*M*	*SD*	Domain of PTG
1. I learned how nice/helpful people can be.	1.79	1.23	1.54	1.29	Relating to others
2. I can handle big problems better.	1.89	1.15	1.77	1.30	Personal strength
3. I know what is important to me.	1.95	1.06	1.98	1.12	Appreciation of life
4. I understand how God works better.	2.23	1.17	2.25	1.11	Spiritual change
5. I feel closer to people.	1.94	1.18	1.70	1.30	Relating to others
6. I appreciate/enjoy each day more.	2.06	1.12	1.89	1.25	Appreciation of life
7. I have a chance to do things I couldn't.	1.79	1.14	2.02	1.14	New possibilities
8. My faith/belief in God is stronger.	2.29	1.13	2.00	1.29	Spiritual change
9. I can deal with more.	1.91	1.15	1.94	1.13	Personal strength
10. I have new ideas how I want things to be.	2.15	1.13	2.13	1.19	New possibilities

Note. PTG = Posttraumatic growth.

[a] Time 1: $n = 66$; Time 2: $n = 52–53$.

[b] Items shortened for table.

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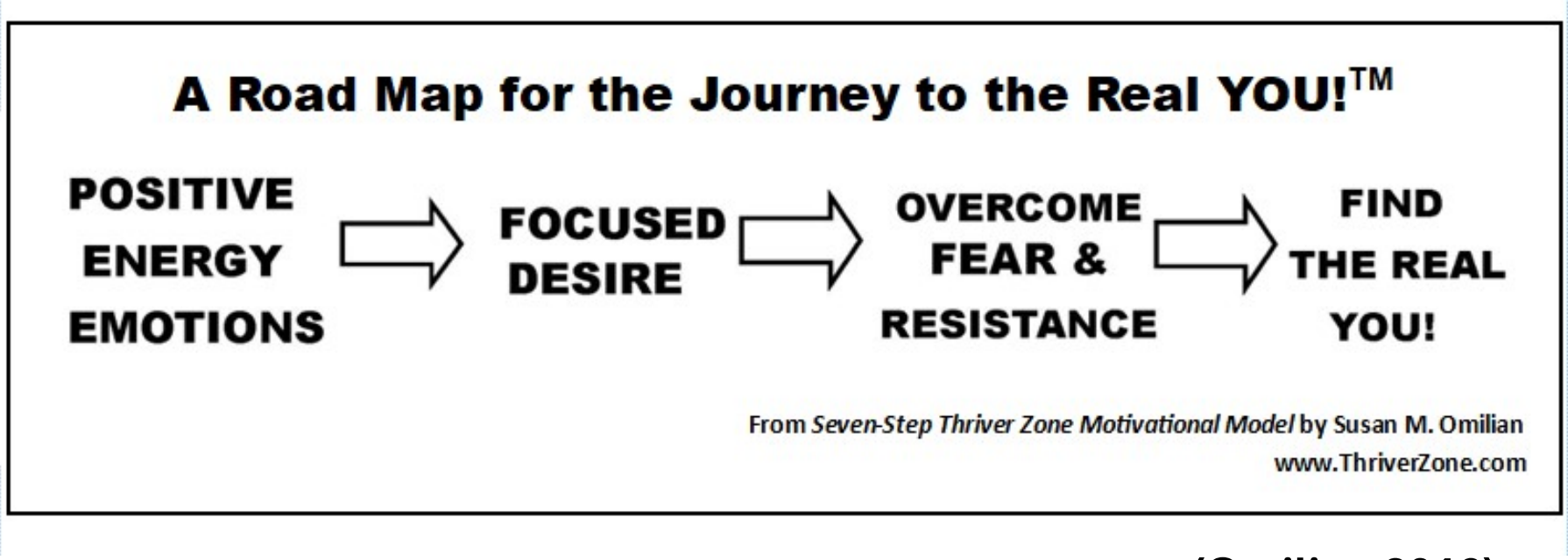
Susan's Thriver Zone Motivational Model

Where Are You Stuck?



(Omilian 2016)

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Short-Term Results of Model

Women have reported that they have:

- returned to school to get advanced degrees,
- got new or better jobs at higher pay or that more closely match to their skills and talents,
- started their own businesses,
- resumed singing, return to their art,
- become first-time homeowners, and
- found new, healthy, loving relationships.

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Longer-Term Results - Thriving as Prevention!

- Women who have used the *Thriver Zone Motivational Model less likely to* return to an abusive relationship and are able to reduce long-term physical/psychological consequences of what they have experienced.

- More positive attitude and outlook on life,
- Less focus on past events/abuse in lives,
- Personal growth, renewed faith in themselves,
- Less fear of change, more risk-taking with life and career goals, and,
- Clear steps to achieve their goals.

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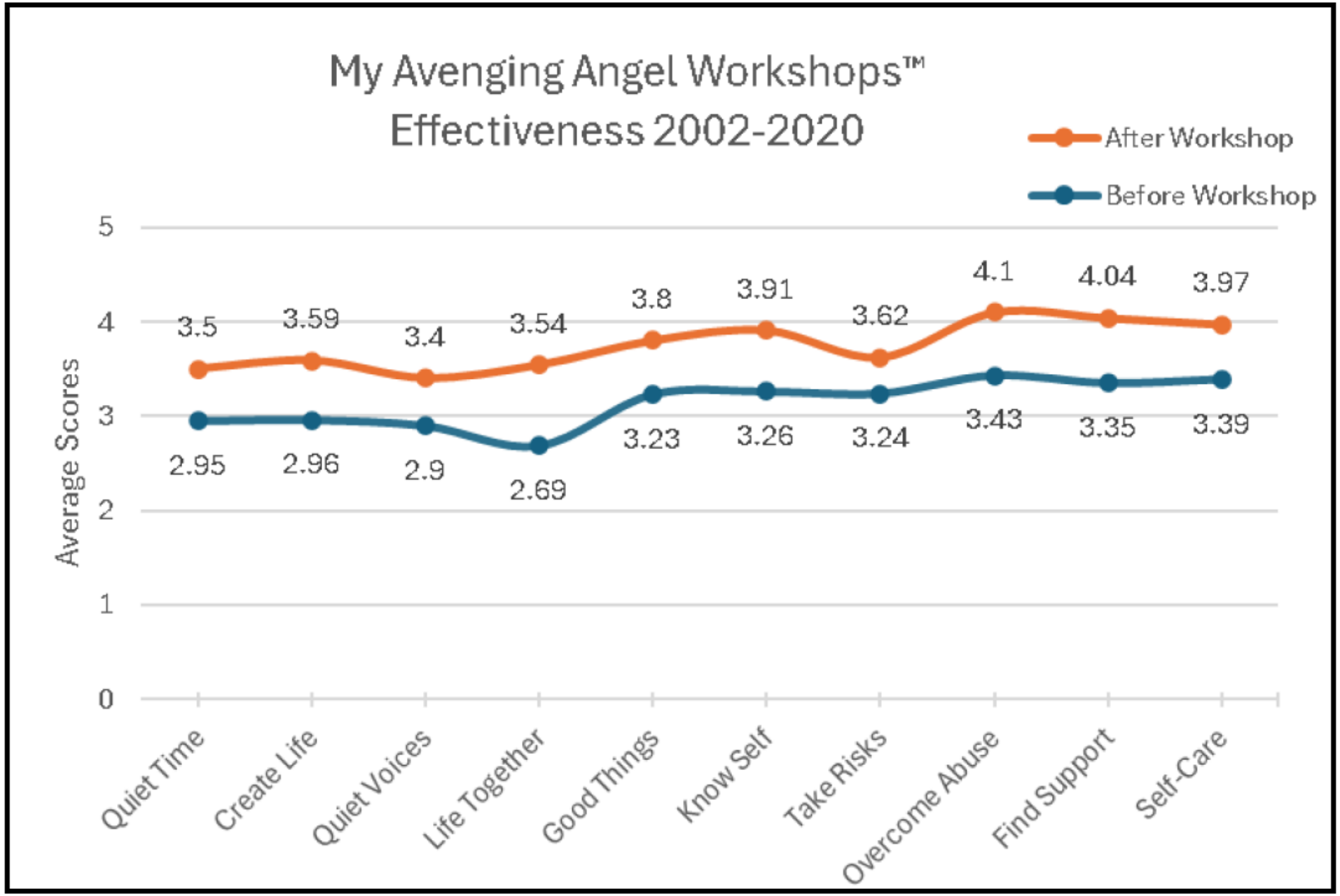

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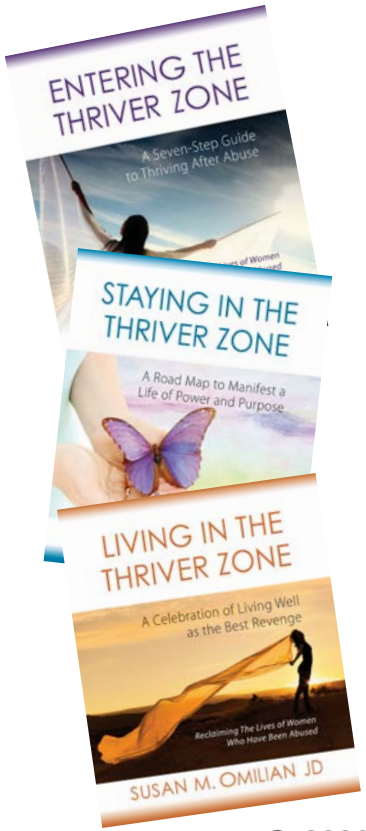
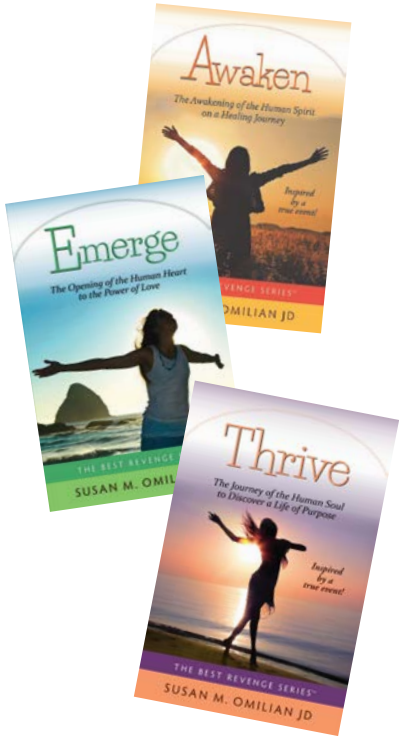
Susan M. Omilian JD

- Attorney, Litigator, Victim Advocate, Public Policymaker
- Trauma Survivor, Domestic Violence Homicide Survivor
- Originator, Facilitator of My Avenging Angel Workshops™
- Author, Publisher, Motivational Speaker, Train-the-Trainer





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Journal of Traumatic Stress, Vol. 22, No. 3, June 2009, pp. 248–253 (© 2009)

Use of the Revised Posttraumatic Growth Inventory for Children

Ryan P. Kilmer, Virginia Gil-Rivas, Richard G. Tedeschi, Arnie Cann, and Lawrence G. Calhoun
Department of Psychology, University of North Carolina at Charlotte, Charlotte, NC

Teresa Buchanan
Department of Educational Theory, Policy, and Practice, Louisiana State University, Baton Rouge, LA

Kanako Taku
Department of Psychology, Oakland University, Rochester, MI

Posttraumatic growth (PTG; positive change resulting from the struggle with trauma) was examined among children impacted by Hurricane Katrina. The revised Posttraumatic Growth Inventory for Children (PTGI-C-R) assessed PTG at two time points, 12 (T1) and 22 months (T2) posthurricane. The PTGI-C-R demonstrated good reliability. Analyses focused on trauma-related variables in predicting PTG. Child-reported subjective responses to the hurricane and posttraumatic stress symptoms (PTSS) correlated with PTG at T1; however, in the regression, only PTSS significantly explained variance in PTG. At follow-up, T1 PTG was the only significant predictor of PTG. Findings suggest that the PTGI-C-R may assist efforts to understand children's responses posttrauma.

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