

# Rebound Live Webcast

October 4, 2022

## **“Heroes are Human” with Special Guest Bob Delaney**

### Key Takeaways

1. Experiences + Intellectual Readiness + Reflection = Development/ Growth – Delaney
2. “Going through traumatic experiences is not mental illness, it’s a human condition.” – Delaney
3. “From my view we have over-medicalized PTSD, we scare people away. I’m not saying we don’t need the medical side, we do, but we also have a more humanistic approach to having this conversation and normalizing it.” – Delaney
4. “We have to have an alternative treatment, and I believe it’s finding your inner peace.” – Delaney
5. “We become judgmental, not judgmental to others, but judgmental to ourselves and we minimize what we experience.” – Delaney
6. “Those traumas that are inside of you, we have to process and talk about it.” – Delaney
7. “What is personal is universal, if it’s going on with you, it’s going on with somebody else.” – Delaney
8. “The willingness to have a conversation within your realm of your profession is allowing and giving permission to another person to tell their story, and then through the two or three of you, you are validating those kinds of feelings, and it lessens the load.” – Delaney
9. “Validation to understand what you’re feeling is real, because sometimes we do minimize it and try to discount it.” – Matt Doherty
10. “When you allow an environment where there is a little bit of vulnerability, that it’s ok to talk about these subjects, it develops within. It doesn’t need to be with you as the leader, it can be an environment that you create within.” – Delaney