

POST-TRAUMATIC GROWTH

What Is Post-Traumatic Growth?

Trauma can be life-changing, leading to a distorted view of the world, a profound sense of betrayal, and an inability to feel safe. Trauma plays a role in the development of mental disorders, including post-traumatic stress disorder (PTSD). Post-traumatic growth (PTG), on the other hand, is the experience of finding new meaning and a deeper appreciation for life in the aftermath of trauma. This transformation yields newfound personal strength while fostering the desire to help others.

PTG differs from resilience in that resilience is the ability to bounce back; PTG, on the other hand, happens when someone struggles to survive and as a result, ultimately finds new meaning and enthusiasm for life, beyond what existed prior to trauma. An individual who is resilient is incapable of experiencing PTG because they're not as profoundly affected by trauma. PTG occurs when a person is essentially forced to reevaluate their core beliefs as they try to make sense of what happened.

PTG has a significant positive impact on the following:

- ✚ Appreciation of life
- ✚ Relationships with others
- ✚ New possibilities in life
- ✚ Personal strength
- ✚ Spiritual change



Factors that may contribute to PTG include:



- Perceived social support
- Cognitive processing
- Deliberate reflection
- Forgiveness
- Religion/spirituality
- Optimism

More research is required to determine whether PTG is a process or an outcome and to explore the reliability of associated factors. Regardless, PTG is an inspiring tribute to the hardiness of human nature. In the aftermath of the nightmare of trauma, you can awake with newfound strength, gratitude, and a fresh perspective. You survived... now you **THRIVE!**

RESOURCES

Collier, L. (2016, November). Growth after trauma. *Monitor on Psychology*, 47(10). <http://www.apa.org/monitor/2016/11/growth-trauma>
Rodgers, S. (2014, May 01). Posttraumatic Growth. *Encyclopedia of Social Work*. Retrieved 9 Feb. 2020, from <https://oxfordre.com/socialwork/view/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-1001>.
<https://www.sciencedirect.com/topics/psychology/posttraumatic-growth>