



Post-Traumatic Growth

From: ptgi.uncc.edu/what-is-ptg/ and trauma-recovery.ca/resiliency/post-traumatic-growth/

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Topic of material:

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| <input checked="" type="checkbox"/> General info | <input type="checkbox"/> Trauma and Substance Use |
| <input type="checkbox"/> Direct Service Advocacy | <input type="checkbox"/> Working with Children |
| <input type="checkbox"/> Working with Other Systems | <input type="checkbox"/> Other: |

About how long did this material take to read?

15 minutes

What is the main idea of this material?

While experiencing trauma can impact a person in negative ways, if a person can view herself or himself or the situation from a strengths-based perspective “post traumatic growth” is possible.

How would you summarize the material in just a few sentences?

Post traumatic growth is the “experience of individuals whose development, at least in some areas has surpassed what was present before the struggle with crises occurred. The individual has not only survived, but has experienced changes that are viewed as important, and that go beyond the status quo”(Tedeschi and Calhoun, 2004). There are five areas in particular that people have indicated experiencing growth through a traumatic event including: new opportunities opening up after the event that were not present before, a deeper connection to other individuals who have also experienced trauma, increased feelings of personal strength, more appreciation for life, and increased spirituality or change in belief system. It is important to note that not everyone who experiences trauma experiences post traumatic growth. Furthermore, if a person’s journey includes growth does not mean that they do not experience suffering caused by the trauma.

How might this apply to doing community-based advocacy?

This knowledge can help us point out to clients when we see post traumatic growth, which can help them to see their own strength to foster empowerment. We try to think of interventions or resources to offer our clients that touch on some of the five areas that have been shown to contribute to post traumatic growth.

What is a critical question you have after reading this material?