

Post Traumatic Growth

Post-traumatic growth (PTG) can be defined as positive personal changes that result from the survivor's struggle to deal with trauma and its psychological consequences.

PTG it is not merely a bouncing back to the level of functioning prior to the trauma, but rather a sense of positive growth beyond pre-trauma functioning. Importantly, recent research has highlighted that post-traumatic growth is not the opposite reaction to that of post-traumatic stress; rather these are two separate kinds of responses that can occur within the same person simultaneously.

What is essential to keep in mind is that post traumatic growth is not a direct result of trauma but rather related to how the individual struggles as a result of the trauma (Tedeschi and Calhoun, 2004).

5 areas that research has noted can change with post-traumatic growth:

1: Appreciation of life

I developed new interests.

I have a greater appreciation for my life

2: Relationships with others

I have a greater sense of closeness with others.

I have more compassion for others

3: New possibilities in life

I have found new opportunities in my life

I established a new path in my life

4: Personal strength

I have a greater sense of self-reliance

I discovered I am stronger than I thought I was

5: Spiritual change

I have a better connection to god/spirituality/the universe

I have deeper faith