

## 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*