

***How To Leverage
Adversity and
Turn Setbacks
Into Springboards***

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Post-Traumatic Growth

Post-traumatic growth is the positive psychological change that results from the attempt to find new meaning and resolve after a traumatic event.

What kind of traumatic events lead to Post-Traumatic Growth?

Traumatic events that shatter a person's fundamental beliefs, values, self-perceptions and perspective of others and the world.

It is the struggle to find new meaning in the aftermath of the trauma that is crucial to positive psychological growth.

The Five Domains Of Post-Traumatic Growth

An Increased Sense of Openness: Possibilities not present before now arise.

A Deepening of Relationships: Relationships now have much greater importance.

An Increased Sense of Personal Strength: “If I can handle that, I can handle anything.”

A Greater Appreciation for Life: Often felt through a changed sense of priorities.

A Deepening in Spirituality: One’s sense of spirituality becomes more salient.

There is a paradoxical element to all domains of post-traumatic growth – meaning that growth is not defined as the absence of distress symptoms, rather, growth is defined as the presence of both positive and negative symptoms.

The more prolonged the trauma, the greater the capacity for growth.

It is the traumas of the
greatest magnitude that
also lead to the most
profound growth.

So how do we
differentiate Post
Traumatic Growth from
resilience?

Different from the concepts of resilience, emotional toughness, or optimism, post-traumatic growth involves not just the ability to resist and avoid damage from highly stressful life events, but the ability to adapt to the stressful event in such a way that growth moves the client beyond pre-trauma functional levels (Tedeschi & Calhoun, 2004).

*Imperative in this
adaptive response
is the struggle to
transcend the
trauma.*

In doing so we often:

Craft new meanings

*Revisit and reshape our
priorities*

*Shift our values to reflect
more clearly what we believe*

Examine new possibilities

*Recognize previously
unrealized strengths*

*So how adaptive
are we?*

Reports of growth experiences in the aftermath of traumatic events far outnumber reports of psychiatric disorders (Powell & Garlington, 2012).