

Post-Traumatic Growth (PTG): Growing Through Change

Post Traumatic Growth (PTG) is the positive psychological transformation that can occur after experiencing a traumatic event or life crisis. Trauma is challenging and can be long lasting. These types of events are understandably associated with negative connotations, but like many hardships, it can lead to growth. It is estimated that about 66% of trauma survivors experience PTG. Growth does not end grief, but suggests that through experiencing difficult events/crisis one can shift perception of oneself and the world.

Growing From Stressful Situations:

PTG happens when a person decides to approach stressful events as an opportunity for growth that can add meaningful value to their life. Easier said than done! Start by:

- 1) reexamining your understanding of the stressor
- 2) identifying how you physically and emotionally respond to the stressor
- 3) practicing calming tools to navigate through the stressor
- 4) allowing yourself time to heal and the growth will follow

The Benefits of PTG:

- Embrace new opportunities – both on the personal and the professional fronts
- Improve personal relationships and increase pleasure derived from being around people we love
- A increased appreciation for life; grateful for the days and time with loved one and emphasizing the wins over the losses
- Practice empathy for others by using challenges to become more understanding
- Increased sense of pride and purpose because challenges have been navigated
- Greater spiritual connection
- Create healthy boundaries
- Increase emotional strength and resilience *



Tips to Promote PTG:

- Seek counseling and share that one of your goals is to grow from these experiences
- Give yourself time to heal
- Create boundaries that support your healing journey
- Create a strong support system
- Join groups of likeminded individuals in order to enhance feelings of community
- Practice remaining open and vulnerable with those you trust

