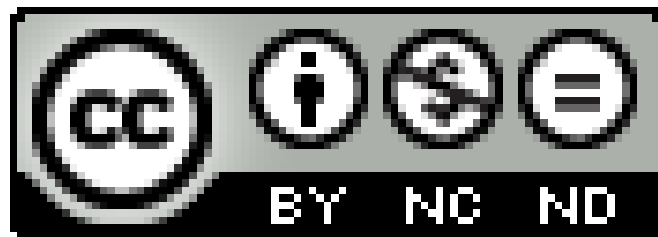


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Post-Traumatic Growth



What is Post-Traumatic Growth (PTG)?

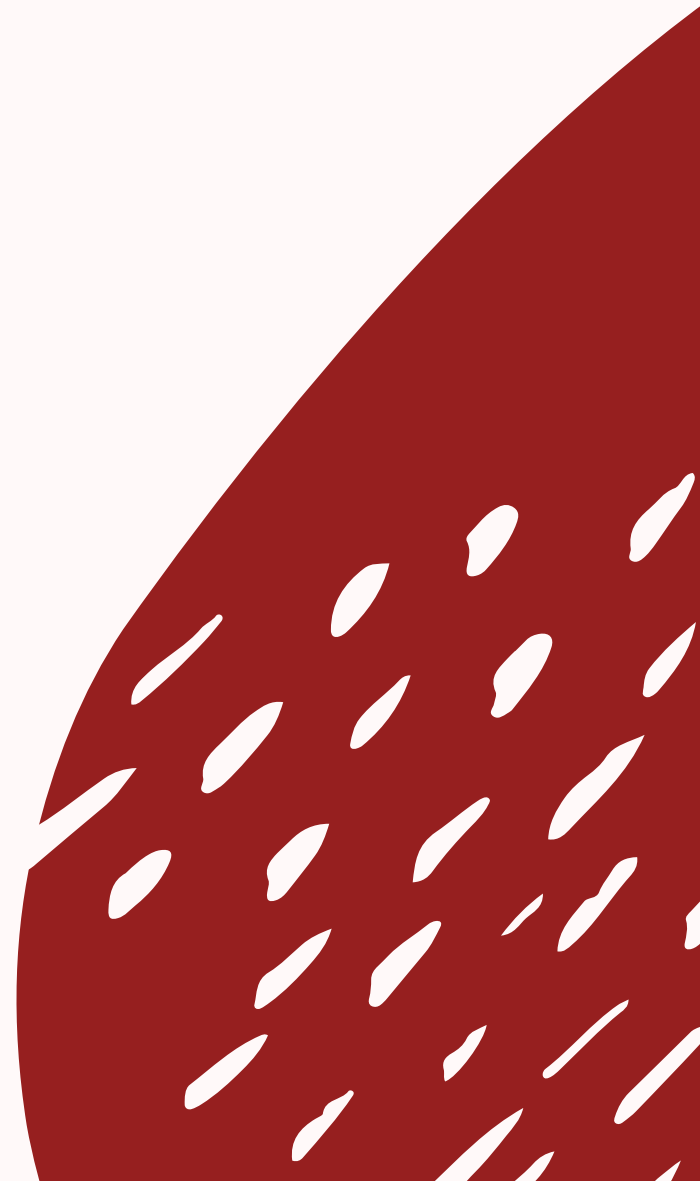
- In the context of experiences with significant life challenges, a person then has beneficial psychological experiences, with some specific examples given below

5 components of PTG

- Appreciation of life
- Relationships with others
- New possibilities in life
- Personal strength
- Spiritual change



Sources: Tedeschi & Calhoun, 1996; Tedeschi, et al., 2018



How does PG relate to adolescent outcomes?

- Differences in development stages may play a role in the likelihood adolescents can experience PTG (Meryerson, et al., 2011)
 - Hormonal changes make adolescents more likely to experience internalizing and externalizing symptoms than children and adults (Harmon & Venta, 2021)
 - This leaves adolescents more vulnerable to traumatic stress



How can we increase the likelihood of experiencing PTG with youth?

- Locating and finding agencies that implement the core principles of the Trauma-Informed Approach (e.g., see [SAMSHA](#))
 - Realizes the widespread impact of trauma
 - Recognizes the signs & symptoms of trauma in family members, clients, and others
 - Responds by fully integrating knowledge about trauma into practices
 - Resists re-traumatization



How can we increase the likelihood of experiencing PTG with youth?

- Visiting the [National Child Trauma Stress Network \(NCTSN\) website](#) for information on services and available resources
 - Training
 - In-person
 - Online
 - Tangible Resources
 - Fact Sheets
 - Webinars
 - Resource Guides
 - Information on Trauma-Informed Treatments

What factors lead to increased likelihood of PTG?

- Coping strategies
- Age
- Religiosity & Spirituality
- Substance use
- Reflection on a traumatic event
- Optimism
- The attachment style of caregivers
- Caregiver's post-trauma responsiveness
- Social support
- Trauma exposure
- Cognitive processing
- Appraisals
- Self-system functioning
- Cognitive resources
- Pre-trauma beliefs & Pre-trauma functioning

(Harmon & Venta, 2021)

(Kilmer, 2006)



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