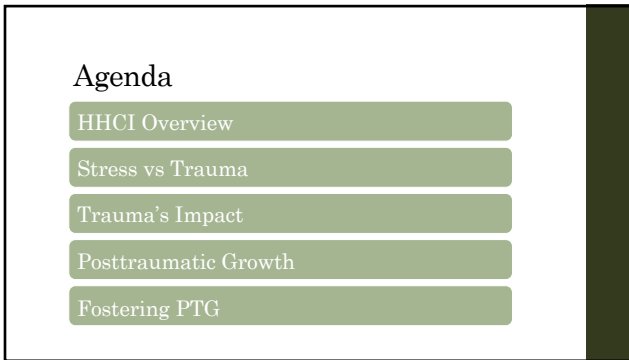




Posttraumatic Growth

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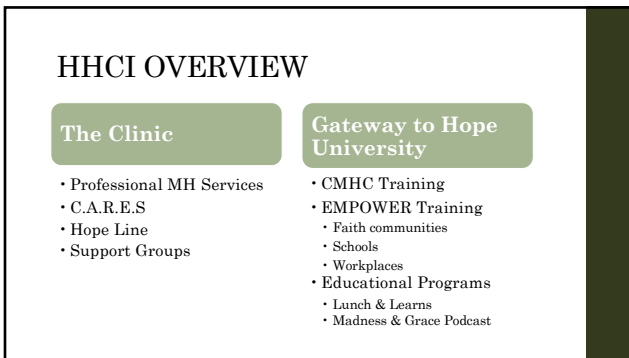
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Agenda

- HHCI Overview
- Stress vs Trauma
- Trauma's Impact
- Posttraumatic Growth
- Fostering PTG


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HHCI OVERVIEW

<p>The Clinic</p> <ul style="list-style-type: none"> • Professional MH Services • C.A.R.E.S • Hope Line • Support Groups 	<p>Gateway to Hope University</p> <ul style="list-style-type: none"> • CMHC Training • EMPOWER Training <ul style="list-style-type: none"> • Faith communities • Schools • Workplaces • Educational Programs <ul style="list-style-type: none"> • Lunch & Learns • Madness & Grace Podcast
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Trauma vs Stress

- Experiencing an event in which a person is faced with actual or threatened death, serious injury, or sexual violence
- Estimated that 60-70% of people have been exposed to at least one traumatic event in their life
- Only recently widely discussed in the last two decades
- Trauma informed care emerged nationally in 2012

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Trauma vs Stress

- Major life events
- Many will continue to function normally, some may experience negative results
- Experiencing an upsetting can be considered a distressing event or experience, but is not trauma

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Posttraumatic Depreciation

- Posttraumatic depreciation is the negative psychological effects of trauma associated with symptoms of PTSD
- However, trauma impacts other various aspects of a person

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Trauma's Impact

- Psychological health
 - PTSD, depression, anxiety, BPD, SUD
- Relational health
 - Isolation, conflicts, feeling misunderstood
- Physical health
 - Inactivity, smoking, obesity, heart disease, diabetes, autoimmune diseases
- Spiritual health
 - questioning of faith, negative religious coping, lower church attendance, increases & decrease in religiosity.

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Prevalence



- Women
 - Women are more likely than men to experience and report sexual or physical violence not related to combat or war.
 - Globally (736 million), or 1 in 3 women will experience a physical or sexual violent act at some point in their life.
- Men
 - Men are more likely to experience potentially traumatic events (PTE) related to accidents, disasters, war or combat, or nonsexual physical assault
 - The highest probability of PTSD result from IpV and military combat

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Posttraumatic Growth



- Posttraumatic growth (PTG) is the perceived benefits or changes that emerge from traumatic events.
- Rooted in meaning making (Frankl) following shattered worldviews (Janoff-Bulman)
- Gratitude about life, establish meaningful relationships, recognize personal strengths, see possibilities in life, and gain greater sense of RS
- Changes would not occur outside of trauma exposure

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Posttraumatic Growth

- Those who do not perceive the events as central to their lives
 - Associated with a decrease in psychological distress
 - Increase in social wellbeing
 - Increase in physical wellbeing
 - Increased sense of purpose in life
- Individuals report feeling a positive change in their perception of self, relationships, and philosophy of life/worldview

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Predictors of PTG

- Level of independence and control
- Self confidence
- Self respect
- Interpersonal relationships
- Ability to cope

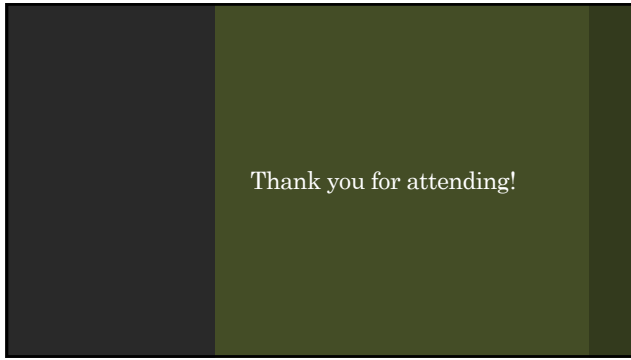
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Fostering PTG

- Period following exposure wherein a person has potential for growth and change through internal processing
- **Intentional cognitive processing** involves the pointed effort of the person to make sense of the trauma in relation to their worldview.
 - Therapy
 - Social supports
 - Spiritual or religious supports



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Thank you for attending!
