

Siskiyou Y-O-U Resilience

- Post-Traumatic Growth

We have all heard of the term PTSD or Post Traumatic Stress Disorder. What is Posttraumatic Growth (PTG)? It is a term coined by researchers at the University of North Carolina and is defined as positive change experienced as a result of the struggle with a major life crisis or a traumatic event. It's the experience of individuals whose development, at least in some areas has surpassed what was present before the traumatic event. From the folks at UNC;

“Posttraumatic growth tends to occur in five general areas. Sometimes people who must face major life crises develop a sense that new opportunities have emerged from the struggle, opening up possibilities that were not present before. A second area is a change in relationships with others. Some people experience closer relationships with some specific people, and they can also experience an increased sense of connection to others who suffer. A third area of possible change is an increased sense of one’s own strength – “if I lived through that, I can face anything”. A fourth aspect of posttraumatic growth experienced by some people is a greater appreciation for life in general. The fifth area involves the spiritual or religious domain. Some individuals experience a deepening of their spiritual lives...”

Wikipedia, the all-knowing omniscient being, inhabiting every corner of the internet says this about PTG:

“A positive psychological change experienced as a result of adversity and other challenges in order to rise to a higher level of functioning. “

So it is no small thing to say that Post-Traumatic Growth can be the proverbial “Silver Lining” to the recent storm cloud that has been the COVID-19 pandemic. Individually and as a group we can see such life events as opportunities for growth and possibilities not available before. They can create a force that aligns us more in our relationships and connection to those we care about. They can help us develop an expanded sense of resilience and resolve that steels us for the future with improved adaptability and flexibility. These life changes can allow us a greater appreciation for the little things we take for granted. This and similar major life events can bring with them a deeper and more meaningful focus to our lives- IF WE LET THEM!

Once again, your BH team is available if you have questions or specific concerns.

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