

PTG

Post Traumatic
Growth

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What is Trauma?

- Do you know someone that has experienced Trauma?
- Have you experienced Trauma?
- How does trauma effect you?
- What is trauma really defined as?



Trauma and Triumph



“There's a science to surviving well, as one young man discovered in the wake of an accident that changed his life forever” (Gilbert, G (2014, March 31).



What is PTG?

- PTG stands for Posttraumatic growth
- Positive psychological changes experienced as the result of the **struggle** with a major life crisis or traumatic events



Is PTG New?

- Researchers and society tend more to focus on the negatives of trauma
- PTG is relatively new when it comes to research
- The study of the phenomenon “PTG” is new



Why Is this important to research?

- Life crisis is evitable
- Dr. Patrick Wiater a trauma surgeon at Beaumont hospital, also Luke Fler's surgeon said this- "if more people could experience PTG after a traumatic event, **that would be tremendous.**"



What's being done?

Current Research at Oakland
University

- Kanako Taku:
 - Head of Posttraumatic Growth lab
 - Featured in Fleers story
- Jessica:
 - “Recovery from infidelity”
- Jessica & Leah:
 - “High School Bullying in Japan & America”



Where do you see growth?

1. Personal Strength
2. New possibilities
3. Relationships to Others
4. Appreciation Of Life
5. Spiritual Change



How can you get involved

- PARTICIPATE!

- Contact Information:

- <https://kanakotaku.wordpress.com/about/contact-information/>
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Questions?



References

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