



# MILITARY FAMILIES LEARNING NETWORK

## July 18, 2018 Post Traumatic Growth Webinar Additional Resources:

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### Articles:

- Bensimon, M. (2012). Elaboration on the association between trauma, PTSD and posttraumatic growth: The role of trait resilience. *Personality and Individual Differences, 52*(7), 782-787.
- Cann, A. Calhoun, L.G., Tedeschi, R.G., & Solomon, D.T. (2010). Posttraumatic growth and depreciation as independent experiences and predictors of well-being. *Journal of Loss and Trauma, 15*, 151-166.
- Cann, A., Calhoun, L.G., Tedeschi, R.G., Taku, K., Vishnevsky, T., Triplett, K.N., & Danhauer, S.C. (2010) A short form of the Posttraumatic Growth Inventory. *Anxiety, Stress, & Coping, 23*(2), 127-137.
- Kaler, M.E., Erbes, C.R., Tedeschi, R.G., Arbisis, P.A., & Polusny, M.A. (2011). Factor structure and concurrent validity of the Posttraumatic Growth Inventory-Short Form among veterans from the Iraq war. *Journal of Traumatic Stress, 24*, 200-207.
- Linley, P.A., & Joseph, S. (2011). Meaning in life and posttraumatic growth. *Journal of Loss and Trauma, 16*(2), 150-159.
- Mitchell, M. M., Gallaway, M. S., Millikan, A. M., & Bell, M. R. (2013). Combat exposure, unit cohesion, and demographic characteristics of soldiers reporting posttraumatic growth. *Journal of Loss and Trauma, 18*(5), 383-395.



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- Morgan, J.K., & Desmaris, S.L. (2017). Associations Between Time Since Event and Posttraumatic Growth Among Military Veterans. *Journal of Military Psychology, 29*(5), 456-463.
- Morgan, J.K., Desmarais, S.L., Mitchell, R.E., & Simons-Rudolph, J.M. (2017). Posttraumatic Stress, Posttraumatic Growth, and Satisfaction with Life in Military Veterans. *Military Psychology, 29*(5), 434-447.
- Taku, K., Tedeschi, R.G., & Cann, A. (2013). Relationships of Posttraumatic Growth and Stress Responses in Bereaved Young Adults. *Journal of Loss and Trauma, 20*(1), 56-71.
- Tedeschi, R.G. (2011). Posttraumatic Growth in Combat Veterans. *Journal of Clinical Psychology in Medical Settings, 18*(2), 137-144.
- Tedeschi, R.G., & Blevins, C.L. (2015). From mindfulness to meaning: Implications for the theory of posttraumatic growth. *Psychological Inquiry, 26*(4), 373-376. Retrieved from: <https://doi.org/10.1080/1047840X.2015.1075354>
- Triplett, K.N., Tedeschi, R.G., Cann, A., Calhoun, L.G., & Reeve, C.L. (2012). Posttraumatic growth, meaning in life, and life satisfaction in response to trauma. *Psychological Trauma: Theory, Research, Practice, and Policy, 4*(4), 400. doi: 10.1037/a0024204
- Tsai, J., El-Gabalawy, R., Sledge, W. H., Southwick, S. M., & Pietrzak, R. H. (2015). Posttraumatic growth among veterans in the USA: Results from the National Health and Resilience in Veterans Study. *Psychological Medicine, 45*(1), 165-179.
- Tsai, J., Sippel, L.M., Mota, N., Southwick, S.M., & Pietrzak, R.H. (2016). Longitudinal course of posttraumatic growth among US Military Veterans: Results from the National Health and Resilience in Veterans Study. *Depression and anxiety, 33*(1), 9-18.



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### **Books / Book Chapters:**

- Calhoun, L.G., & Tedeschi, R.G. (Eds.). (2014). *Handbook of posttraumatic growth: Research and practice*. Routledge.
- Calhoun, L.G., & Tedeschi, R.G. (2012). *Posttraumatic growth in clinical practice*. New York: Brunner Routledge.
- Calhoun, L.G. & Tedeschi, R.G. (1995). *Trauma and transformation: Growing in the aftermath of suffering*. Thousand Oaks, CA: SAGE Publications, Inc.
- Falke, K., & Goldberg, J. (2018). *Struggle Well: Thriving in the Aftermath of Trauma*. Texas: Lioncrest Publishing.
- Graham, B. (1981). *Till Armageddon: A perspective on suffering* (p.27). Minnesota: World Wide Publications.
- Joseph, S. (2013). *What doesn't kill us: The new psychology of posttraumatic growth*. Basic Books (AZ).
- Kushner, H. in Viorst, J. (1998). *Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up in Order to Grow*. New York: Simon & Schuster.
- Niebuhr, R. (1937). *Beyond Tragedy: Essays on the Christian Interpretation of History*. New York: C. Scribner's Sons.
- Price, R. (1994). *A Whole New Life: An Illness and a Healing*. New York: Simon & Schuster.



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Rendon, J. (2015). *Upside: The new science of post-traumatic growth*. New York: Touchstone.

Tedeschi, R.G., Addington, E., & Calhoun, C. (2016). A growth perspective on posttraumatic stress. In J. Johnson & A. Wood (Eds.), *Handbook of positive clinical psychology*. New York: Wiley.

Tedeschi, R.G., & Moore, B.A. (2016). *The Posttraumatic Growth Workbook: Coming through Trauma Wiser, Stronger, and More Resilient*. California: New Harbinger Publications, Inc.

Weiss, T., & Berger, R. (2010). *Posttraumatic growth and culturally competent practice: Lessons from around the globe*. John Wiley & Sons.

### Links:

Boulder Crest Retreat

<http://www.bouldercrestretreat.org/>

Echo Parenting & Education-The Promise of Post Traumatic Growth Part I & II

<https://www.echoparenting.org/the-promise-of-post-traumatic-growth-part-ii/>

GoodTherapy.Org: Posttraumatic Growth

<https://www.goodtherapy.org/blog/psychpedia/posttraumatic-growth>

National Institute for Mental Health. (2016). *Post-Traumatic Stress Disorder*

[www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml](http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml).

Positive Psychology.org-What is PTG: The Science of Post Traumatic Growth

<http://positivepsychology.org.uk/post-traumatic-growth/>

Positive Psychology Program- Positive Trauma Therapy: PTSD & Post Traumatic Growth

<http://www.posttraumaticgrowth.com/index.php/what-is-ptg/>

Posttraumatic Growth.com-What is Post Traumatic Growth?

<http://www.posttraumaticgrowth.com/index.php/what-is-ptg/>



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Posttraumatic Growth Research Institute; University of North Carolina Charlotte  
Department of Psychology:  
<https://ptgi.uncc.edu/>

U.S. Department of Veterans Affairs: When Growth Happens Later in Life  
<https://www.research.va.gov/currents/1215-4a.cfm>

### **Blogs/Podcasts/Webinars/Online Media:**

Moore, B.A. (2017, June 15). Finding their Way Home: Posttraumatic Growth in Veterans. *Psychology Today*. Retrieved from: <https://www.psychologytoday.com/us/blog/the-camouflage-couch/201706/finding-their-way-home-posttraumatic-growth-in-veterans>

Military Families Learning Network- Family Development. (2018, June 27). Episode 16| Walking the PATHH: Exploring the Journey of Posttraumatic Growth. *Anchored*. Podcast retrieved from: <https://militaryfamilieslearningnetwork.org/podcast/episode-16-walking-the-path-exploring-the-journey-of-posttraumatic-growth/>

Military Families Learning Network- Military Caregiving. (2018, July 31). Episode 4: Rebuilding After Trauma-Lessons for Work & Life. *Show up Inspired* podcast series. Podcast retrieved from: <https://militaryfamilieslearningnetwork.org/podcast/rebuilding-after-trauma-lessons-for-work-life/>

NPR. (2013, April 24). *Surviving Tragedy: The Various Paths Beyond*. *Talk of the Nation*. Podcast retrieved from: <https://www.npr.org/2013/04/24/178827845/surviving-tragedy-the-various-paths-beyond>



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NPR. (2017, May 31). *Research Shows How PTSD Can Trigger Growth in Veterans*. All Things Considered. Radio broadcast retrieved from:

<https://www.npr.org/2017/05/31/530929915/research-shows-how-ptsd-can-trigger-growth-in-veterans>

Psychological Health Center of Excellence. Restivo, L. (2017, Nov. 13). Post-traumatic Growth Among Service Members: Are Negative Outcomes the Only Outcomes?

Retrieved from: <http://www.pdhealth.mil/news/blog/post-traumatic-growth-among-service-members-are-negative-outcomes-only-outcomes>

Soaringwords. (2014, January 16). Dr. Richard Tedeschi- Posttraumatic Growth. Interview retrieved from: <https://www.youtube.com/watch?v=N33ZkQAu1s>

Sobelson, B. (2017, February 13). Can Good Really Come From Bad? Understanding Post-Traumatic Growth. *MFLN Family Development*. Blog post retrieved from:

<https://militaryfamilieslearningnetwork.org/2017/02/13/can-good-really-come-from-bad-understanding-posttraumatic-growth/>

### **Additional Documents**

Brooks, D. (2015). Tales of the Super Survivors. *The New York Times*. Retrieved from:

<https://www.nytimes.com/2015/11/24/opinion/tales-of-the-super-survivors.html>

Cann, A., Calhoun, L.G., Tedeschi, R.G., Taku, K., Vishnevsky, T., Triplett, K.N., & Danhauer, S.C. (2010). A short form of the Posttraumatic Growth Inventory. *Anxiety, Stress, & Coping*, 23, 127-137.

Cann, A., Calhoun, L.G., Tedeschi, R.G., Kilmer, R.P., Gil-Rivas, V., Vishnevsky, T., & Danhauer, S.C. (2010). The Core Beliefs Inventory: A Brief Measure of Disruption in the Assumptive World. *Anxiety, Stress, & Coping*, 23, 19-34.



Cann, A., Calhoun, L.G., Tedeschi, R.G., Triplett, K.N., Vishnevsky, T., & Lindstrom, C. (2011). Assessing posttraumatic cognitive processes: the Event Related Rumination Inventory. *Anxiety, Stress, & Coping, 24*, 137-156.

Collier, L. (2016). Growth After Trauma: Why Are Some People More Resilient Than Others- And Can It Be Taught? *Monitor on Psychology, 47*(10). 48-49. Retrieved from: <http://www.apa.org/monitor/2016/11/growth-trauma.aspx>

Tedeschi, R.G., & Calhoun, L.G. (1996). The Posttraumatic Growth Inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress, 9*, 455-471.