


**MILITARY FAMILIES
LEARNING NETWORK**

Opportunities & Possibilities: Posttraumatic Growth in Research & Practice (Pt.2)

Thanks for joining us! We will get started soon. While you're waiting you can get handouts etc. by following the below:

<https://militaryfamilieslearningnetwork.org/event/21552/>

U.S. DEPARTMENT OF DEFENSE 

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2015-48770-24.



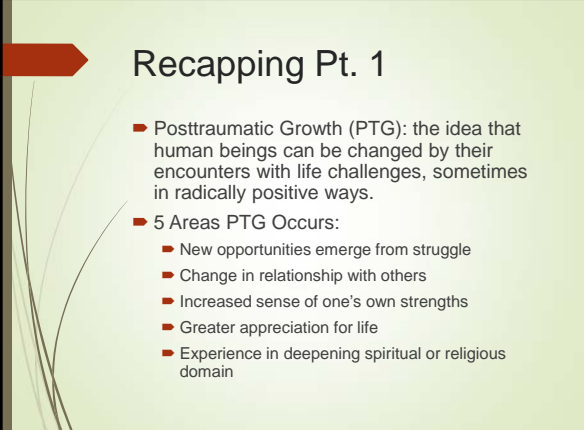
**MILITARY FAMILIES
LEARNING NETWORK**

Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities

<https://militaryfamilieslearningnetwork.org>

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Recapping Pt. 1

- Posttraumatic Growth (PTG): the idea that human beings can be changed by their encounters with life challenges, sometimes in radically positive ways.
- 5 Areas PTG Occurs:
 - New opportunities emerge from struggle
 - Change in relationship with others
 - Increased sense of one's own strengths
 - Greater appreciation for life
 - Experience in deepening spiritual or religious domain

Panel Presenters



Richard Tedeschi, Ph.D.
Professor of Psychology
UNC Charlotte



Josh Goldberg
Executive Director
Boulder Crest Institute for
Posttraumatic Growth



Karen Krinsley, Ph.D.
Trauma Recovery Section
Co-Chief
VA Boston Healthcare
System

PTG Resources

- [Opportunities & Possibilities: Posttraumatic Growth in Research & Practice \(Pt.1\) – CE credit still available.](#)
- Podcast: Anchored, Ep. 16 – [Walking the PATHH: Exploring the Journey of Posttraumatic Growth](#)
- Podcast: [Show Up Inspired, Ep. 4 – Rebuilding After Trauma – Lessons for Work & Life](#)
- [Additional Resources](#)

Certificate of Completion

- MFLN provides a Certificate of Completion for today's participants interested in receiving general training.

To receive a certificate of completion, please complete the evaluation survey found at:
https://vte.co1.qualtrics.com/jfe/form/SV_e8S93G3qP9IRGGF

Upcoming Event



Cultural
COMPETENCY

awareness
action
advocacy

SAVE THE DATE!

VIRTUAL CONFERENCE SEPTEMBER 18 - 20, 2018
MilitaryFamiliesLearningNetwork.org/2018VirtualConference

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