JULY 18, 2018 | 11 AM Eastern

OPPORTUNITIES & POSSIBILITIES: POSTTRAUMATIC GROWTH IN RESEARCH & PRACTICE (PT. 1)

In this presentation, Richard Tedeschi, Ph.D. will discuss the theoretical model and research basis of posttraumatic growth, the process by which trauma survivors often find valuable changes in how they live life in the aftermath of trauma. He will outline a framework for therapeutic interventions that facilitate posttraumatic growth through a way of relating called expert companionship.

This approach to practice incorporates a broad view of what constitutes trauma, including many experiences that are not typically considered traumatic in our current diagnostic system, but which are traumatic to people because they challenge core beliefs about oneself, other people, the future, and the kind of world in which we live. The attention paid to possibilities for transformation of individuals and their relationships does not preclude working on typical symptoms of trauma, but recognizes that symptoms are better understood, tolerated, and reduced when traumatic suffering can have meaning and purpose.

**Note: This webinar is a collaboration between the following MFLN concentrations: Military Caregiving, Family Development and Family Transitions.**