

Upside



The New Science of
Post-Traumatic Growth

Upside The New Science Of Post Traumatic Growth

**Scott T. Allison, James K. Beggan, Olivia
Efthimiou**



Upside The New Science Of Post Traumatic Growth:

Upside Jim Rendon, 2015-08-04 Through cutting edge research and thoughtful personal stories comes a compassionate friendly and empathetic Kirkus Reviews exploration of post traumatic growth the emerging idea that psychological trauma doesn't destroy a person but can instead spark future growth self improvement and success What if there's an upside to experiencing trauma Most survivors of trauma whether they live through life threatening illnesses or accidents horror on the battlefield or the loss of a loved one can suffer for months even years But recently psychologists have discovered that PTSD or Post Traumatic Stress Disorder is only a piece of the whole experience With the right circumstances and proper support many trauma survivors also benefit after a terrible experience They emerge stronger more focused and with a new perspective on their future In the tradition of Po Bronson and Paul Tough journalist Jim Rendon delivers a deeply reported and unique look at the life changing implications of post traumatic growth The pain and anguish caused by traumatic events can become a force for dramatic life change It can move people to find deeper meaning in their lives and drive them to help others But how can terrible experiences lead to remarkable positive breakthroughs Upside seeks to answer just that by taking a penetrating look at this burgeoning new field of study Comprised of interviews with leading researchers and dozens of inspiring stories Rendon paints a vivid and comprehensive portrait of this groundbreaking field and offers a roadmap for anyone trying to understand how personal tragedy can lead to a more hopeful and positive future **Posttraumatic**

Growth Richard G. Tedeschi, Jane Shakespeare-Finch, Kanako Taku, Bret A. Moore, 2025-07-23 The new edition of Posttraumatic Growth Theory Research and Applications includes the latest developments in the science of posttraumatic growth including responses to the COVID 19 pandemic epigenetics and new interventions to facilitate growth after trauma The book provides a wide range of answers to questions about the theory behind posttraumatic growth PTG its synthesis and contrast with other theories and models and its applications in diverse settings Posttraumatic Growth starts with an overview of the history components and outcomes of PTG Next chapters review quantitative qualitative and cross cultural research on PTG including in relation to cognitive function identity formation cross national and gender differences and similarities and differences between adults and children The final section shows readers how to facilitate optimal outcomes with PTG at the level of the individual the group the community and society *Upside* Jim Rendon, 2016-08-23 Through cutting edge

research and thoughtful personal stories comes a compassionate friendly and empathetic Kirkus Reviews exploration of post traumatic growth the emerging idea that psychological trauma doesn't destroy a person but can instead spark future growth self improvement and success What if there's an upside to experiencing trauma Most survivors of trauma whether they live through life threatening illnesses or accidents horror on the battlefield or the loss of a loved one can suffer for months even years But recently psychologists have discovered that PTSD or Post Traumatic Stress Disorder is only a piece of the whole experience With the right circumstances and proper support many trauma survivors also benefit after a terrible experience

They emerge stronger more focused and with a new perspective on their future In the tradition of Po Bronson and Paul Tough journalist Jim Rendon delivers a deeply reported and unique look at the life changing implications of post traumatic growth The pain and anguish caused by traumatic events can become a force for dramatic life change It can move people to find deeper meaning in their lives and drive them to help others But how can terrible experiences lead to remarkable positive breakthroughs Upside seeks to answer just that by taking a penetrating look at this burgeoning new field of study Comprised of interviews with leading researchers and dozens of inspiring stories Rendon paints a vivid and comprehensive portrait of this groundbreaking field and offers a roadmap for anyone trying to understand how personal tragedy can lead to a more hopeful and positive future

Redesigning Research on Post-Traumatic Growth Frank J. Infurna, Eranda Jayawickreme, 2021 Redesigning Research on Post Traumatic Growth offers new directions for post traumatic growth research The book illustrates the benefits of research designs that incorporate multiple methods of assessment and highlights the value of integrating various disciplines such as philosophy and multiple areas of psychology e g clinical developmental health and personality for more holistic understanding of the human capacity to overcome adversity

The Routledge International Handbook of Posttraumatic Growth Roni Berger, 2023-12-08 The Routledge International Handbook of Posttraumatic Growth offers a rich covering of approaches to different traumatic and stressful experiences in relation to posttraumatic growth PTG This handbook explores the benefits that individuals couples families organizations and communities can experience following the struggle with highly stressful and potentially traumatic events Split into seven parts and written by a diverse international team of multidisciplinary contributors who provide a comprehensive overview of PTG topics include religious and spiritual aspects of PTG gender in PTG PTG in LGBTQ perinatal bereavement and more The Routledge International Handbook of Posttraumatic Growth represents an essential resource for students researchers and professionals including social workers psychologists nurses mental health counselors and psychiatrists Chapter 1 of this book is freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4.0 license

Humanistic Psychology Richard House, David Kalisch, Jennifer Maidman, 2017-08-14 This book provides a thought provoking examination of the present state and the future of Humanistic Psychology showcasing a rich international contributor line up The book addresses head on the current state of a world in crisis not only placing the current conjuncture within a wider evolutionary context but also demonstrating the specifically humanistic psychological values and practices that can help us to transform and transcend the world's current challenges Each chapter looks in depth at a variety of issues counselling and psychotherapy creativity and the humanities post traumatic stress and socio political movements and activism The book amply confirms that Humanistic Psychology is as alive and as innovative and exciting as it ever has been and has tremendous relevance to the uncertainties that characterize the unprecedented individual and global challenges of the times It celebrates the diverse and continuing significance of

Humanistic Psychology by providing a robust and reliable roadmap for a new generation of counsellors and psychotherapists In these richly diverse chapters will be found inspiration pockets of resistance mature critical reflexivity and much much more a book accurately reflecting our present situation and which is an invaluable addition to the psychology literature

Sharpen Your Positive Edge: Shifting Your Thoughts for More Positivity & Success Tina Hallis,2017-12-29 Life can be hard It might be challenges with your work health relationships finances and the list goes on How can you manage the obstacles and appreciate the good things This book makes it easier to Enjoy more positive days Bounce back when things get tough Create better relationships at work and at home It s a toolbox stocked with 80 short but powerful strategies to help busy people like you Sharpen Your Positive Edge by shifting your thinking so you can be more motivated happier and less stressed No wonder greater positivity has been found to lead to greater success We re naturally wired to focus on all the negative things in our work and lives This isn t our fault It s largely due to our important survival instinct designed to keep us alert for problems and danger But in today s world there are very few life and death situations compared to prehistoric times so we need a better balance The rapidly expanding field of Positive Psychology is finding ways to help us override our negative bias and also see the good all around us The problem is many of us don t realize we have this ability yet the truth is in every moment we have a choice The strategies and insights in this book are designed to make that choice easier What You Don't Know about Leadership, But Probably Should Jeffrey A. Kottler,2018-03-01 Leadership is not just for CEOs we all find ourselves in leadership positions at one time or another whether in meetings and classes or at social events and family gatherings And yet even though leadership is the single most studied aspect of all human behavior there remains a scarcity of qualified leaders to step into critical positions This deficit is laid bare in the gulf between what leaders are trained to do and how they actually act In What You Don t Know About Leadership but Probably Should Jeffrey A Kottler translates the latest research theory and skills into practical strategies for everyday and professional situations He presents the wisdom and successful strategies of an array of renowned leaders from Steve Jobs to Franklin Delano Roosevelt George Lucas to Admiral Horatio Nelson while citing the challenges they faced and lessons they learned in their respective roles The book focuses on key attributes such as self confidence flexibility charisma and humility while noting the serious pitfalls associated with traits such as hubris immodesty and narcissism Kottler s writing is candid and realistic though there are no easy rules or programs that instantly lead to success there are steps you can take to make a difference in others lives better manage conflict and stress and ultimately serve as an effective leader The Art and Science of Heroism and Heroic Leadership Scott T. Allison,James K. Beggan,Olivia Efthimiou,2019-06-21 Heroism is a rich elusive phenomenon Any adequate understanding of heroic behavior requires a new type of scholarly imagination one that taps into human artistic sensibilities as much as it does the rigors of scientific inquiry In an important sense we invoke a meta version of the call to heroic imagination by Franco Blau and Zimbardo 2011 who describe such imagination as a mind set and a collection of attitudes p

13 that can steer everyday people toward heroic achievement This eBook also merges our understanding of heroism with heroic leadership demonstrating that heroic leadership applies the principles of heroism in moving groups toward noble collective goals This eBook represents an effort by a distinguished group of authors to unleash their own creative mindsets attitudes and imaginations in their scholarship on heroism and heroic leadership *Daughters of Rizpah* Sharon A. Buttry, Daniel L. Buttry, 2020-10-13 Trauma recovery and healing get a lot of attention these days but in situations of war and violence trauma is also a social experience set within the larger conflict context The authors examine an ancient biblical story full of violence and trauma that makes most readers turn the page quickly The reader is invited instead to sit with the story listen to the voices of the characters and feel the full range of their emotions There is much to be learned through the story that offers insight for trauma healing and reconciliation and motivation for deep and abiding social change The biblical story becomes a doorway into a journey of discovery about traumatized people specifically women who choose not to remain as victims Instead they rise up in transformative nonviolent action The authors lift up the Rizpah story and contemporary stories of *Daughters of Rizpah* from around the world to inspire hope amid the traumatizing turmoil of the twenty first century

Trauma and Coping Mechanisms among Assemblies of God World Missionaries Valerie A. Rance, 2021-12-21 Trauma from the fall of Adam and Eve forward impacts human lives in overpowering ways A review of the lives of biblical personalities and missionaries reveals shared traumatic experiences In addition to the stress of cultural adjustment missionaries often live in contexts of violence political unrest economic instability natural disasters and relational conflict The examined biblical personalities faced similar issues yet a majority coped with trauma in ways that led to well being The proposed biblical theory of well being assists missionaries to move deeper in their trust of God by utilizing the coping skills of the biblical personalities including asking God for help lifting up their praise and worship to God standing on a sense of call working with God lamenting venting to God in healthy ways embracing a theology of suffering and accepting assistance from friends and family The adherence to the constructs of this theory protects missionaries from the ravages of psychological trauma by avoiding negative coping and developing positive coping skills that lead to trusting in the only One who gives hope in seemingly hopeless situations The Scientific Basis of Integrative Health Leonard Wisneski, 2017-05-25 Since the first suffering supplicant offered a prayer to his god or the first mother cradled an ailing child in her caring arms we have witnessed how human health and healing go beyond any inventory of parts and infusion of chemicals We humans are a complex melding of thought emotion spirit and energy and each of those components is as critical to our well being as our physiological status Even if we are just beginning to quantify and document these seemingly intangible aspect to ignore them in the practice of medicine is neglect and an invitation to do harm The Scientific Basis of Integrative Health has been extensively updated and expanded to provide a comprehensive guide to integrative medicine Taking a balanced and objective approach this leading text bridges the gap between Western science and Eastern philosophy It provides doctors and other

health practitioners with information on complementary and alternative approaches to health that is authoritative evidence based and epidemiologically substantiated Written for doctors and healthcare professionals by pioneering practitioners and updated with the newest research across an increasing range of possibilities this third edition includes nine new chapters covering topics such as Electrophotonic imaging Neuroacupuncture Naturopathic medicine Integrative nutrition

Sweet Sorrow Sherry Cormier, 2018-09-08 Few of us know how to navigate the territory of traumatic loss successfully Sweet Sorrow shows how we can respond and grow stronger from loss and suffering Written by a psychologist and certified bereavement trauma specialist in the decade following the loss of her husband father mother and only sibling this carefully considered work provides perspective on grief and healing over time This longer term approach allows readers to have a more complete and accurate picture of the oscillations of grief over time The book describes not only the immediate agony of the author's losses but also the process of starting over and making a successful new life as a single person full of hope and joy Sweet Sorrow combines the author's psychological expertise and clinical experience with the compelling art of memoir to illuminate the surprising ways in which loss survivors can grow and even thrive to achieve wholeness after heartbreaking traumatic losses Using findings from post traumatic growth as well as evidence based psychological approaches Sweet Sorrow illustrates through story and example ways for grief survivors to start over to manage chaos and stress to let go and to heal with new strategies and re-storying Sweet Sorrow also provides resources and recommendations for self care as well as tips and suggestions for all of us trying to respond creatively and helpfully to those around us suffering loss Ultimately Sweet Sorrow is a book of inspiration intended to accompany readers through the processes of loss and grief much like a helpful Sherpa might guide a lost traveler

Surviving Reproductive Loss Robert J. Dinkin, Roxane Head Dinkin, 2024-02-14 Surviving Reproductive Loss Stories of Creativity and Positive Transformation in Women's Lives tells the fascinating stories of the lives and creative accomplishments of nearly fifty women who experienced infertility pregnancy loss or stillbirth Robert J Dinkin PhD historian and Roxane Head Dinkin PhD clinical psychologist have teamed up again to write a follow up to their previous volume Infertility and the Creative Spirit published by iUniverse in 2010 The Dinkins tell the stories of women innovators in writing entertaining sports politics and social reform When Julia Child was living in Paris with her husband Paul and unable to become pregnant she turned to learning the art of French cooking ultimately producing her famous cookbooks and TV shows When she showed up with a hot plate and an omelet pan on an educational television program the first cooking show was born Read about her and the many other women who made major contributions in their own fields and who also changed the larger society by contributing to the well being of women and children

Celebrating the Wounded Healer Psychotherapist Sharon Klayman Farber, 2016-10-04 Why would someone decide to become a psychotherapist It is well known within the field that psychoanalysts and psychotherapists are often drawn to their future professions as a result of early traumatic experiences and being helped by their own psychoanalytic treatment While

dedicating their lives to relieving emotional suffering without being judgmental they fear compromising their reputations if they publicly acknowledge such suffering in themselves This phenomenon is nearly universal among those in the helping professions yet there are few books dedicated to the issue In this innovative book Farber and a distinguished range of contributors examine how the role of the wounded healer was instrumental in the formulation of psychoanalysis and how using their own woundedness can help clinicians work more effectively with their patients and advance theory in a more informed manner Celebrating the Wounded Healer Psychotherapist will be of interest to psychoanalysts and psychoanalytic psychotherapists graduate students in clinical disciplines including psychology social work ministry chaplaincy and nursing as well as the general public

The SAGE Encyclopedia of Lifespan Human Development Dr Marc Bornstein, Marc H. Bornstein, 2018-01-15 In approximately 800 signed articles by experts from a wide diversity of fields this encyclopedia explores all individual and situational factors related to human development across the lifespan

The Romance of Heroism and Heroic Leadership George R. Goethals, Scott T. Allison, 2019-02-19 Heroes permeate our culture But what makes a hero And what makes heroes heroic This exciting and innovative study explores how charisma and human needs create images of individuals as heroes and villains

Encyclopedia of Heroism Studies, 2024-10-01 This reference work is an important resource in the growing field of heroism studies It presents concepts research and events key to understanding heroism heroic leadership heroism development heroism science and their relevant applications to businesses organizations clinical psychology human wellness human growth potential public health social justice social activism and the humanities The encyclopedia emphasizes five key realms of theory and application Business and organization focusing on management effectiveness emotional intelligence empowerment ethics transformational leadership product branding motivation employee wellness entrepreneurship and whistleblowers clinical health psychology and public health focusing on stress and trauma maltreatment emotional distress bullying psychopathy depression anxiety family disfunction chronic illness and healthcare workers wellbeing human growth and positive psychology discussing altruism authenticity character strengths compassion elevation emotional agility eudaimonia morality empathy flourishing flow self efficacy joy kindness prospection moral development courage and resilience social justice and activism highlighting anti racism anti bullying civil disobedience civil rights heroes climate change environmental heroes enslavement heroes human rights heroism humanitarian heroes inclusivity LGBTQ heroism metoo movement heroism racism sustainability and women s suffrage heroes and humanities relating to the mythic hero s journey bliss boon crossing the threshold epic heroes fairy tales fiction language and rhetoric narratives mythology hero monomyth humanities and heroism religious heroes and tragic heroes

Handbook of Heroism and Heroic Leadership Scott T. Allison, George R. Goethals, Roderick M. Kramer, 2016-10-04 Over the past decade research and theory on heroism and heroic leadership has greatly expanded providing new insights on heroic behavior The Handbook of Heroism and Heroic Leadership brings together new scholarship in this burgeoning field to build an important foundation

for further multidisciplinary developments In its three parts Origins of Heroism Types of Heroism and Processes of Heroism distinguished social scientists and researchers explore topics such as morality resilience courage empathy meaning altruism spirituality and transformation This handbook provides a much needed consolidation and synthesis for heroism and heroic leadership scholars and graduate students *Resilience* Linda Graham, 2018-08-27 Whether it s a critical comment from the boss or a full blown catastrophe life continually dishes out challenges Resilience is the learned capacity to cope with any level of adversity from the small annoyances of daily life to the struggles and sorrows that break our hearts Resilience is essential for surviving and thriving in a world full of troubles and tragedies and it is completely trainable and recoverable when we know how In *Resilience* Linda Graham offers clear guidance to help you develop somatic emotional relational and reflective intelligence the skills you need to confidently and effectively cope with life s inevitable challenges and crises

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