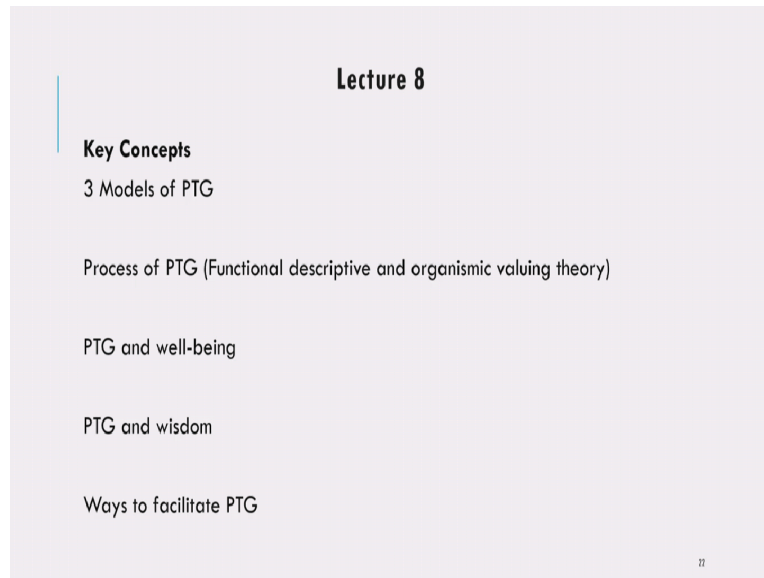


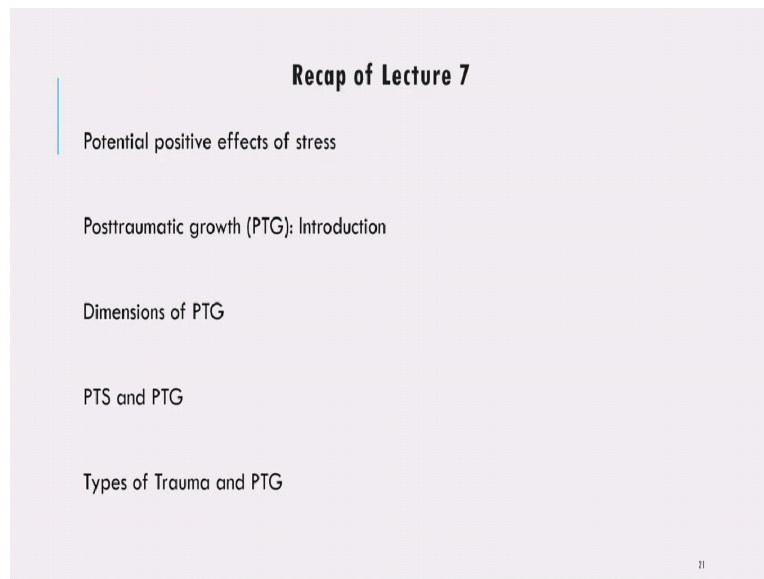
Psychology of Stress, Health, and Well-Being
Professor Doctor - Dilwar Hussain
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Indian Institute of Technology, Guwahati
Lecture 8
Positive Effects of Stress and Trauma 2

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I welcome you all to the eighth lecture of this NPTEL MOOCs course, titled Psychology of Stress, Health, and Well-Being. So, this is the eighth lecture overall, and it is the second lecture of module three. So today, we will talk about the second lecture on post-traumatic growth. So, before we discuss today's lecture, let me have a brief recap of the last lecture that is lecture seven.

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So, in the last lecture, we explored how stress can have a variety of positive effects in addition to the negative effects that we have already discussed in the previous lectures. And, in general, it is difficult to notice or detect the positive effects of stress because we do not devote enough attention to this area. However, we have mentioned that there are three possible ways in which stress can have a positive impact or have positive effects in our lives.

One, stress meets our simple need for stimulation, as we've already addressed. So, this is critical; stress encourages and motivates us to engage in a variety of activities in our lives. We've also addressed the second important impact of stress, which is that today's stress will inoculate or train you for future stress, so dealing with stress today can prepare you for future stress so you know how to deal with stressful situations.

The third positive impact we've discussed is that stress can aid self-improvement and psychological growth as a result of life's challenges and adversities, as well as stressful situations. So, in that sense, we've spoken about a phenomenon known as post-traumatic growth. In the previous lecture, we discussed how, similar to post-traumatic stress and post-traumatic stress disorder, people can experience post-traumatic growth, which is described as positive psychological changes that occur as a result of overcoming difficult life circumstances. And, as we've mentioned, PTG reports are very common; it's not something that only a few exceptional

people have experienced. We've also spoken about how post-traumatic growth and post-traumatic stress can coexist, suggesting that they're not two different ends of a continuum, but rather two sides of the same coin.

Then we spoke about how PTG differs from related terms like thriving, flourishing, resilience, and recovery, with the main difference being that post-traumatic growth occurs only in the sense of traumatic events, while thriving and flourishing can occur in a variety of circumstances.

Then we spoke about how people report five domains of post-traumatic growth, including a greater appreciation for life in general, more intimate and meaningful relationships, a sense of personal strength, new life possibilities, and spiritual and existential growth. So, in most research results, these are the five wide domains that capture post-traumatic growth.

Then we talked about how there is a link between post-traumatic stress and growth, and how that link is not simple, but rather complex. And the majority of research suggests that the existence of post-traumatic stress at the onset is actually needed for PTG stimulation to occur. The majority of the research also found a positive correlation between post-traumatic stress and post-traumatic growth. Then we spoke about how post-traumatic growth is documented after a number of traumatic incidents, such as medical problems, personal losses, and a variety of other items. PTG has been reported by people in inherently stressful careers, such as military, police, and emergency workers, to name a few. As a result, PTG has been documented by people who have been through a variety of stressful events.

Also, secondary traumatic events encounters can stimulate PTG, which essentially means that experiencing a traumatic incident in someone else's life can activate PTG. There is some evidence in that direction as well, according to studies. So, these are some of the main topics we explored in class the other day.

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Lecture 8

Key Concepts

3 Models of PTG

Process of PTG (Functional descriptive and organismic valuing theory)

PTG and well-being

PTG and wisdom

Ways to facilitate PTG

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So today, we will talk about some of the other aspects of post-traumatic growth. Notably, we will try to understand theoretical aspects of post-traumatic growth. And we will try to understand how PTG actually happens or takes place or unfolds within the human being; what are the mechanisms? So, we will see some of the theoretical models and try to explain PTG in light of those models.

So, these are some of the core topics that we will discuss. We will discuss three models of PTG, the process of PTG using two theoretical models. And we will also discuss the relationship between PTG and well-being. We will also talk about PTG and wisdom, and at last, we will talk about what are the ways we can facilitate or promote PTG.

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Three Models Of PTG (Janoff-Bulman, 2004)

Janoff-Bulman (2004) in her commentaries on PTG article by Tedeschi and Calhoun (2004) proposed three possible explanatory models of PTG.

Model 1: Strengths through suffering

This model is very apparent in our collective and cultural narratives. Phrases such as “no pain no gain”; “That which does not kill us makes us stronger” are reflective of this idea.

As a result of struggle with traumatic experiences, many survivors become aware of their hidden strengths and potentials and develop newer skills and coping abilities that can lead to new sense of confidence, courage and possibilities in life.

This painstaking exercise of self reflection and rumination may result in new self perception that may be qualitatively different from the pre-trauma self.

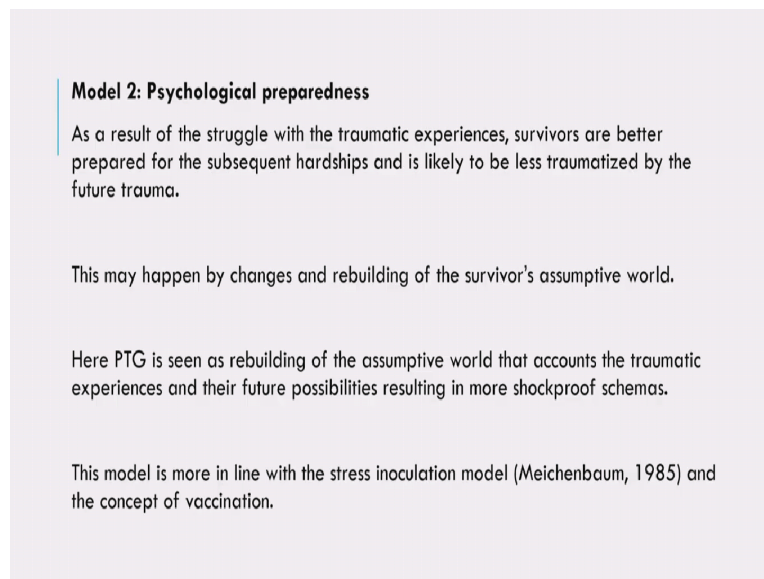
So, in 2004, Janoff-Bulman, a well-known trauma researcher, commented on one of Tedeschi and Calhoun's articles in which they discussed the model of their post-traumatic growth. She claimed that there are three potential explanatory models for post-traumatic growth.

So, she said, the first model is strength through suffering. So, this model is essentially a part of our collective consciousness and cultural narratives, and it is very much prevalent in collective human understanding, which is expressed in various phrases such as no pain, no gain. And we've already covered the Nietzsche's assertion that which doesn't kill us makes us stronger. These are all examples of a widespread belief that people gain power from suffering. PTG is essentially this aspect.

What happens when you're coping with a traumatic event? Survivors usually become conscious of their latent strengths and potentials and gain new skills and coping abilities, which leads to a renewed sense of trust, bravery, and life possibilities. So, when coping with traumatic events or challenging life situations, many survivors who report PTG essentially become aware of their hidden potentials or, when dealing with those challenges, they acquire newer skills that they didn't have or weren't aware of prior to the traumatic event. And these newer skills and abilities that they discover when coping with traumatic experiences are referred to as post-traumatic growth, which results in increased courage, confidence, and life possibilities, all of which are PTG dimensions.

This knowledge of hidden and inner potentials, as well as the development of new skills, understandings, and perspective, is not a simple task. It's a difficult process when you're coping with the effects of a traumatic event. As a result, it occurs after a great deal of struggle, which is why the term struggle appears. As a consequence, it is not easy. It is a challenging task, and often people emerge victorious in the sense that they have gained new skills and experiences, and in some respects they have become a new individual.

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Model 2: Psychological preparedness

As a result of the struggle with the traumatic experiences, survivors are better prepared for the subsequent hardships and is likely to be less traumatized by the future trauma.

This may happen by changes and rebuilding of the survivor's assumptive world.

Here PTG is seen as rebuilding of the assumptive world that accounts the traumatic experiences and their future possibilities resulting in more shockproof schemas.

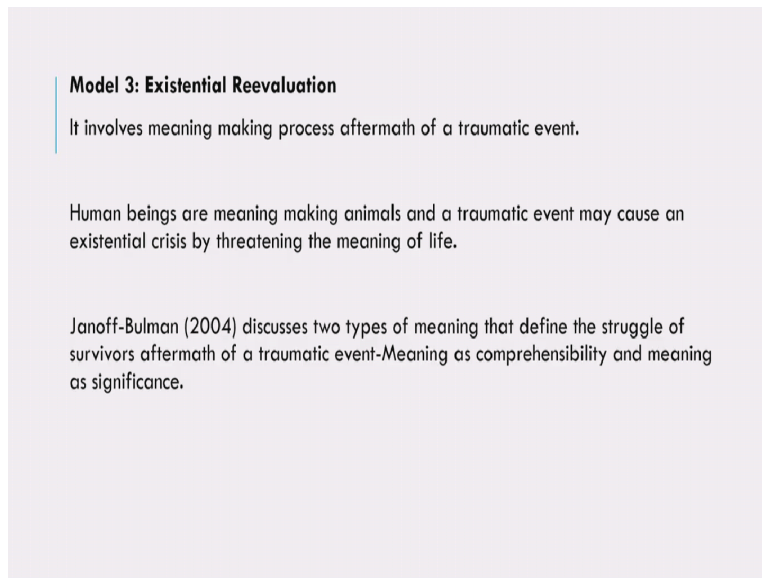
This model is more in line with the stress inoculation model (Meichenbaum, 1985) and the concept of vaccination.

The second model she suggested for understanding PTG is to think of it as a kind of psychological preparedness. So, psychological preparedness simply means that survivors are better prepared for subsequent or potential challenges as a result of their struggle with traumatic events, and are less likely to be traumatized by future trauma. But it is essentially the concept of preparedness. So, when you face, encounter, or go through a traumatic or life crisis, it psychologically prepares you in the sense that you build a mental makeup or psychological system that becomes much stronger in the sense that you will be less traumatized when something similar occurs in the future because you have already been through and witnessed it. As a consequence, you've been inoculated or vaccinated against it. So this model's entire concept is in line with a model called the stress inoculation model, suggested by Meichenbaum in 1985, in which the theory is that current stress will prepare you for potential future stress. As a

consequence, it creates a form of preparedness and resilience to potential traumatic or stressful events.

As a result, several PTG reports are similar to this. One becomes stronger in the sense that you are better prepared for future psychologically stressful events. And, according to Janoff-Bulman, this is usually accomplished by rebuilding our assumptive world. As a consequence, when traumatic experiences occur, we can see in greater depth in the next model how our entire psychological systems are broken and then reconstructed. As a consequence, if the rebuilding goes well, it is viewed as a form of post-traumatic growth. So, all of this painful experience will be part of your new life, your psychological world. As a result, you are less likely to be shocked by them in the future. So that's what psychological preparedness means. PTG is regarded as a reconstruction of the assumptive universe, our mental world, which includes values, schemas, and understandings, which account for traumatic events and their potential possibilities, resulting in more shockproof schemas. So, this is one of the explanations for how PTG is experienced.

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Model 3: Existential Reevaluation

It involves meaning making process aftermath of a traumatic event.

Human beings are meaning making animals and a traumatic event may cause an existential crisis by threatening the meaning of life.

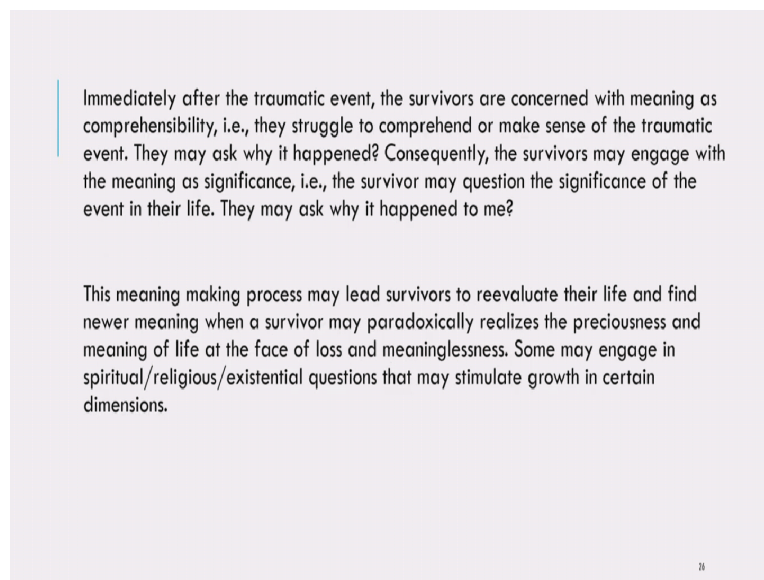
Janoff-Bulman (2004) discusses two types of meaning that define the struggle of survivors aftermath of a traumatic event-Meaning as comprehensibility and meaning as significance.

Existential reevaluation is the third model, which is consistent with numerous accounts of post-traumatic growth. It primarily concerns the process of meaning making following a traumatic event. Humans are continually attempting to make sense of events. So, if a traumatic experience occurs, people want to understand why it occurred. What has caused this to happen to me? As a result, these are the questions that people ask all the time in order to make sense of the situation.

Traumatic experiences are often difficult to comprehend. That is why they are so distressing and traumatic.

As a result, humans are meaning-making creatures, and traumatic events can trigger an existential crisis by threatening life's meaning. As a result, if a meaning system by which we make sense of the world is threatened and broken by a traumatic event, it creates anxiety and a life crisis. And PTG is a kind of evolves when old meaning structures are demolished and new meaning structures are created or reconstructed. In this context, Janoff-Bulman (2004) addresses two forms of meaning that describe a survivor's struggle after a traumatic event. So, after a traumatic event, there may be two forms of meaning making processes at work: meaning as comprehensibility and meaning as significance.

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So, immediately after the traumatic event, survivors are concerned with the meaning as comprehensibility. Basically, they try to understand what has happened, why it has happened? So, people try to understand what has happened. Many may struggle to comprehend or make sense of the traumatic event. One may ask, why it happened? Consequently, the survivors may engage with the meaning as significance. After that, they will try to understand the significance of it in their life? So, then slowly, slowly, this kind of meaning process may evolve into PTG if one can make a coherent meaning structure aftermath of a traumatic event.

So, this meaning-making process may lead survivors to reevaluate one's life. So, one may reevaluate again what has happened and find newer meaning in the face of probably loss and meaninglessness. So, that is a paradoxical thing in the context of trauma. Trauma may create a sense of meaninglessness in life, create a sense of loss, but many times people in the face of that meaninglessness may find newer meanings in their life by reevaluating their life structures. Some may engage in spiritual, religious, existential questions that we have already discussed in the dimensions of PTG in the last class, which may also stimulate growth in certain dimensions. So, these are the three explanatory models proposed by Janoff-Bulman, by which we can understand or explain PTG that are reported by survivors of trauma.

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The Process Of PTG: The Functional Descriptive Model

Tedeschi and Calhoun (2004) proposed a Functional descriptive model of PTG to explain the process of PTG.

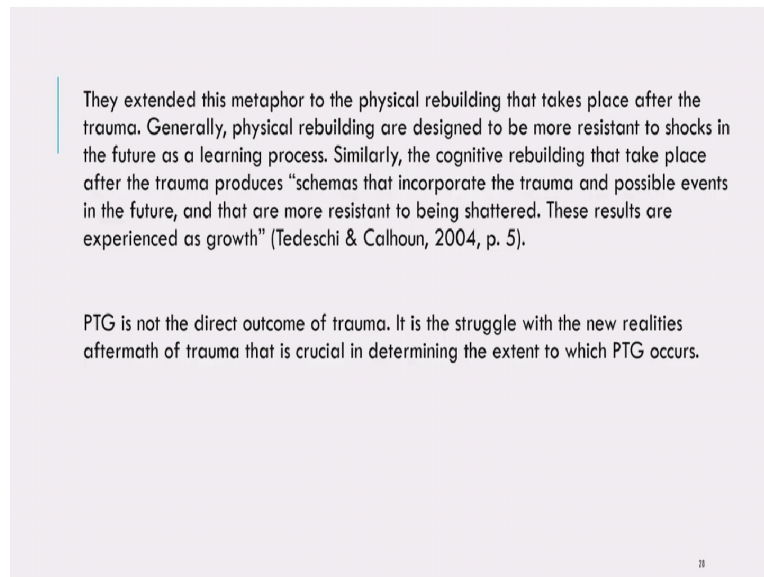
They used a metaphor of earthquake to explain the process of PTG. They proposed that the traumatic events are like seismic events that shatters our assumptive world just like earthquake shatters physical structures. The "assumptive world" includes assumptions/beliefs about our life and world which gives meaning and purpose and guides behavior.

This threat and shattering of assumptive world gives rise to significant psychological distress.

Tedeschi and Calhoun proposed a model called the Functional Descriptive Model of Post-Traumatic Growth in order to better explain PTG and the process of PTG. So, we'll try to understand what processes are involved in it according to this model, since it's one of the most popular models in academia at the moment. They use an earthquake metaphor to describe post-traumatic growth or the mechanism of post-traumatic growth in that model. As a result, they suggested that traumatic events are analogous to seismic events, such as earthquakes in our mental world that shatter our assumptive world, just as earthquakes shatter physical structures. So, they explained, if we have an earthquake, it usually shatters all of the physical structures that we see in our world. In our mental world, traumatic events are similar to earthquakes or seismic events. And the result of such a seismic event is that our mental structures are shattered or destroyed. What we have here is essentially our assumptive world, our fundamental belief structures, and our schemas through which we comprehend the world. We can have a wide range of beliefs or assumptions about the world, ourselves, and the future. So, we all have different core belief systems; you can believe that my life is safe, or that my future is bright, or that I have a large, positive support system surrounding me. As a result, you might have a lot of unspoken perceptions and opinions about the world. When a traumatic experience occurs, however, all of this belief system and assumptions are shattered. As a consequence, following a traumatic event, you can no longer consider your life to be secure and safe simply because your security has been stripped away. As a consequence, after a traumatic experience, you can not see the future as

bright or secure. Many of these core ideas are shattered. And these assumptions, which were supposed to add meaning to your life, have now been shattered. As a consequence, it induces a feeling of meaninglessness and uncertainty, at least temporarily. Now, the threat of a shattered assumptive world has caused a great deal of psychological distress. So, in general, all of the anxiety and PTSD symptoms we see are the product of our assumptive world, our core belief systems being shattered.

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They extended this metaphor to the physical rebuilding that takes place after the trauma. Generally, physical rebuilding are designed to be more resistant to shocks in the future as a learning process. Similarly, the cognitive rebuilding that take place after the trauma produces "schemas that incorporate the trauma and possible events in the future, and that are more resistant to being shattered. These results are experienced as growth" (Tedeschi & Calhoun, 2004, p. 5).

PTG is not the direct outcome of trauma. It is the struggle with the new realities aftermath of trauma that is crucial in determining the extent to which PTG occurs.

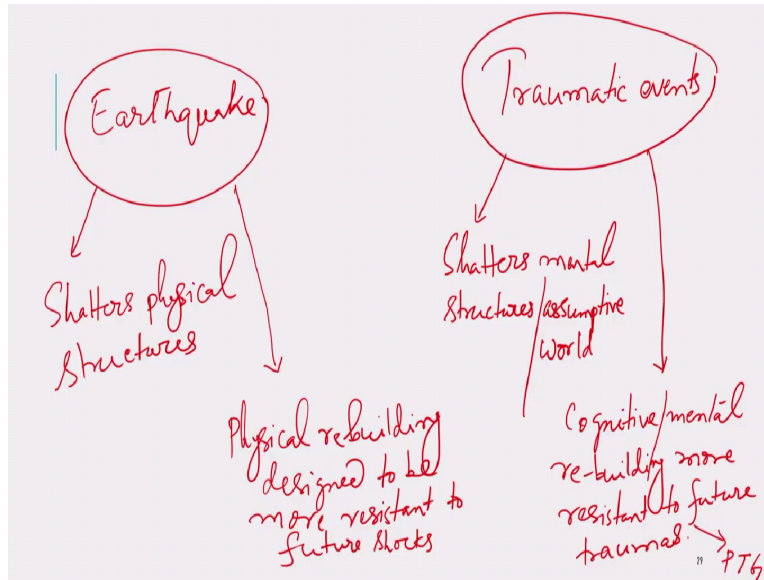
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They used this metaphor to explain the process of rebuilding after a traumatic event. So, in general, if we are wise enough to learn from our mistakes, the physical reconstruction that we do after an earthquake would be built to be more resistant to future shocks. In general, if we learn anything from an incident, such as an earthquake, we can attempt to reconstruct our physical structure in such a way that our structures are not broken or damaged if another earthquake occurs in the future. As a result, this is an inevitable consequence of our understanding and intelligence.

Similarly, in the mental world, the cognitive rebuilding that happens following a trauma will be more immune to potential shocks because the schemas or mental worlds or assumptive worlds, new worlds that we will create will incorporate the trauma and possible future events and will be less vulnerable to being broken. These outcomes are felt as growth. So, in the physical world, it's likely that we rebuild as a learning process and create more shock-resistant structures as a

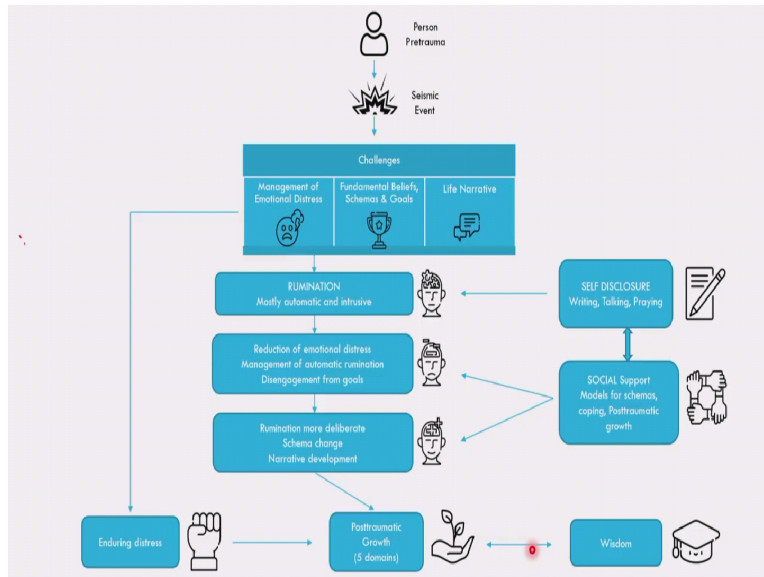
learning experience. In the same way, as we rebuild our mental structures, they become stronger and more resistant to future shocks, which is referred to as post-traumatic growth. This is an example they've used to describe how PTG came to be. Then they kind of clarified the process in depth, which would look into, so before I do that, I'll just diagrammatically illustrate what this example is a little bit, so it's clearer.

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So, what they are saying is that as earthquake shatter physical building, and if we learn from that experience, we will rebuild physical structures to be stronger or more resistant to future shocks. Similarly, traumatic events shatter our mental structures, such as schemas and assumptive worlds. However, suppose we process traumatic events in a positive direction. In that case, cognitive or mental rebuilding that you will do after a traumatic event will be stronger and more resistant to future traumatic events or future shocks. So, this is the analogy.

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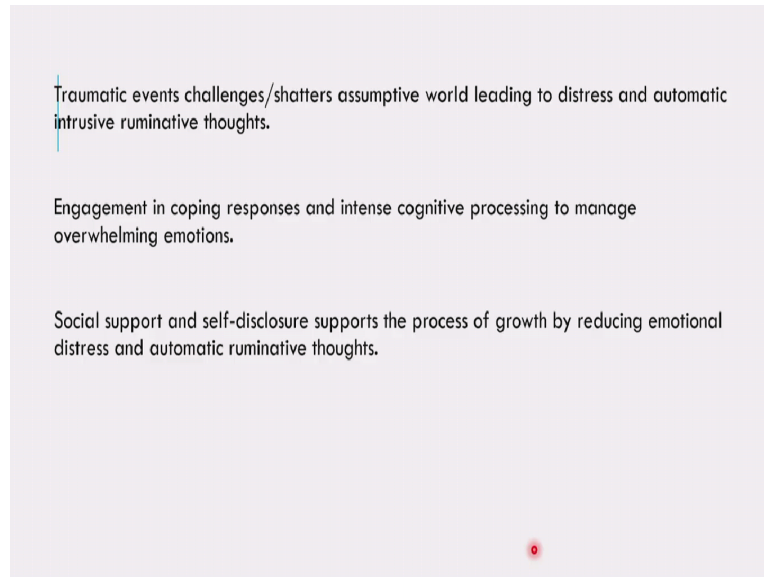


They have used this model to explain the process of PTG. It appears to be difficult, but it is not; the procedure is very simple. So, in a nutshell, what happens during a seismic event is traumatic events. So, naturally, after a traumatic event, we feel a great deal of anxiety, which poses many difficulties in our lives in terms of handling emotional distress.

So, a lot of emotional distress occurs, and dealing with it is one of the problems or obstacles we face. Our basic belief schemas and goals have been broken. As a consequence, our lives are also riddled with uncertainty and confusion. Our life narratives, which are related to schemas and understanding of the world, are being destroyed. As a result, all of these issues generate a lot of distress and challenges that need to be addressed. One of the natural outcomes of such problems is that people have a lot of rumination, or automatic and intrusive thoughts. As a result, as we've mentioned in PTSD, people automatically relive a lot of traumatic event-related experiences, as well as stimuli-related feelings and thoughts. So, that's rumination: automatic repetitive thoughts that you can't manage or control because there are too many thoughts that come after traumatic events, which is a natural process that we all go through. However, if you have some support systems around you, especially if you do self disclosure or speak about it, discuss it with people around you, you can at least find some outlet for your emotional experiences, so that you can articulate and talk about what is happening to you, or you will have a proper social network around you, which is also related to self disclosure, who are giving you support. So, this, or any other constructive coping strategies you may engage in, can help you manage your overwhelming emotional experiences, reduce emotional distress, help you manage all of these ruminative thoughts, and gradually, one will come into more senses and the right frame of mind to process it and disengage from the older goals and start a new one.

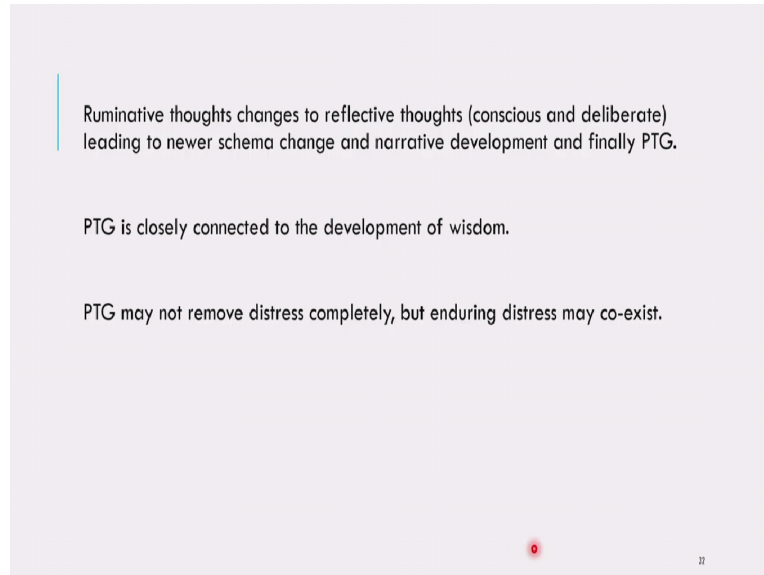
So, this is simply more deliberate rumination in the sense that it will become more reflective thoughts in which you will be more consciously thinking about what has occurred and what needs to be achieved in the future. As new schemas evolve, new narratives emerge as well. As a result of the PTG process, which can also be linked to the principle of wisdom, which we will discuss later. And, with PTG, distress can coexist. So those are some of the major mechanisms

and processes surrounding PTG. Later, the refined the model by adding a few more variables, such as socio-cultural influences. (Refer Slide Time: 28:54)



So basically, this model says that traumatic event challenges, shatters the assumptive world leading to distress and automatic intrusive ruminative thoughts. Engagement in coping responses and intense cognitive processes to manage overwhelming emotions. So that is the next thing that is actually required for PTG to happen; proper coping strategies have to be there in order to reduce the emotional distress. Social support and self-disclosure support the process of growth by reducing emotional distress. So, these two are important in terms of reducing emotional distress and taking you to the right frame of mind to process things in the right direction.

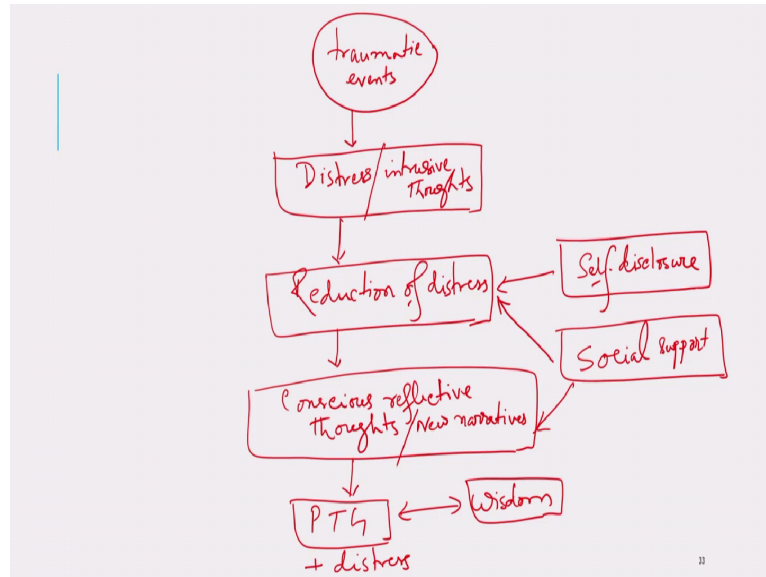
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Ruminative thoughts changes to reflective thoughts that means reflective thoughts are more conscious and deliberate. Now it is no longer automatic intrusive thoughts without your control. That leads to newer schema change and newer narrative development, which finally leads to post-traumatic growth.

PTG is also closely connected to the development of wisdom. So, you become wiser by learning new things from the experiences. PTG may not remove distress completely, but enduring distress may co-exist. So, some distress will still may remain, and PTG may happen along with that. So, PTG will not end your distress, so that is the whole explanation of the model.

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So, to put it plainly, if I want to show you anything, it will look like this. So, let's talk about traumatic events. So, quite simply, you can see it in this diagram, where traumatic events cause distress due to the shattering of assumptive worlds, and with the distress, there are intrusive thoughts, automatic thoughts, which are basically PTSD stage where post-traumatic stress symptoms are present, and this distress is obviously required at first, but then it might need to be reduced.

As a consequence, reducing distress is crucial to maintaining the right mindset, which is supported or aided by self-disclosure, social support, and other coping strategies. If the emotional reaction subsides, one gradually begins to focus on one's thoughts and view of life, developing new narratives, which are essentially converted into PTG. Some distress may persist with PTG, and it is kind of associated or covaried with wisdom, in the sense that you gain new life experiences. So, these are some of the ways in which this model can help us understand how PTG occurs.

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Organismic Valuing Theory Of PTG

Joseph and Linley (2005) proposed the organismic valuing theory of growth through adversity based on the humanistic psychology.

This model provides explanation for why some individual are able to achieve high levels of growth after the trauma and some fail to do so.

Based on the principle of humanistic psychology, it suggests that human beings have inherent tendencies towards growth and actualization. In consistency with these tendencies they show intrinsic motive to rebuild their assumptive world in the aftermath of trauma.

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Another model, which was proposed by Joseph and Linley in 2005 to explain how PTG happens that is called as Organismic Valuing Theory of PTG. So, this theory was actually a little bit different in terms of explanation, where they used the concept of humanistic psychology to understand how growth happens.

According to humanistic psychology, humans have an intrinsic desire to grow. So, it's a basic motivation that we all want to expand and evolve in our lives, regardless of what we actually do. Nobody wants to feel like they're shrinking and not progressing in their lives. So, everybody is motivated; this inner drive is present in all of us. And the psychological rebuilding that occurs that we have seen in the functional descriptive model is in line with that. So, even though there are a lot of shattering of mental schemas, meaninglessness and pain after trauma, we also find the motivation to grow from it and which is why so many people experience PTG. Our inner drive pulls us in that direction. This model basically explains why certain individuals are able to reach high levels of growth while others are unable to do so.

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This theory suggests that there can be three possible cognitive outcomes of traumatic experiences-

Assimilation-help to return to pre-trauma baseline

Negative accommodation-result into psychopathology such as PTSD

Positive accommodation-result into PTG.

This theory has also laid emphasis on social environment as a facilitator of actualizing tendency that is essentially needed for growth.

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They used two terms to explain the process of posttraumatic outcomes. One is referred to as assimilation, and the other is referred to as accommodation. So, assimilation and accommodation are the two words that were first used by Jean Piaget in his cognitive development model, where he essentially tried to use the word assimilation to help us understand that, assimilation happens when we encounter a new concept or new experiences in life and try to incorporate that idea into our existing knowledge.

So you have an established knowledge base to which you apply a new piece of information. Assimilation is the word for this. So, if you imagine our knowledge base as a container and add one more thing to that container, that is an assimilation. Assimilation is the process of applying new information to an established knowledge base. So, for example, a child sees a dog and is taught by someone that this is an animal known as a dog. The next day, that child discovers or observes another dog, which is of a different shape, colour, or whatever, and the child knows that dogs may be of various forms. As a consequence, this is a form of assimilation. So the child knows about dogs, has an understanding about dogs, and adds to the knowledge. That's an assimilation.

Accommodation, on the other hand, happens when a situation's current knowledge structure is inadequate. And it must change in order to deal with new information or new life experiences, as well as new objects or situations. So here you don't add new information to an existing container, but, change the shape of your container to fit new knowledge, so that's accommodation. As a

result, it's almost like you're altering the entire framework of your knowledge. As a consequence, in the accommodation process, old ideas are replaced by new information. So, for example, you teach a child that this animal is a dog and the, and it has four legs. So, child learns that dog has four legs, for sometimes the child may think that all four-legged animals are called as dog. But let us say next day, she, he or she sees a cat with four legs and child may think this is a dog, but somebody teaches them, no, this is another animal called cat. So, child will learn, have to kind of change the existing structure of knowledge and say that not all four-legged animals are dog, there is another animal called cat, which may also has four legs. So, kind of existing knowledge structure is changed or replaced with new knowledge, that not all four-legged animals are dogs. There can be other animals like cat. So, this is an example of accommodation.

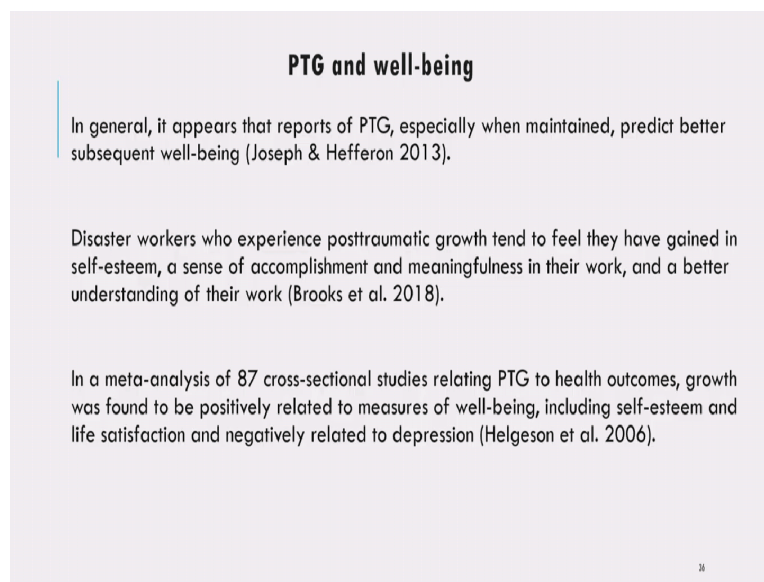
So, they said in the theory that, after traumatic experiences, obviously, new experiences and challenges come in life. Some people may assimilate this new information, simply they will add it to their existing structure, they do not change their mental structure. Simply say, it is a new experience of my life. So, such assimilation experiences will help people return to their pre-trauma baseline, so they will just recover from the traumatic experiences and go back to their pre-existing or pre-trauma levels of functioning.

Accommodation can also happen after traumatic events, where whole mental structure changes, and it may happen both in the negative direction as well as positive directions. So, in negative accommodation, you kind of change your whole knowledge structure, because this information is so drastic that your whole idea of who you are? What is your future? How you relate to the world everything changes and shatters. So, this is accommodation. But it is, if it is in the negative direction and you are not able to make sense of it for a long time and too much of distress, then all this pathology actually happens like PTSD symptoms and depression all these things is a result of probably a negative accommodation. However, some people, they engage in positive accommodation, where, obviously, there will be some, this whole knowledge structure is shattered and they rebuild those knowledge structure again, but in the positive direction, in the sense that they learn from their experiences and see that this experience kind of changes them in terms of finding new strength, new understanding, new wisdom, new meaning of life, et cetera.

So, those positive accommodation actually results into PTG. A traumatic experience can lead to all these consequences, where a person may not have any negative or positive consequences just to recover. Others may go in a negative direction and develop PTSD and other psychological disorders. Furthermore, some may engage with positive accommodation and develop post-traumatic growth and thrive in life.

So, this theory also laid the emphasis on the social environment as crucial factors for positive accommodation and post-traumatic growth. So, if you have a proper social environment, which kind of helps you, nourishes you at that time when you are in the crises like proper social support, unconditional support system, all this will help and facilitate PTG to happen. So the social environment in which the person plays very important role in terms of whether PTG occurs or not.

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PTG and well-being

- In general, it appears that reports of PTG, especially when maintained, predict better subsequent well-being (Joseph & Hefferon 2013).
- Disaster workers who experience posttraumatic growth tend to feel they have gained in self-esteem, a sense of accomplishment and meaningfulness in their work, and a better understanding of their work (Brooks et al. 2018).
- In a meta-analysis of 87 cross-sectional studies relating PTG to health outcomes, growth was found to be positively related to measures of well-being, including self-esteem and life satisfaction and negatively related to depression (Helgeson et al. 2006).

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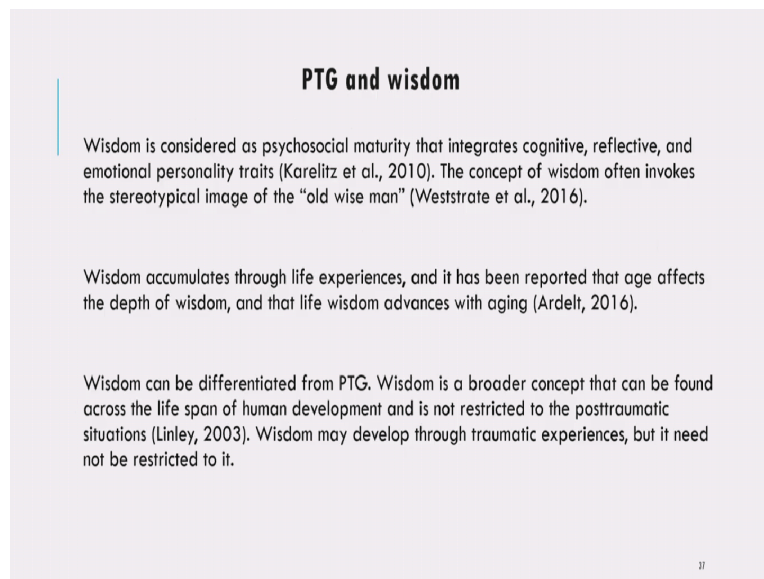
These are some of the potential reasons why some people report and why others do not report, which we try to explain using these models. Now we'll look at the relationship between PTG and happiness.

In general, most findings or research on PTG are remarkably well-maintained, showing that it predicts future well-being. As a result, PTG has been consistently associated with higher wellbeing. According to one study, disaster workers who have experienced PTG in the context of

disasters appear to feel or say that their self-esteem has increased. As a result, their self-esteem grew, they felt more accomplished, their lives became more meaningful, and they gained a greater understanding of their jobs. As a consequence, these are all indicators of enhanced or increased well-being.

PTG is positively linked to indicators of well-being such as self-esteem and life satisfaction, and it is negatively related to depression and other mental illness symptoms, according to a meta-analysis of 87 studies on PTG. As a result, the majority of results indicate a positive relationship. As a consequence, if you have PTG, you are more likely higher well-being as well.

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PTG and wisdom

Wisdom is considered as psychosocial maturity that integrates cognitive, reflective, and emotional personality traits (Karelitz et al., 2010). The concept of wisdom often invokes the stereotypical image of the “old wise man” (Weststrate et al., 2016).

Wisdom accumulates through life experiences, and it has been reported that age affects the depth of wisdom, and that life wisdom advances with aging (Ardelt, 2016).

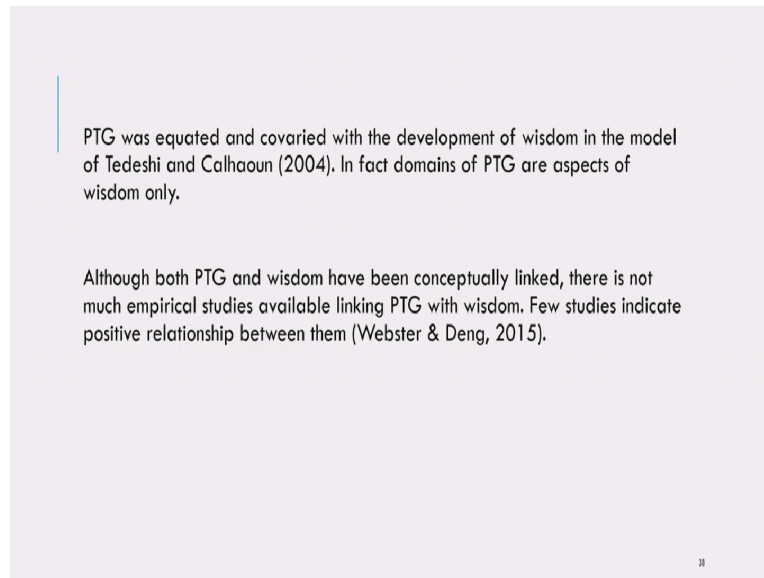
Wisdom can be differentiated from PTG. Wisdom is a broader concept that can be found across the life span of human development and is not restricted to the posttraumatic situations (Linley, 2003). Wisdom may develop through traumatic experiences, but it need not be restricted to it.

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Another word that is closely related to the idea of PTG is wisdom. It was also present in the model of the functional descriptive model. So, wisdom is usually thought of as a psychological maturity, in which case you become more mature, which is actually wisdom, which incorporates cognitive, reflective, and emotional personality traits. As a result, wisdom can have cognitive, reflective, and emotional personality dimensions. The idea of wisdom often conjures up images of old wise men. People become wiser as a result of their life experiences, and they will advise you on a variety of issues. So, knowledge is gained through life experiences, and it is often life experiences that provide you with true wisdom. It has also been stated that the depth of wisdom is affected by age, and that life wisdom improves with age. As a result, the more we experience life, the smarter we become, in general.

PTG can be distinguished from wisdom. PTG is not the same as wisdom; the two are separate constructs. Wisdom is a broad term that can be found in one's life and can arise in a variety of contexts, including daily life and various experiences. It is also not limited to traumatic events; people may become wise as a result of traumatic events, but it is not limited to that. However, PTG is almost always restricted to traumatic events. As a result of traumatic events, it occurs.

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PTG is often associated and correlated with the growth of wisdom. In the model of any functional descriptive model, wisdom and PTG are kind of covaried. In reality, the majority of PTG's dimensions are merely reflections of wisdom. While PTG and wisdom have been conceptually related, there has been little empirical research in this field. However, a few reports suggest that there is a positive relationship, but there isn't much empirical evidence to back this up.

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Facilitating PTG

Tedeschi and Calhoun (2006) suggest that posttraumatic growth is facilitated by 'expert companionship.'

Expert companions are people who can listen for extended periods, and repeatedly, to stories that can involve horror, fear, guilt, shame, and confusion. Expert companions cannot prescribe posttraumatic growth. They facilitate it through kind and empathic listening. They may be professionals, friends, or family.

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The final topic for today's lecture is about facilitating PTG. We now have a clearer understanding of PTG's processes, statistics, and dimensions. So, how do we facilitate PTG? How do we promote PTG in our daily lives or in the aftermath of a traumatic event? So, that is the more pressing issue. Tedeschi and Calhoun, in an attempt to answer these questions, suggest that expert companionship helps post-traumatic growth. As a result, they used the phrase "expert companionship" as a PTG facilitator. So, what exactly does that imply? Expert companions are people who can listen to stories involving terror, anxiety, guilt, shame, and uncertainty. Expert companions do not prescribe PTG, nor do they decide whether it should occur or not; rather, they encourage it by supportive and empathic listening. As a result, they may be professionals, friends, or family members. Expert companions are people who can listen empathetically or with a kind ear, a listening ear, or active listening. That is why self disclosure is so vital, and if there are people around you who can listen to your stories and concerns, at the very least empathize with you, that can support PTG a lot. This can include your friend, family members, and even coworkers. As a result, this is one of the most significant factors in promoting PTG. It is more likely to occur if an expert companion supports you.

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Five Ways To Facilitate PTG

Calhoun and Tedeschi (1999, 2013) outlined five ways to facilitate posttraumatic growth

(1) Education

In order to facilitate growth, it is important to understand and educate oneself about the trauma, how it is caused by disruption of core belief systems

It is important to make sense of trauma and understand that when a traumatic event shatters our life assumptions, it is painful, confusing and frightening and may lead to anxiety and repetitive thinking about the traumatic events such as why did this happen to me? What should I do now?

Processing trauma in this way is normal and may stimulate growth. Expert companion may facilitate this education process.

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So Calhoun and Tedeschi explain it a little bit further in terms of specific ways to facilitate PTG. As a result, they explored five ways for promoting PTG. One is, of course, education, specifically trauma education. As a result, it is critical to understand and educate oneself about the trauma in order to promote growth. So, whether you are undergoing trauma yourself or are assisting someone who is, one thing is critical to understand: what trauma is and what it has done to your emotional experiences.

As a result, one thing is clear: trauma breaks your life's core belief structures. That's why it's so disturbing. As a result, it is critical to make sense of the trauma and comprehend what traumatic events are, how they shattered your life assumptions, and how they are painful. Anxious experiences, excessive thinking, hyperarousal, and all of these symptoms can occur at times and are a natural reaction to an abnormal circumstance. There isn't something wrong with it. So, in order to grow out of trauma, you must first understand what it is and how it occurs. This is how you process the trauma. However, if you don't process it, you won't be able to grow out of it. Avoidance will never lead to PTG. So, processing trauma, going through it, knowing what it's causing is critical, and such processing is critical for stimulating growth. An expert companion can help with this, but if you have enough encouragement and knowledge at the time, you can do it yourself. So, trauma education or acknowledging traumatic events is important, as is understanding how and what they are affecting you. So, in a nutshell, it aids you in processing the entirety of your internal mechanisms.

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(2) Emotion Regulation

Learning to regulate emotions and reduce psychological distress is crucial for PTG.

Managing negative emotions help us to come to our senses and right frame of mind for deliberate and reflective thinking which is significant for PTG.

One needs to engage in constructive coping such as shifting thinking from loss, failures, uncertainties to success, possibilities, available resources to deal with the situation and so on.

Coping strategies such as social support, breathing exercises and meditation also can be helpful

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The second way is through emotional regulation. So, that we have already discussed in the model also that sometimes it will be very distressing, there is no doubt about it, and we process that information, and it can be very painful. However, if it remains for a long time, we may probably develop PTSD and other psychological disorders.

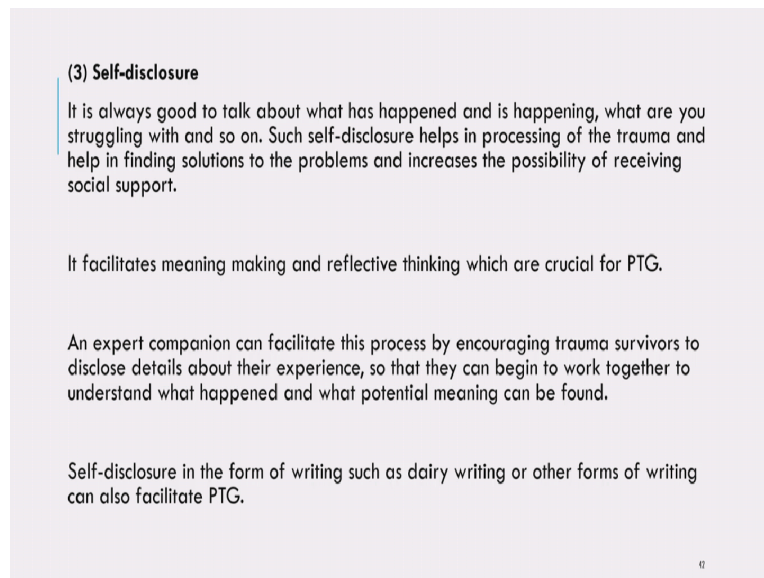
So, it is also important that after sometimes we need to regulate those emotions, learn to cope with them using various strategies, coping strategies and learn to manage those emotions are very important, because this learning to manage them will help us to come to our senses, and the right frame of mind and will help us to reflect on what is happening, which is very important for PTG.

One needs to engage in constructive coping such as shifting thinking from loss and failures and uncertainties to more possibilities and available resources. So, you can focus on all that aspect also, not just what losses you have gained, what uncertainties are there, then what are the possibilities are there in that? What are the resources that you have that by which we can deal with it?

So, shifting of attention is very important, various kinds of coping mechanisms such as social support, other like breathing exercises, meditations, all this can help you to manage your trauma at least so that it is not overwhelming anymore and it is at the manageable level so that you can

reflect on and kind of move on to the next aspects of your life. So, emotional regulation is very important.

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(3) Self-disclosure

It is always good to talk about what has happened and is happening, what are you struggling with and so on. Such self-disclosure helps in processing of the trauma and help in finding solutions to the problems and increases the possibility of receiving social support.

It facilitates meaning making and reflective thinking which are crucial for PTG.

An expert companion can facilitate this process by encouraging trauma survivors to disclose details about their experience, so that they can begin to work together to understand what happened and what potential meaning can be found.

Self-disclosure in the form of writing such as dairy writing or other forms of writing can also facilitate PTG.

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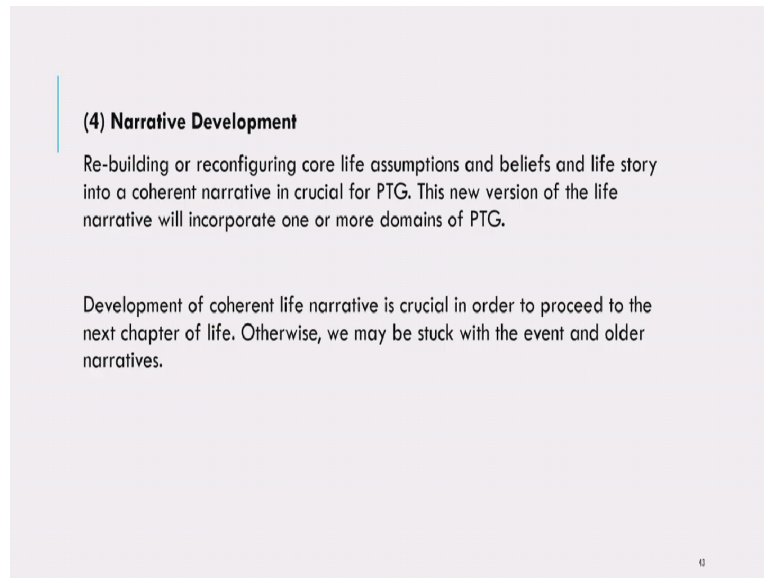
Then the third way is through self-disclosure; it is always good to talk about what has happened. Some people do not disclose what has occurred, especially traumatic events, and keep it to themselves. And by this, they are not able to process it properly in the positive directions. And it kinds of boils inside them and leads them to more psychopathologies.

So, talking about it, disclosing to others is very important, especially talking about what, how are you struggling about it, such self-disclosure helps in processing of trauma and helps in finding solution of the problems. If you do not talk about it, how will you find solutions to it? And it increases the possibility of getting support from other people. Such self-disclosure also facilitates the meaning making process, so other will kinds of also kinds of support you in terms of making sense of what has happened and reflective thinking, which is crucial for post-traumatic growth.

An expert companion can facilitate this process by encouraging trauma survivors to disclose details. So, an expert companion can facilitate all these processes. So self-disclosure can be facilitated by an expert companion by encouraging them to talk about it, so that they can work together and find out what more meaning can be found out of it.

Many research also suggests that, even if you do not find somebody to talk about it, even writing about it is also helpful. Writing, let us say it in the form of diary writing, where you write about your traumatic experience. So, it helps you to process information and manage emotions. So, you reflect on what has happened and write about it. So, writing about or expressive writing about traumatic experiences can also facilitate post-traumatic growth.

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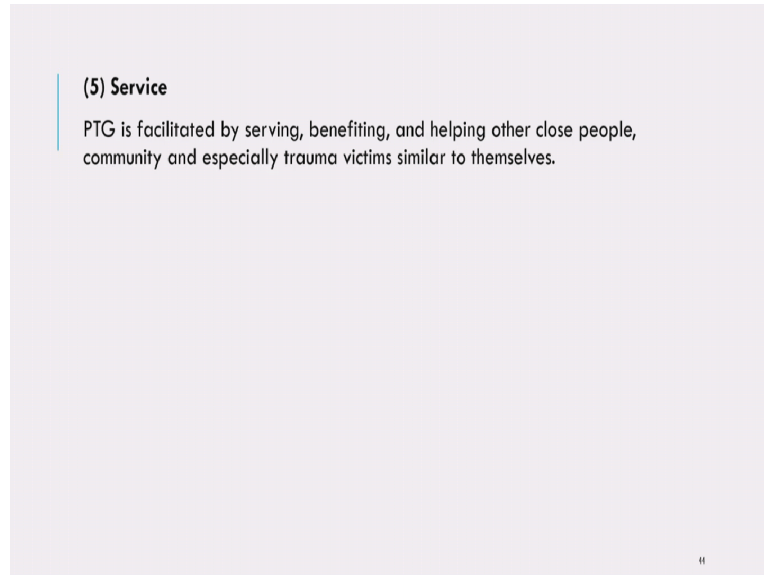
(4) Narrative Development

Re-building or reconfiguring core life assumptions and beliefs and life story into a coherent narrative is crucial for PTG. This new version of the life narrative will incorporate one or more domains of PTG.

Development of coherent life narrative is crucial in order to proceed to the next chapter of life. Otherwise, we may be stuck with the event and older narratives.

The creation of a narrative is the fourth method for facilitating PTG. As a result, following a traumatic incident, the mental structure and core life assumptions are rebuilt. How do you describe your life? The reconstruction is related to the narrative developments. How do you share your life stories? If you create a cohesive plot or narratives about your life, particularly in newer narratives, since older narratives have been broken after the traumatic event. And if it's a new, cohesive optimistic story, it'll be more likely to include several aspects of post-traumatic growth. As a result, proper narrative development can result in post-traumatic growth. In order to move on to the next phase of life, the creation of a coherent life story is critical. People seem to get trapped in old narratives, such as "my old life," "past life," "why it happened," and "I know, I can't let go of my past life." So, if people continue to believe the old story, PTG is unlikely to happen. As a result, people disengage from it and reconstruct new narratives about their new perceptions of their lives; such narratives, coherent narratives, are critical for PTG to occur.

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The fifth way of facilitating PTG is service. According to research, people who serve others or at least help others gain or at least support others, especially trauma victims who are similar to themselves, may experience PTG. So, if they participate in assisting other people, helping them in any ways, it may be in terms of listening to them or in terms of supporting them, such as by establishing organizations or developing supportive systems. So, whatever the case might be, by assisting others, people may grow out of it.

So, the findings clearly indicate secondary trauma also facilitates PTG. As we mentioned in the previous lecture, looking at other people's trauma and how they recover can also help with PTG. So, whether you encourage or at least assist or aid others, benefit people, or serve people who are similar to you or at least going through similar experiences or traumatic survivors, such programs are likely to foster PTG in you as well, so that you do not only interact with your own pity world, but you also engage with the world of others. So, these are some of the ways that PTG can be facilitated. We can use them in our daily lives as well as to help others.

And there you have it: some key insights into the positive aspects of trauma and stress. So, stress and trauma do not necessarily contribute to only negative dimensions such as diseases and disorders; they do, without a doubt, but there are several other aspects or positive dimensions to it that we attempted to look at in the last two lectures. With that, I'll conclude today's lecture. Thank you so much.