

Post Traumatic Growth (PTG) following Trauma & Traumatic Bereavement: Can CBT facilitate PTG?

About the workshop

Most people are familiar with the adage, 'what doesn't kill me makes me stronger'. Over the past two decades research has shown that traumatic events do not necessarily lead to permanent damaged and dysfunctional lives, for some it can also be a springboard to a higher level of psychological well-being. *PTG* is a relatively new topic for research and clinical intervention (Tedeschi & Calhoun, 1996; Joseph, & Linley, 2008) that promises to be of considerable interest to those working with traumatised individuals.

Being affected by a traumatic bereavement whether it is following death in a road traffic collision, house fire, homicide or manslaughter can happen to anyone, anywhere and at any time. A traumatic bereavement is often described as such when the loss is sudden, violent and unexpected, with their loss and grief compounded by a variety of complex factors that may result in complex longer term psychological reactions, including PTSD. Much of the literature surrounding a traumatic bereavement and loss is focused on 'treatment' or on the development of Post Traumatic Stress Disorder (PTSD) reactions. Accessing early support following a trauma/traumatic bereavement can make a significant difference to the long-term recovery of individuals and families (Dyregrov and Regel, 2012).

This workshop will include:

- An overview of the key phases of coping with a traumatic loss; from the first few days, to the following 24 months;
- Common reactions including risk and vulnerability factors;
- Comprehensive assessment and coping strategies to help individuals and families manage the impact of a loved one's sudden death;
- A model utilising *Structured Social Support*, will be articulated and described;
- Case examples (including video footage) to illustrate aspects of the model;
- Individual case discussion.

The workshop is suitable for anyone working with those affected by traumatic bereavement, including mental health professionals, social workers, nurses, psychologists, counsellors and those supporting this population in the voluntary sector. *Information and related resources to help employers to support those affected by traumatic bereavement will be available.*