

# Understanding and Facilitating Posttraumatic Growth

The concept of posttraumatic growth (PTG), that is, how people report personal transformations in the aftermath of traumatic events is an emerging area of research and clinical focus. These growth experiences are relatively common, but often ignored in standard trauma practice due to relatively few clinicians fully understanding the concept. In order to enhance trauma-focused clinical services, professionals should learn to integrate the PTG model into their trauma treatment strategies and practice. PTG is based on an integrative cognitive-existential-narrative theoretical foundation. The theoretical foundation of PTG also informs a highly effective intervention strategy that has been labeled "Expert Companionship". Using the Expert Companionship clinical approach in treating trauma survivors facilitates personal development beyond the reduction of symptoms of trauma. In fact, trauma survivors are able to both reduce symptoms of PTSD and related conditions and learn to use their difficult life experiences as a means to live a more rewarding and fulfilling life. This is important considering the field of mental health recognizes that standard practice for PTSD has important limitations. This posttraumatic growth based approach shows promise for addressing these limitations.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses

Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe the general concept of posttraumatic growth.
2. List and give examples of the five domains of posttraumatic growth.
3. Describe and apply the theoretical and research basis of posttraumatic growth to the posttrauma experience of clients/patients.
4. List and explain the five phases of expert companionship.
5. Summarize and utilize a framework for facilitating posttraumatic growth with clients/patients through expert companionship within existing treatment models.

## Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 10AM EST

Overview of Posttraumatic Growth

Definition

History

Examples

Review of Evidence-Based Practice and Posttraumatic Growth

What Evidence-Based Practice Is and Is Not

Overview of Expert Companionship

Five Phases of Expert Companionship

Facilitating Expert Companionship

Integrating Expert Companionship into Your Clinical

Practice

END 1:15 PM EST

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### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenters

Bret A. Moore, Psy.D., ABPP is Vice Chair of the Boulder Crest Institute for Posttraumatic Growth and a clinical and prescribing psychologist based in San Antonio, Texas. He is a former active duty Army psychologist and completed two tours (27 months) in Iraq as a Clinical Psychologist and held the positions of Chief of Clinical Operations and Officer in Charge of Preventative services while deployed. He is the author and editor of 20 books, including Handbook of Clinical Psychopharmacology for Psychologists, Handbook of Clinical Psychopharmacology for Therapists, Child and Adolescent Clinical Psychopharmacology Made Simple, Treating PTSD in Military Personnel: A Clinical Handbook, The Posttraumatic Growth Workbook, Wheels Down: Adjusting to Life after Deployment, and Taking Control of Anxiety: Small Steps for Overcoming Worry, Stress, and Fear. In addition to writing dozens of book chapters and journal articles, Dr. Moore has written feature articles for a number of popular press publications to include Scientific American Mind, The New Republic, Psychology Today, and Military Times. Dr. Moore is a Fellow of the American Psychological Association and recipient of the Charles S. Gersoni Military Psychology Award and the Arthur W. Melton Award for Early Career Achievement in Military Psychology from Division 19 and the Early Career Achievement Award in Public Service Psychology and the Peter J. N. Linnerooth National Service Award from Division 18 of APA. His views on clinical and military psychology have been quoted in USA Today, The New York Times, and The Boston Globe, and on CNN and Fox News. He has appeared on NPR, the BBC, and CBC.

Richard Tedeschi, Ph.D. is Professor Emeritus in the Department of Psychological Science at the University of North Carolina at Charlotte, and Distinguished Chair of the Boulder Crest Institute for Posttraumatic Growth, in Bluemont, Virginia. He has published several books and numerous professional articles on posttraumatic growth, an area of research that he developed that examines personal transformations in the aftermath of traumatic life events. Dr. Tedeschi serves as a consultant to the American Psychological Association on trauma and resilience, is a Fellow of the Division of Trauma Psychology and the Division of Psychotherapy, and is Past President of the North Carolina Psychological Association.

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