

# Posttraumatic growth - positive changes in the aftermath of crisis

Erlbaum - Facing the coronavirus crisis together could lead to positive psychological growth

Description: -

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- The LEA series in personality and clinical psychologyPosttraumatic growth - positive changes in the aftermath of crisis

Notes: Includes bibliographical references and indexes.  
This edition was published in 1998

Tags: #The #Differences #Between  
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## The Differences Between Resilience and Post

Study and derive hope from them and remind those connected to you to do the same. Despite the fact that traumas are usually individual experiences, there are circumstances in which they are experienced by entire communities bringing out collective traumatic dynamics.

## Beyond the Pandemic: Opportunities

**for Growth and Positive Change**

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The implications of social identities in regards to relations with others have been extensively examined ; ;

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According to , this is a situation of massive collective stress.

## Posttraumatic Growth

In studies designed to measure the kind of perceived benefits arising from encounters with trauma reflected in the literature, Tedeschi and Calhoun 1996; 1998 identified five factors: new possibilities; relating to others; personal strength; spiritual change; and, appreciation of life.

## Related Books

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- [Tree borers and their control](#)
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