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June 11th 2013: Post-Traumatic Growth: From Heartache to Hope

In this hour I will talk about the exciting and optimistic concept of Post-Traumatic Growth. This theory states that traumatic life events including medical diagnoses, transportation accidents, childhood abuse and neglect, acts of terrorism, divorce, and loss can all be transformed into experiences that yield a higher level of self-actualization. We will explore how actually struggling with these experiences can help us reach this higher plane. We will process the arenas that become strengthened as a byproduct of trauma including: how we relate to others; rediscovering our inner strengths; a

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