

# Contents

<b>1</b>	<b>Introduction: What Are the True Benefits of Adversity?</b>	<b>1</b>
	References.	5
<b>2</b>	<b>Contemporary Understandings of Posttraumatic Growth</b>	<b>7</b>
	Psychological Perspectives on Posttraumatic Growth	8
	References.	15
<b>3</b>	<b>Can We Trust Current Findings on Posttraumatic Growth?</b>	<b>19</b>
	What Do We Really Know About Posttraumatic Growth?	22
	Conceptualizing Posttraumatic Growth as Positive Personality Change	23
	Can We Expect Changes in the Big 5 Following Trauma?	24
	Does Perceived Posttraumatic Growth Reflect a Personality Characteristic?.	25
	Conclusion: Many Unanswered Critical Questions	26
	References.	28
<b>4</b>	<b>Methodologies for the Study of Posttraumatic Growth:</b>	
	<b>Some New Directions</b>	<b>33</b>
	Corroborating Reports of Self-perceived Posttraumatic Growth.	34
	Assessing Posttraumatic Growth at the Daily Level	36
	References.	38
<b>5</b>	<b>Exploring the Long-Term Benefits of Adversity:</b>	
	<b>What Is Posttraumatic Wisdom?</b>	<b>41</b>
	Is There Reason to Believe People Become Wiser Following Adversity?.	42
	What Is Wisdom? A Brief Overview of Psychological Accounts	43
	Unanswered Questions on How Wisdom May Develop Through Adversity.	46

Identifying the “Wise Profile” . . . . .	48
Some Foundational Questions to Address in Studying Wisdom	
Following Adversity . . . . .	49
References. . . . .	50
<b>6 Employing the Tools of Growth: The Example of Displaced Populations. . . . .</b>	<b>53</b>
How Has Refugee Mental Health Been Studied? . . . . .	54
Criticizing Prevailing Approaches to Refugee Mental Health . . . . .	54
From Victims to Survivors: Recognizing Individuals’ Agency . . . . .	56
The Value of Growth-Focused Models in Improving Refugee Mental Health . . . . .	58
Toward an Integrative Approach to Refugee Mental Health . . . . .	60
References. . . . .	63
<b>7 Conclusion: Posttraumatic Growth: A Worthy Idea Poorly Studied. . . . .</b>	<b>67</b>
Highlight the Unique Limitations of Retrospective Self-perceived Measures of Posttraumatic Growth . . . . .	67
Examine Situational Contingencies of Daily Posttraumatic Growth. . . . .	68
Achieve Greater Clarity of the Role of Clinical Trauma Versus Adversity in Posttraumatic Growth . . . . .	69
Study Posttraumatic Growth as a Developmental Phenomenon and Focus of a Broader Set of “Character Skills” . . . . .	69
Obtain Measurements Over and Above Self-reports When Conducting Posttraumatic Growth Research . . . . .	70
Develop Evidence-Based Interventions That Enable Survivors of Adversity to Recover Successful from Their Experiences. . . . .	72
References. . . . .	73
<b>Index . . . . .</b>	<b>77</b>

Exploring the Psychological Benefits of Hardship  
A Critical Reassessment of Posttraumatic Growth

Jayawickreme, E.; Blackie, L.E.R.

2016, IX, 77 p., Softcover

ISBN: 978-3-319-47987-3