

## What is post-traumatic growth?

- Post-traumatic growth (PTG) is the **positive psychological change** that **some** individuals experience after a traumatic event.
- Post traumatic growth is where a person who has experience or witnessed trauma uses their experience in a positive way.

**POST** = After

**TRAUMATIC** = Injury/Event

**GROWTH** = Different than before

It is nearly impossible to progress in the middle of a crisis, but once they individual has space from it they may reflect on their trauma, which can provide a foundation for growth.

- Kintsugi is the Japanese art of putting broken pottery pieces back together with gold — built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art.
- Every break is unique and instead of repairing an item like new, the 400-year-old technique highlights the "scars" as a part of the design.
- Using this as a metaphor for **healing ourselves** teaches us an important lesson: Sometimes in the process of repairing things that have broken, we create something more **unique, beautiful and resilient**.

