The 31st International Congress of Psychology (at Yokohama, July 24-29, 2016)

Title:
A Brief Psycho-Educational Intervention Program on Posttraumatic Growth

Presenters:
Kanako Taku

Abstract:
This presentation will provide an overview of the brief psycho-educational intervention program that was designed to foster adolescents' perceptions of posttraumatic growth (PTG). By presenting the data that contain pre- and post-intervention assessment, I will discuss how the intervention program affected PTG perceptions. Specifically, those who learned about the positive changes possible after stressful experiences reported a higher level of PTG than those who learned only about negative changes. Being exposed to the knowledge about PTG may affect the teenagers' cognitive processing, particularly deliberate and intentional thinking, reflecting broadly on the personal experiences, which then may increase in reported PTG. I will also discuss what factors may suppress the perceptions of PTG. As much as we should raise an alert over the potential hazard of bringing up the subject of PTG out of context, the study supports the beneficial side of having the knowledge of PTG.