



Trauma and Transformation: Growing in the Aftermath of Suffering

Richard Tedeschi, Lawrence G. Calhoun

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That personal growth often occurs in people who have experienced traumatic events is an acknowledged but under-researched phenomenon. This book fills the gap: the authors use a cognitive framework to explore this finding, focusing upon changes in belief systems reported by trauma survivors.

Tedeschi and Calhoun weave together literature from fields as diverse as philosophy, religion and psychology, and incorporate major research findings into the effect of trauma. With case examples from the authors' research and clinical work, information is presented in a manner accessible to clinicians. In addition, one chapter is written specifically for trauma survivors.

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