

Self-Compassion and Post-Traumatic Growth for Post-Traumatic Stress

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Abstract

Self-compassion and Post-Traumatic Growth seem to be inextricably linked. An exploration of the relationship between the two might lend to strategies that potentially could maximize rapid Post-Traumatic Growth after trauma. Consequently, Post-Traumatic Stress, as it is a transitive and transitional state of the psyche in which the self exists in fragmentation, may benefit from Compassion Focused Therapy as an effective form of early therapy after traumatic experiences. Most centrally, this paper investigates self-compassion's role in Post-Traumatic Growth focusing on ongoing favorable inner dialogue and self-talk—prospective personal extensions of Compassion Focused Therapy—with habituation likely an important outcome for those who are affected by Post-Traumatic Stress. The discussion encompasses how to utilize self-compassion in one's personal life and professional practice. Limitations, implications for individuals and professionals, and future research directions are broached.

Keywords: Self-compassion, post-traumatic growth, post-traumatic stress