

Positive Psychology and Cognitive Behavioral Therapy

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Experience of adversity and post traumatic growth: A positive psychological perspective on research and implications

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In recent years, researchers and practitioners have embraced the positive psychological perspective which provides a better insight into various human potential, resilience and post traumatic growth among individuals following traumatic events. Literature on resilience, hope, spirituality, meaning making process, optimism, positive emotions, creativity and other aspects of positive psychology facilitate our understanding of the incredible adaptation pattern, to adverse personal/professional events and maintenance of a health/well-being among survivors of diverse backgrounds. Transforming adversity into a growth experience and moving forward in one's life are outcome of positive characteristics and resilient behavior among youth and adults across cultures. Being raised in Eastern culture with my exposure to yoga, spiritual tradition and healing experience, I strongly believe in the power of positive outlook and its impact on psychological well-being, relational health and healthy workplace climate. This presentation will highlight mixed method research data from her recent projects on resilience, psychosocial correlates, coping strategies, meaning making and post-traumatic growth among diverse groups of women following traumatic events and adversity. Practical implications of these findings on protective factors, empowerment and growth promoting processes across individual, family and organizations will be addressed. Finally, it will highlight the importance of strength based approaches in therapeutic intervention/prevention programs that foster pathways to psychological recovery, growth and build healthy communities at large.

Biography

Sukanya Ray is a tenured Associate Professor in Psychology at Suffolk University, Boston Massachusetts. She has received training and worked as University Faculty in India, Australia and USA. Her research interests/publications include immigrant mental health risks/disparities, body image/eating problems, trauma/resiliency. She serves as Board member, community consultant, multi-cultural competence trainer, empowerment/prevention program educator in collaboration with clinicians, researchers and agencies. She has co-authored a recently published book *"Beyond the Campus: Building a Sustainable University-Community Partnership"*. She has received 2014 Stanley Sue Distinguished Lecture Award for her contribution of diversity education to the field of psychology at University of Maine, Orono.

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