Course Closing

• Announcements
• Post-traumatic growth
• How to get involved
• Activity: What did you learn?
• Appreciations
• In-Class Evaluations
  – for those who have a laptop or device
Announcements

• Papers
  – Papers returned in section
  – Priscilla, Sarah, Sona (Wed): unclaimed papers available here in lecture
  – Sona (Fri) returned in section tomorrow
Announcements

• Final Exam Th 6/9
  – 9:00-11:00am
  – Bring green scantron (882-E)

• Review sessions
  – Sona Fri 12:30-1:40 (Eight Acad 250)
  – Priscilla Fri 4:00pm (Phys Sciences 136)
Announcements

• Final exam study tips
  – about 2/3 of exam questions will be about post-midterm material
  – study lecture material thoroughly (about 50/50 lecture and readings)
  – focus on main concepts from films, readings, guest speakers
  – most films are available in McHenry, if you missed one
Evals are important!

- Evaluations for TAs
  - done in section this week or last week

- Evaluations for professor
  - complete before midnight Sunday
  - evals are anonymous to me, and I don’t see them until I turn in grades
    - don’t email them to me
  - do evals in last part of class today, if you can
  - 1 point extra credit for completing eval
Announcements

• Herman’s afterward
  – Not assigned in the syllabus, so you won’t be tested on it
  – But it is very powerful – I encourage you to read it
  – “Creating a protected space where survivors can speak their truth is an act of liberation.”
I. Post-Traumatic Growth

• We’ve focused a lot on the negative impact of trauma
• But many studies now show that there can be positive effects as well
Positive Effects of Trauma

• New sense of self
  – more emotional maturity
• Changes in relationships
  – more closeness
• Changes in spirituality or philosophy
  – see more meaning in life or bigger picture
Prosocial Behavior

• Anecdotal reports that experiencing trauma may lead you to try to help others
• Bertha Pappenheim (Anna O.)
  – worked against sexual exploitation of girls
• Study by Frazier et al. (2013) looked at relationship between trauma history and prosocial behavior
Method

• College student sample (n = 1281)
• Prosocial behavior
  – Two measures
    • Daily helping behavior
    • Volunteer activities
Prosocial Behavior: Helping

• Self-report of daily helping:
  – How many days in the past two weeks (0 to 14) have you engaged in each of the following behaviors?
    • Helped out someone in need
    • Provided emotional support to someone
    • Volunteered my time
    • Gave money to a person in need
Prosocial Behavior: Volunteering

• Self-report of volunteering
• 18 different behaviors
  – participated in charity event
  – volunteered with kids
  – participated in political activity (rally, campaign)
  – volunteered for a faith-based organization
Trauma Exposure

• Have you experienced one of 22 events?
  – e.g., unwanted sexual contact, life-threatening illness
Results

• Number of lifetime traumas correlated:
  – w/volunteering: .16
  – w/daily helping .23
• Just as strong of a relationship as for known correlates of prosocial behavior
  – empathy w/volunteering: .16
  – empathy w/daily helping: .23
  – similar for extraversion, agreeableness, religious commitment
Results

• They also asked people their motivations for volunteering
  – if they had indicated that they volunteered because of a specific life event

• Reasons
  – 44% negative life
  – 14% positive life events
  – 13% because someone helped them
Vicarious Post-Traumatic Growth

- We discussed vicarious trauma early on.
- People who work with trauma survivors (or research or study trauma) can have negative impacts.
- The flip side is that there can be positive effects of vicarious exposure to trauma.
Cohen & Collins (2013)

- "Meta-synthesis" of qualitative studies
  - parallels the idea of a "meta-analysis"
- Looked at 20 studies of people exposed to vicarious trauma
  - mostly therapists, counselors, crisis line workers
  - a few studies of researchers
Results

• Found positive change in:
  – World views
  – Values
  – Self
  – Day-to-day life
Changes in World Views

• Appreciation for human resilience
  – “I’ve learnt how strong and resilient people are, and how much inner resources and strengths people have.”

• Appreciation of life
  – feeling lucky and blessed
  – putting things in perspective
  – realizing what’s important (don’t sweat small stuff)
Changes in Values

- Importance of family and friends
- Stronger sense of social justice
  - valuing support for survivors
- Less materialism
Changes in Self

• Compassion
  – more accepting of others; more humble
• Wisdom
• Self-awareness & insight
• Self-worth
  – empowerment, self-validation for their work supporting survivors
• Better professionals
Day-to-Day Life

• Social activism
  – increase in social, political and community involvement

• Better parenting
Have you experienced VPTG?

- World views
- Values
- Self
- Day-to-day life
II. How to Get Involved

• Psych dept field study program
• Some local organizations
  – Walnut Ave. Family & Women’s Center
  – Monarch Services
  – Survivor’s Healing Center
  – Haven of Hope (and other group homes)
  – Friends Outside
  – Court Appointed Special Advocates (CASA)
• TA and student suggestions
III. What Did We Learn

• Activity: Groups of 3-4
• Choose note taker
• Each person answer
  – One thing you learned from this course that you think you’ll remember into the future
• Group brainstorm
  – One thing you could do to prevent trauma or lessen its impact
Summary of Course

• Trauma is pervasive, and trauma survivors deserve our support
• Perpetration is very often related to previous victimization
• It can take a long time to heal from trauma, but recovery and growth are possible
• Telling the truth about trauma is important for healing
IV. Appreciations
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• It takes a real commitment to study trauma as intensively as you have
• We’ll take some time to appreciate ourselves for making this commitment
  – appreciation of self
  – appreciation of other students
  – appreciation of TAs and/or professor
The power of ordinary people

• Deborah Hoffman, (filmmaker, LNJID)
The power of ordinary people

• "What affected me most was not the stories I heard (I mean every one of them was something you couldn't shake), but it was the understanding - and maybe this is the most obvious thing in the world, but it took me halfway through my life to get it - that the course of the world and history really is made by just ordinary people like myself. We all have a lot more power ... than I understood before."

• Deborah Hoffman, 1999 (filmmaker, LNJID)
Thank you for your commitment to studying an important and challenging subject.