



## Ground Zero-scale trauma can spur growth

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Most people recover following devastating events such as the Sept. 11, 2001, terrorist attacks and develop more personal strength, a U.S. researcher says.

Lisa D. Butler, an associate professor at the University at Buffalo's School of Social Work says people who live through an extreme traumatic experience often have the capacity to bounce back or even grow to a higher level of functioning and personal strength. Butler's multiple studies on the trauma following Sept. 11, 2001, and other life events have been published in numerous journals, including the April issue of the Journal of Nervous and Mental Disease.

"Even when people go through a horrible life-threatening event, or endure huge losses and very difficult circumstances, many of them actually find some positive aspects to the experience and are able to grow from it," Butler said in a statement.

"That does not negate the pain of what they have been through or the lingering effects in their lives, by any means."

Butler found that the qualities common to people who are the most resilient include:

- Those able to recover well shared a willingness to express sadness or pain in a reasonable way; those who tamped their emotions down inside were less able to get beyond the toxic effects of their tragedy.
- Those who had a less catastrophic view of the world.
- Those who have a network of people supportive to their needs were more apt to survive their grief and find hidden reserves.

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