

SUMMARIES

Elena de Casas Soberón og Peter Berliner: Traume, lidelse og modstandskraft

Artiklen fremlægger og diskuterer den udfordring det er både at kunne bruge en begrebsramme til at forstå traumatisk stress og samtidigt kunne lytte åbent til de fortællinger om lidelse, sorg, håb og værdier, som medmennesker, der er undertrykt gennem organiseret vold, fortæller os. Den selvbiografiske bog "Cerecas" af Aurora Correa bruges som en case til at vise kompleksiteten i de responser, som undertrykte anvender i deres beskyttelse af livet mod volden.

Priscilla Oehlenschläger & Anja Ida Hansen: Posttraumatic Stress – a biological-psychological-social perspective

This paper presents and discusses how we can understand posttraumatic stress from a bio-psycho-social theory. The multiple consequences of post traumatic stress in individuals' lives are presented and factors promoting individuals' resilience or vulnerability towards developing long-term symptoms are examined. In closure we emphasize the importance of applying a bio-psycho-social perspective when treating individuals with posttraumatic stress.

Thomas Nicolaj Iversen, Dorte Mølgaard Christiansen & Ask Elklit: Posttraumatic growth: a review of challenges in current measurement of the concept

The research on posttraumatic growth (PTG) is characterized by diverging results, which has made it difficult to obtain a coherent framework for PTG. The article provides a review of published articles from 2004-2010 regarding the validity of the current measures of PTG with a special emphasis on the two quantitative scales most often used to measure PTG, the Post Traumatic Growth Inventory and the Stress Related Growth Scale. Both scales demonstrate acceptable reliability but there are a number of concerns regarding their validity. More specifically, this review identifies six basic problems with the current measurement of PTG and attempts to stimulate a critical discussion of ways in which the validity can be improved in future research on posttraumatic growth.

Keywords: Posttraumatic growth, stress-related growth, measurement problems, validity concerns, critical review, PTGI, SRGS.

Thomas Nicolaj Iversen, Dorte Mølgaard Christiansen & Ask Elklit: Predictor for post-traumatic growth at the micro, meso, and macro level

Background: Research on posttraumatic growth (PTG) has almost exclusively focused on the micro level within adult and college populations. However, predictors of growth may have different effects on adolescents and be differently associated with PTG on micro- (personal growth), meso- (relational growth) and macro level (institutional growth). **Methods:** The present work examines the effect of gender, age, adult attachment, locus of control, coping, social support and posttraumatic stress on PTG on different growth levels. Subjects were students (N = 320) who had been exposed to a high school stabbing incident. **Results:** A lacking overlap between the three growth levels suggested a distinc-

tion between PTG on micro-, meso-, and macro level. Age, problem-focused coping, the perception of social support, and PTSD symptoms were significant predictors of PTG but on different levels. There were also positive trends concerning problem-focused coping, a positive view of others, perception of social support, and satisfaction with social support and PTG on different growth levels. Gender and locus of control were unrelated to PTG. Conclusion: Predictors of growth have different effects on PTG on micro-, meso-, and macro level, and a positive predictor of growth on one level can be a negative predictor of growth on another level. This may explain some of the inconsistent research results within the area. Future research on PTG should therefore contain dimensional measures of growth with independent subscales for three growth levels.

Keywords: Posttraumatic growth, adolescence, predictors of growth, levels of growth.

Peter Elsass, Anna Frøsig, Karma Lhundup & David E. Nielsen: Spirituality as survival – an analysis of life stories of Buddhist nuns in retreat

How spirituality affects mental health in the age of globalisation is seldom taken as subject matter by empirical research. The aim of the present article is to acquire an understanding of how the Buddhist outlook of the Tibetans shapes their way of life – with a particular focus on their perception of the fugitive trauma.

14 Buddhist nuns from North India have, in collaboration with two Tibetan lamas, told their life stories. Then these personal presentations were systematically coded within a Buddhist view of ‘attachment’, ‘the self’ and ‘enlightenment’. Following this, the dynamic interplay of the categories has been analyzed by use of the actant model.

The life stories are of a remarkably non-psychological and non-dynamic character and show no signs of, for example, instances of ‘personal development’. As such, the life stories reflect the lack of an idea of development within the Buddhist paradigm. Lastly, our results are discussed through a comparison to life stories told by western Buddhists. We question the western employment of Buddhist methods in the treatment of fugitives suffering from PTSD due to the qualitative difference between Buddhism in East and West.

Dion Sommer: Resilience

Resilience research explains why some humans despite growing up in considerable risk environments beat the negative odds and develop ‘better than expected’. Empirical resilience research has been very modest in Denmark, and only a minor part of the extensive international research has been disseminated in Danish. The research started quite accidentally with studies of autistic children that showed a better psychological condition than expected. Werner & Smith’s groundbreaking Hawaii-study was an early major turning point as well. Resilience research became a part of the paradigm shift that took place in the 1960s and 1970s child psychology, a period where also the new discipline ‘Developmental Psychopathology’ emerged. The ‘four waves’ of resilience research show how conceptual understandings changed considerably over time; from stereotypes of individual psychological and mono-causal concepts to relational and dynamic approaches. ‘Risk’, ‘positive adaption’, ‘vulnerability’ and ‘protective’ factors are intimately connected to the concept of resilience. Research has identified a range of adaptive/protective systems – from the individual level to societal and cultural levels – that are influential in

the making of resilience. Resilience is not fixated as a phase in ontogenesis, nor is resilience a teleological governed end goal of development. Rather development is portrayed as various 'branches', where some individuals can move in unexpected directions during ontogenesis. What directions are influenced by specific vital life events – so-called positive/negative turning points. Future resilience research will use reciprocal interdisciplinary approaches/models, encompassing gene, neural, behavioral, environment (physical, social and cultural). Dynamic system Theory and Probabilistic Epigenesis as well as neuropsychology are interdisciplinary approaches that belongs to future's resilience paradigm.

Ole Steen Kristensen & Rikke Strømgaard: The balance of deviation: the transformation of individuals in groups

Social psychological research on groups tends to focus on how the group influences the individual while the focus on the interaction between individual and group is modest. There are, however, many types of groups, and recently presented theories question the way the social and context are dealt with within the field of social psychology. In the present article, we interpret social identity theory on the basis of recent object-oriented theories which allow us to understand how the group creates its own object and how it handles non-conformity. This approach makes it possible for us to also understand how group components can be configured and how this configuration influences the way in which the individual is transformed in the group. It seems that the configuration of the group is an important factor for its definition of non-conformity and hence also for the transformation of the individual in the group.

Jasmin Richter: Power and impotence in human life

Power is often perceived as something which someone possesses or is able to achieve in a certain situation or given the right circumstances. In that way, power tends to relate to questions regarding freedom, autonomy and a person's ability to change his or her life situation. When it comes to the way we talk about persons with traumatic experiences, we emphasize the importance for those persons to recapture a sense of power over their own life. But the question is if it is possible at all for a human being to possess or achieve power? Michel Foucault describes power as "an invisible force", which actively penetrates the life of all people often without their knowledge. That is due to the fact that we as individuals are not capable of consciously knowing the full mechanisms of power and its influences on our lives. This article discusses Foucault's Power Theory and its consequences for our understanding of human options for change through the following questions: what limits our freedom and autonomy, and if we are submitted to certain hidden power agendas, which possibilities of influencing our own lives are then left for us?

Johnny Tuborgh : We do not leave anyone behind – a study of social support provided by the association "Veterans of war" and relatives

This paper is a study of how community support may strengthen military veterans with PTSD and/or other psychological difficulties so that they may achieve improved health and well-being. The paper deals which the part of the study which concerns veteran's

identity and self-image and how this is influenced by public opinion and debate. Also, the paper focuses on community-based social support and how it influences veteran's access to therapy and treatment.

Peter Berliner, José Navarro Góngora & Vanessa Espailat: Psyko-social støtte til overlevende af en katastrofe

Artiklen beskriver, hvordan umiddelbar psykosocial støtte til haitianske jordskælvsoverlevende på hospitaler i Den Dominikanske Republik kunne afhjælpe noget af deres lidelse og forhindre krisen i at blive krystalliseret i symptomer og patologisk sorg. Støtten omfattede (1) information, (2) social regulering af følelser, (3) socialt støttende netværk for patienterne, (4) copingindsats og (5) normalisering af reaktioner. Endelig er det beskrevet, hvordan krisen gjorde, at værdierne omsorg, medfølelse og ansvar blev klart udtrykt og vist af de overlevende.

Helle Rabøl Hansen: (Be)longing – mobbing as a longing for belonging

The article presents a *Lord of the flies* approach to bullying; it covers perceptions that connect bullying with an implicit belligerent attitude in people. This perception falls under the individually oriented explanations to bullying, which have some prevalence among the teachers involved in the research project. The article rests on different methodologies: Quantitative data, qualitative data and theoretical reflections. The author follows a trace across these methodologies, which is the connection between the social life of the class and the patterns of bullying among the pupils. The article introduces the term 'longing for belonging' as a means to understand bullying as a type of informal community between the pupils, who attempt to cover their lack of belonging to the formal school community. 'Longing for belonging' may thus be seen as a contrast to the *Lord of the flies* approach. From this perspective, bullying comprises both social and non-social aspects. The social aspect lies in the wish to create something to share. The non-social aspect is found in the exclusion of classmates from the informal *we*. From this perspective the analysis suggests that bullying can be seen as *inclusive exclusion*.

Annie Høgh, Eva Gemzøe Mikkelsen & Åse Marie Hansen: Mobbing – a traumatizing experience?

Bullying at work takes place when one or more persons are exposed repeatedly to negative or offensive acts which they cannot defend themselves against. To be exposed to bullying has serious consequences for the health and wellbeing of the target. It also has an economical effect on the affected organization in the form of increased sickness absence and turnover. For some targets the bullying is perceived as a traumatic stressor which may generate posttraumatic stress symptoms.

Karin Riber & Ditte Lindvig: Narrative and evidence-based treatment of complex traumatized individuals

Many survivors of potentially traumatizing events develop serious psychological problems. This article aims to critically examine two fundamentally different treatment para-

digms. The article presents and discusses Michael White's narrative therapy, Metin Basoglu's modified behaviour therapy and Frank Neuner's narrative exposure therapy in the hope that a resource focused exchange between these different theoretical and practical fields can enrich the psychological treatment of complex traumatized individuals. By comparing the respective perspectives, they are brought into a dialogue that results in building a bridge between narrative and evidence based theories and their practices.