

Resilience and Coping Mechanisms in Post-Trauma Recovery

Dana Phillips

PhD

University of Helsinki
00014 Helsinki, Finland

Adrian Lewis

Dr.

Hebrew University of Jerusalem
Jerusalem 9190501, Israel

Morgan Baker

Prof.

University of Buenos Aires
CABA C1053ABJ, Argentina

Abstract. This article explores the role of resilience and coping mechanisms in recovery from traumatic experiences. By interviewing survivors of various traumas, the research identifies key factors that contribute to successful recovery. The findings highlight the importance of social support, adaptive coping strategies, and personal resilience in overcoming trauma. These insights provide valuable guidance for mental health professionals working with trauma survivors, emphasizing the need for tailored interventions that foster resilience.

Keywords: resilience, coping mechanisms, post-trauma recovery, social support, adaptive coping

Introduction

Recovery from traumatic experiences is a complex process that varies significantly among individuals. This study investigates the role of resilience and coping mechanisms in facilitating recovery from trauma by conducting interviews with trauma survivors. The research identifies several factors critical to successful recovery, including the presence of social support, the use of adaptive coping strategies, and the individual's level of personal resilience. These findings underscore the importance of resilience in post-trauma recovery and offer valuable guidance for mental health professionals. By tailoring interventions to enhance resilience and coping, practitioners can better support trauma survivors in their recovery journeys.

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