

Factors Which Have Influenced on Trauma Coping: A Review of Different Domains of Traumatic Conditions

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Abstract

Exposure to traumatic events gives people post-traumatic conditions which result in Post-Traumatic Stress Disorder (PTSD) and Post Traumatic Growth (PTG) which is optimistic rising right through the trauma in the opposite direction. Some of them may reports Acute Stress Disorder and some may have many grievances with the loss of closed one. However, most people overcome their traumatic condition by using their Emotional Intelligence and Resilience capacities. Three different models have been discussed which can explain the process of overcoming trauma using the emotional, resilience, and coping competencies. This paper focuses on basic mechanisms and resources which can be used to achieve a better rehabilitation along with Emotional Intelligence and resilience capacities with using different kinds of literature and models. Some findings to have been discussed of a study done among university students from Germany and Sri Lanka related to trauma coping.

Keywords: *Post Traumatic Stress Disorder, Post Traumatic Growth, Emotional Intelligence, Resilience, Coping*

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