

Abstract

Posttraumatic Growth of Parents of Children with Neurodevelopmental Disorders

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Parents of children with complex medical conditions, including neurodevelopmental disorders, are daily exposed to numerous challenges that can have a negative impact on the psychological and mental health of caregivers. Research shows that the aforementioned parental population has a fourfold higher risk of developing post-traumatic stress disorder compared to the general population. Experiencing multiple, repetitive and overwhelming traumatic experiences can lead to the development of complex PTSD (ICD-11 categorization). However, in addition to negative, traumatic experiences can also result in positive consequences, the so-called post-traumatic growth. Then there is a reinterpretation of the trauma in a new form that leads to the enrichment of life and improvement in the domains: relationships with others, personal strengths, new possibilities, spiritual changes and life values.

Keywords: parents of children with disabilities, post-traumatic growth

Sažetak

Posttraumatski rast roditelja djece s neurorazvojnim poremećajima

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Roditelji djece s kompleksnim medicinskim stanjima, uključujući i neurorazvojne poremećaje, svakodnevno su izloženi brojnim izazovima koji mogu imati negativan utjecaj na psihičko i mentalno zdravlje njegovatelja. Istraživanja pokazuju da navedena roditeljska populacija ima četverostruko veći rizik za razvoj posttraumatskog stresnog poremećaja u odnosu na opću populaciju. Doživljavanje višestrukih, ponavljajućih i preplavljujućih traumatskih iskustava može dovesti do razvoja kompleksnog PTSP-a (MKB-11 kategorizacija). No, osim negativnih, traumatska iskustva mogu rezultirati i pozitivnim posljedicama, tzv. posttraumatskim rastom. Tada dolazi do reinterpetacije traume u novom obliku koji vodi do obogaćivanja života i poboljšanja u domenama: odnosi s drugima, osobne snage, nove mogućnosti, duhovne promjene i životne vrijednosti.

Ključne riječi: roditelji djece s teškoćama, posttraumatski rast

