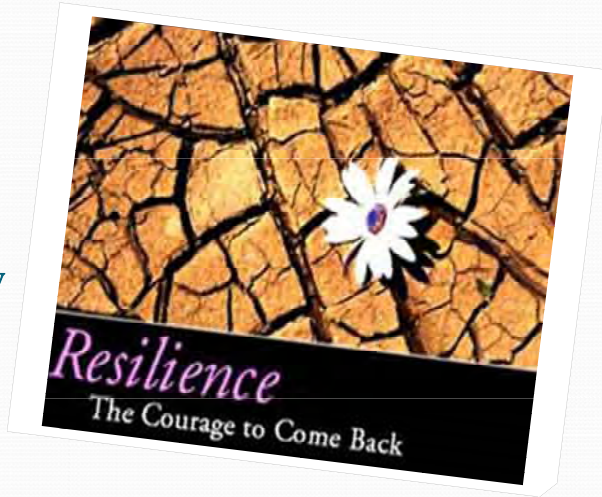
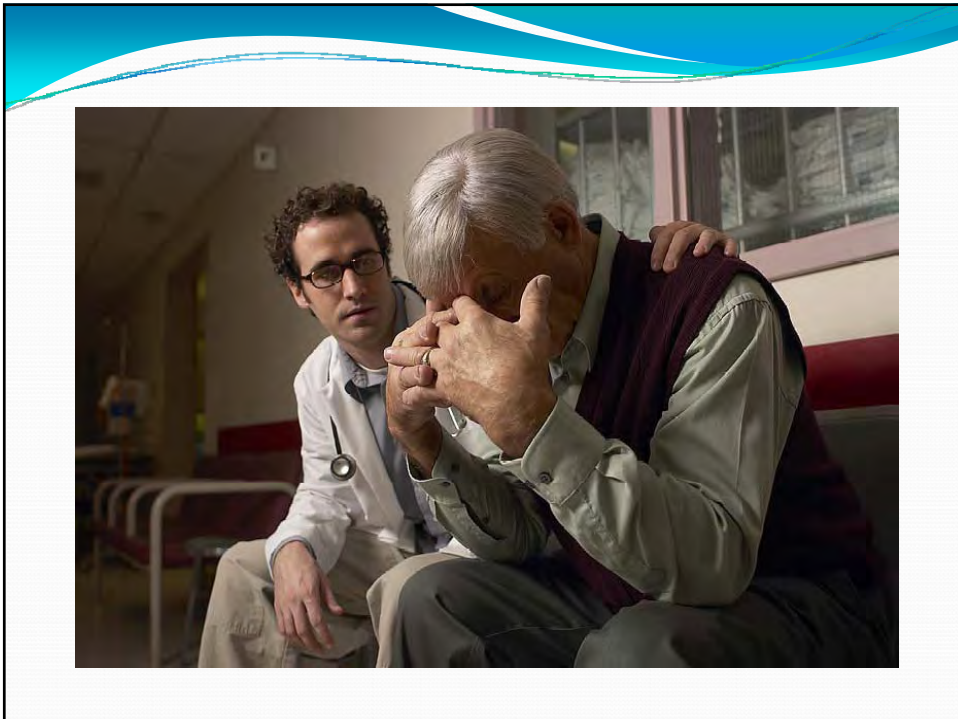
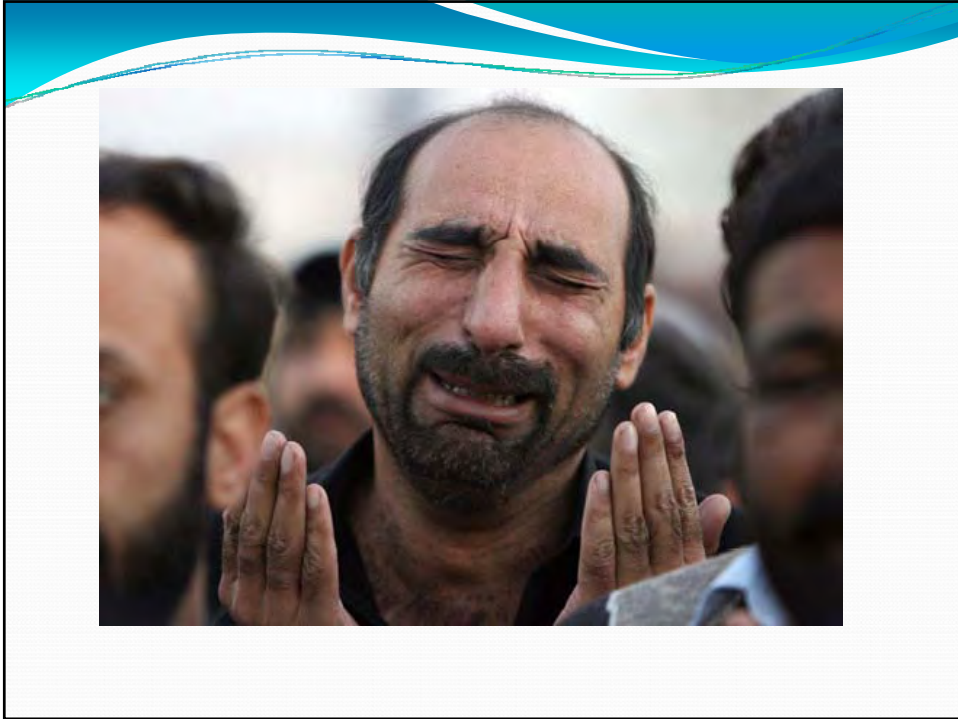


***A Look At Resiliency***  
Angela Gaddis, PhD, LCSW







## Defining Resiliency

- *Positive coping*
- *Adaptation*
- *Persistence*
- *Strong*
- *Overcoming the odds*
- *Bouncing back*
  
- Latin term *resiliens*: *pliant or elastic quality of a substance*

- Defined as: *“the capability of individuals to cope successfully in the face of significant change, adversity, or risk. This capability changes over time and is enhanced by protective factors in the individual and the environment”* (Stewart et al., 1997)
- *“the ability for an individual, family, group, community, or organization to recover from adversity and resume functioning even when suffering serious trouble, confusion, or hardship”* (Greene, 2008)

## Historical Context

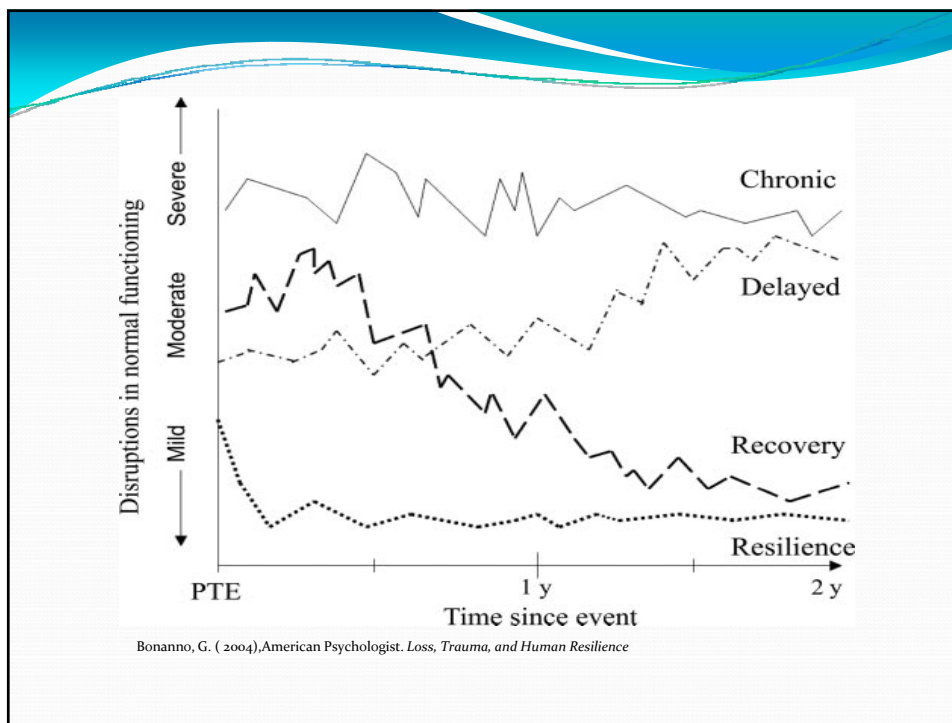
- Initial focus on risk associated with disadvantaged children
  - Bowlby (1973) concerned with infant attachment
  - Multiple influences and interactions of risk and protective factors on child and adult adjustment
  - Rutter (1985) Despite children being reared in high risk circumstances they developed into successful adults.
  - Bernard (1993) Between  $\frac{1}{2}$  and  $\frac{2}{3}$  of children growing up in adverse situations do overcome the odds and cope well as adults

- Second focus on the ability to overcome risk and adversity
  - Research (Saleebey, 1997; Benard, 1997) focused on exploration of resilience across lifespan, among families, and in communities
  - People need to be understood within an ecological context
  - Subjective meanings are critical determinants of success

- Two primary dimensions:
  - “risk factors”
  - “protective factors”
- Individual (biological and psychological dispositions, attitudes, values, knowledge, skills, problem behaviors)
- Peer (norms, activities)
- Family (function, management, bonding)
- School (bonding, climate, policy, performance)
- Community/Society (bonding, norms, resources, awareness/mobilization, policy/sanctions)

## Resiliency or Recovery?

- *Recovery*: normal functioning temporarily gives way to threshold psychopathology for a period of at least several months and gradually returns to pre-event levels
- *Resiliency*: the ability to maintain a stable equilibrium; may have symptoms of psychopathology but maintains normal functioning



## When Bad Things Happen....

- Tend to focus on the psychopathology
  - Chronic grief and depression (10-15%)
  - PTSD (5-10%)

## Demonstrated by:

- Optimism
- Flexibility
- Self-confidence
- Competence
- Insightfulness
- Perseverance
- Perspective
- Self-control
- Sociability



## Does Everyone Possess It?

- It is ordinary, not extraordinary
- Everyone possess to an extent
- Tremendously influenced by a person's environment

(Aguirre, 2007; American Psychological Association)



## Vulnerability Factors Influencing Resilience:

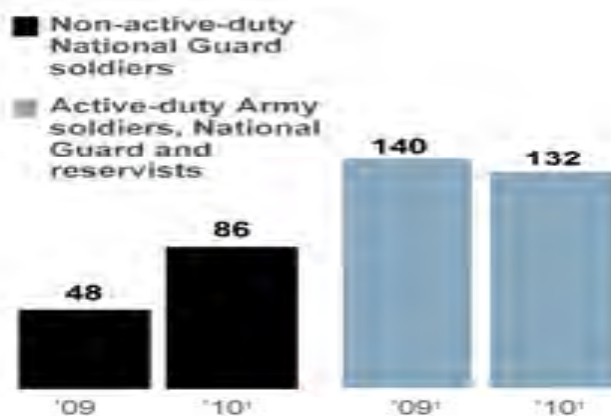
- Poor social skills
- Poor problem solving
- Lack of empathy
- Family violence
- Abuse or neglect
- Divorce or partner breakup
- Death or loss
- Lack of social support

## Positive Factors Influencing Resilience:

- Problem-solving skills
- Positive coping skills
- Empathy
- Secure or stable family
- Supportive relationships
- Intellectual abilities
- Effective Communication skills

## Facilitators of Resilience

- Individuals
  - Parents
  - Grandparents
  - Caregivers
  - Children
  - Adolescents
  - Friends
  - Partners
  - Spouses
  - Teachers
  - Faith Community
- (Adapted from Simon, Murphy, & Smith, 2008)



1 – first 10 months  
 Source: U.S. Army  
 By Julie Snider, USA TODAY

## Resilience-based Practice

- Focus on self-protective behaviors and strengths
- Allow narrative approach-allow client to reconstruct their stories from victimization focus to focus on an effective use of coping skills
- Interventions are solution focused vs. problem focused
- Help is centered on getting on with life affirming activities
- Trauma is not predictive; it may weaken or strengthen the individual

## How is Resilience Built?

### Physical Fitness

- Manage your levels of stress
- Eat well
- Get enough rest
- Exercise

## Mental Fitness

- Accepting that change is a part of life
- Maintain positive self-image
- Being flexible
- Do not focus on the questions
- Take action
- Learn from the past

## Social Fitness

- Make connections with family, friends
- Build and maintain social support
- Get involved in community, group activities
- AVOID ISOLATION

## Spiritual Fitness

- Over 25 years of Research support strong association between religious practices and mental health
- Importance of spiritual resiliency
- Strengthen your faith
- *Patience refers to strength, endurance , a resilient will.*
- *The fruit of the Spirit is...longsuffering (patience).*  
*Galatians 5:22*

*Whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope (Romans 15:4)*

*Walk worthy of the Lord, fully pleasing Him, being fruitful in every good work...for all patience and longsuffering with joy (Colossians 1:10-11)*

*Philippians 4:12-13; 2 Corinthians 12; Romans 15:13; Romans 5*



