



Resilience

The Art and Science of healing from trauma

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Definition of Resilience:



A class of phenomena characterized by good outcomes in spite of serious threats to adaptation or development. -Ann Masten

Resilience: We live on but we also live with. -Gonzales

1. speedy recovery from problems: the ability to recover quickly from setbacks.
2. elasticity: the ability of matter to spring back quickly into shape after being bent, stretched, or deformed. -Webster

Today we will be learning:



- Factors that impact resiliency
- Human adaptive process
- Steps to build resilience
- 12 steps of successful survivors

Factors that impact resiliency:

- Emotional health
- Environment
- Genetics



Human adaptive processes:

- Attachment (relationships)
- Agency, Self-efficacy and mastery motivation system (self belief)
- Intelligence: central nervous systems for problem-solving and information processing
- Regulatory systems for controlling arousal, affect, attention, and action
- Microsystems, including family, peers, classroom and work
- Community-level systems and collective efficacy
- Macrosystems: Culture, media, and national and international organizations

Great Threats to Human Development:



- Threats to brain development (age 1-6 trauma)
- Threats to caregiver-child relationships
- Threats to emotional regulation
- Threats to motivation for learning and engaging the environment (community, culture)

Resilience does not come from rare and special qualities but from the everyday magic of the ordinary, normative human resources in the minds, brains, and bodies of children, in their families and relationships and their communities.

-Ann Masten



Practical steps to help build resilience:



- During times of trauma
- Healthy ways to deal with past trauma
- Seeking pathway
- Survivor steps



Ways to build resilience during times of trauma:



- Do something you love.
- Do something for someone who needs you.
- Be with people who care about you.

One can live magnificently in this world if one knows how to work and how to love to work for the person one loves and to love one's work

-Tolstoy

What goes right in childhood predicts the future far better than what goes wrong. “Everybody is messed up” (all experience trauma)

-George Vaillant



Five Approaches to Dealing with Past Trauma Associated with Good Outcomes:



- Sublimation
- Altruism
- Suppression
- Anticipation
- Humor



Six strategies that are not effective:

- Projection
- Passive Aggression
- Dissociation
- Acting out
- Fantasy
- Hypochondriasis



Rage Pathway vs. Seeking Pathway



- Rage Pathway – Mechanism in the brain that causes one to fight
- Seeking Pathway – Assertive goal-directedness
- Brain does not like to invent new things, but work with what is there.

Video



- Josh Shipp

12 Steps of Successful Survivors:

- Perceive and believe
- Remain calm
- Think, analyze, plan
- Acting on your plan
- Celebrate your success
- Count your blessings
- Play
- See beauty
- You can influence events
- Surrender
- Do whatever is necessary to make move happen
- Never give up

Children who are resilient see themselves as:

- Safe
- Capable
- Loveable



2 Levels of Safety:

Physical:

- Security items: blankets, stuffed animals, pictures etc
- Physical distance: personal space
- Consistency: have predictable rules and environment
- Minimize potential triggers: minimize disturbing noise, know potential triggers

Psychological Safety:

- Respect and accept child feelings
- Make yourself available to your child
- Spend time with child one on one

Ways to Build Capability:



- Appreciate and encourage kids in the things they do
- Have them help with household chores
- Game of compliments
- Encourage interests
- Encourage positive self-talk
- Establish life goals

Ways to Make a Child Feel Loved:



- Saying you love them
- Appropriate physical affection
- Be a good listener
- Include kids in activities
- Praise your child

Five key I messages:

- I AM (likeable, capable, unique and valued)
- I CAN (treat others the way I want to be treated, achieve and do unique things)
- I HAVE (strengths, capabilities and people who care about me)
- I WILL (make healthy choices and achieve my dreams)
- I BELIEVE (I have a purpose)

Resources



- The Art and Science of Resilience Surviving Survival Laurence Gonzales 2012 Quality Care in Family Setting a Practical Guide for Foster Carers Leon Fulcher & Thom Garfat
- Ordinary Magic Resilience Process in Development Ann S Masten University of Minnesota 2001
- Building Resilience The Power to Cope with Adversity William R. Beardslee, Mary Watson Avery, Catherine C. Ayoub, Caroline L. Watts, and Patricia Lester Zero to Three 2010
- <http://www.consistent-parenting-advice.com/building-resilience-in-children.html>
- <http://www.healthychildren.org/english/healthy-living/emotional-wellness/pages/Building-Resilience-in-Children.aspx>
- http://familytlc.net/resilient_children_preteen.html

Any Questions?

