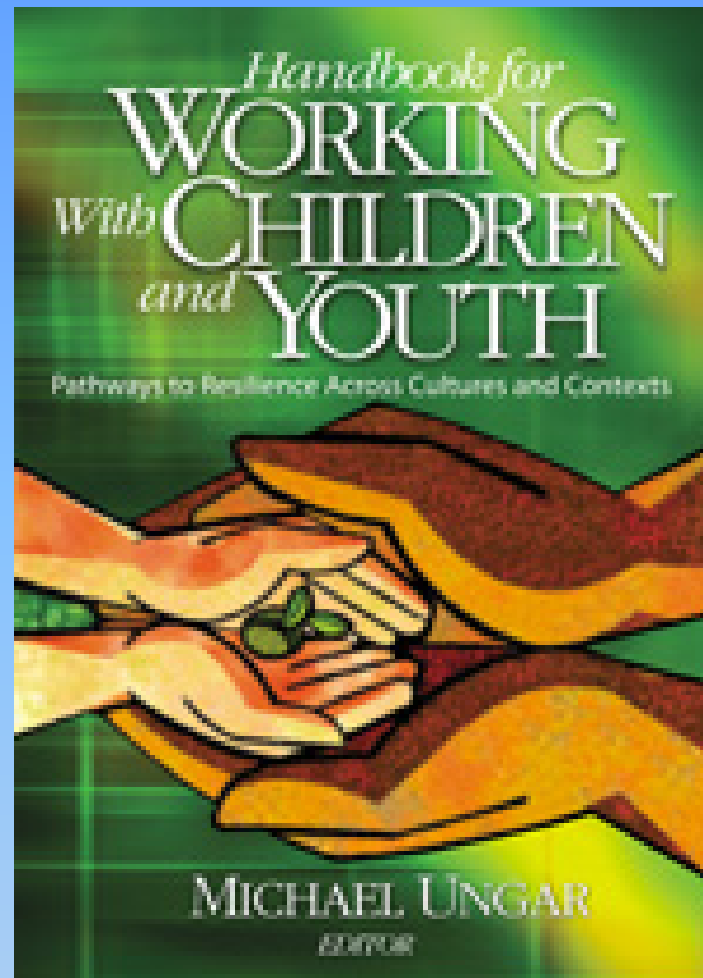


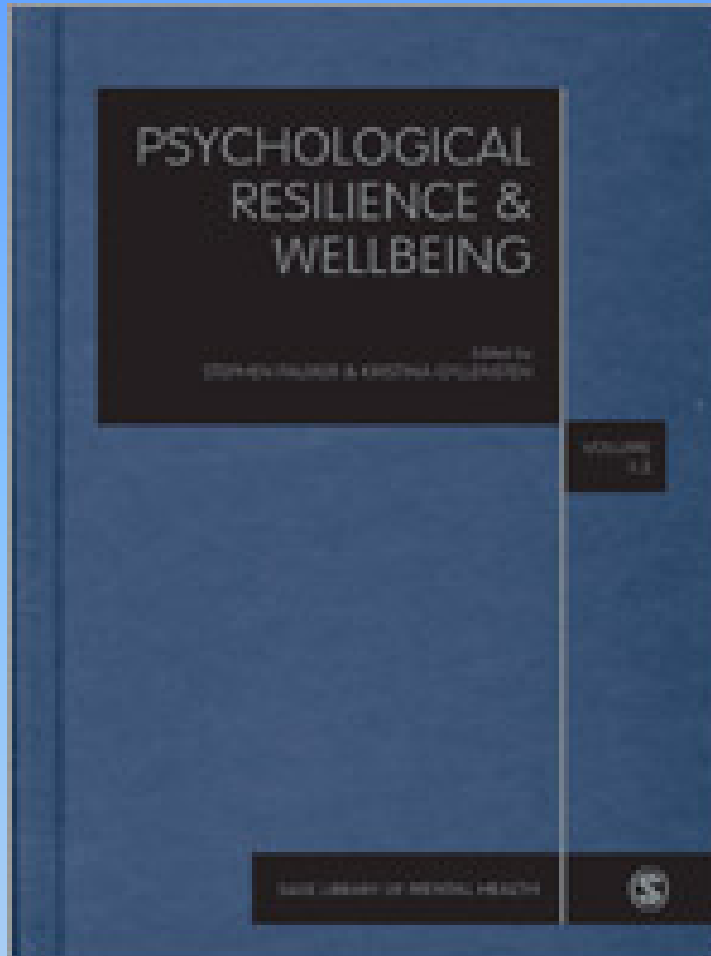
When Nature Nurtures

Building Resilience in Young Children and Families

Sam Chan
September 9, 2015



Handbook for Working with Children and Youth
Pathways to Resilience Across Cultures and Contexts
Michael Ungar (2005)



Psychological Resilience and Wellbeing

Stephen Palmer & Kristina Gyllensten (Eds.)

Sage, September 2015

Origin of “Resilience”

Latin verb: *resilire*

“bounce” or “jump backwards”

“bounce back”

Nature

Nurture

Personality Traits

Life Skills

Individual

Collective

Survive

Thrive

Post-traumatic Stress

Post-traumatic Growth

Bouncing Back

Bouncing Forward

Learned Helplessness

Learned Optimism

Life's a Bitch

Life's a Beach

SWAG (Sh__ _ We Ain't Got)

SWAG (Something We All Get)

The Power of Resilience

Biology, Ecology, Physics

Anthropology, Psychology, Sociology, Medicine

Engineering, Instructional Technology

Organizational Development, Business, Economics

International Studies, Political Science

Crisis Management

Community Development

The Science of Resilience

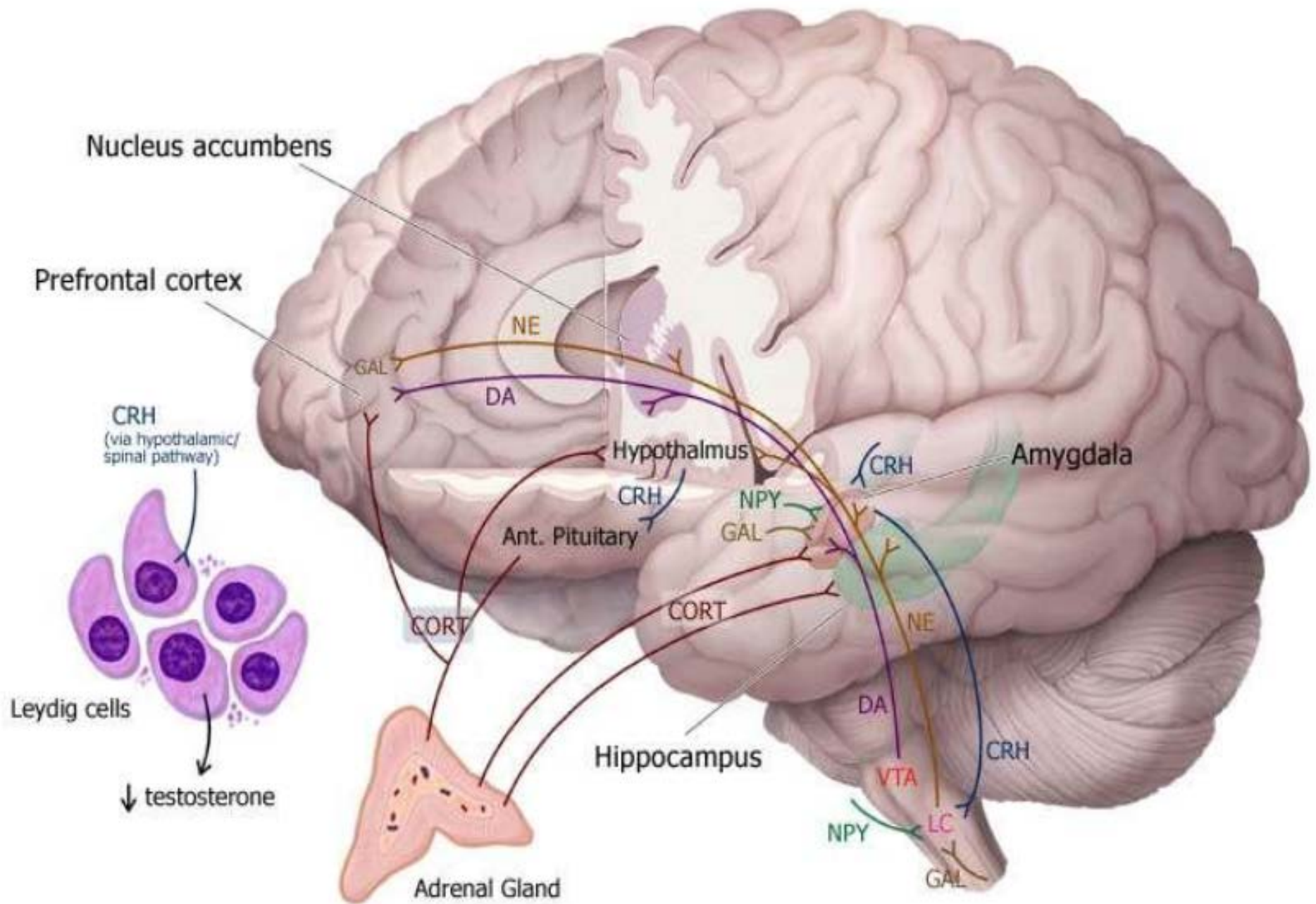
The dynamic interaction between biology and environment builds the capacity to cope with adversity and overcome threats to healthy development.

- Center on the Developing Child

http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/resilience/science_of_resilience/

Biological Indicators

- **Genetic Factors**
- **Brain Function**
- **Immune-related Responses**



The Stress Response

- Genes and the production of brain proteins
- The hypothalamic-pituitary-adrenal axis and allostatic load
- The “tuned-up” stress system
- The “CEO” of resilience
- Making “left shift” happen
- Exercise = hippocampal therapy

An Evolving Concept

- I. “Personality Traits” & “Character Armor”
- II. “Experience trumps Genetics”
- III. The Social Ecology of Resilience and Lifespan Human Development
(e.g., the children of Kauai)

Individual Resilience

In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their families' and communities' capacity to provide these resources in culturally meaningful ways.

(Ungar, 2011)

Collective Resilience

Someone carried the hope for me until I was ready to take it back.

I am never stronger than when I am asking for help.

<https://www.youtube.com/watch?v=yyX6UULJEic#t=47>

Parental Resilience

Parents are resilient when they are able to call forth their inner strength to proactively meet personal challenges and those in relation to their child, manage adversities, heal the effects of trauma, and thrive given the unique characteristics and circumstances of their family.

- Center for the Study of Social Policy

R E S I L I E N C E

is embedded in

RELATIONSHIP SCIENCE

Family Resilience

The family's ability to withstand and rebound from crisis, prolonged adversity, and stressful life challenges, strengthened and more resourceful.

(Walsh, 2010)

Family Resilience Framework

(Froma Walsh, 2003)

Belief Systems

- Making Meaning of Adversity
- Positive Outlook
- Transcendence and Spirituality

Organizational Patterns

- Flexibility
- Connectedness
- Social and Economic Resources

Communication/Problem Solving

- Clear, Consistent Messages
- Open Emotional Expression
- Collaborative Problem Solving

Seeing is believing.

Western view

***We must believe in something
to be able to see it.***

Native view

***We do not see things as they are.
We see them as we are.***

the Talmud

***You can't stop the waves,
but you can learn to surf.***

- Jon Kabat-Zinn

***Nothing too good or too bad
lasts for too long.***

- CFP

***When you change the way you look at things,
the things you are looking at change.***

- Wayne Dyer

***Am I what happened to me
or what I choose to be?***

- Carl Jung

***The wound is the place where
the light enters you.***

- Rumi

***Let nothing dim the light
that shines from within.***

- Maya Angelou

STRONGER

**That which does not kill us
makes us stronger.**

- Friedrich Nietzsche

<http://youtu.be/Q4Y-FbeCX14>

P E R M A

(Seligman, 2011)

- **Positive emotion**
- **Engagement**
- **Meaning**
- **Accomplishment**

The 6 R's

- **Regulation** ability to regulate emotion
- **Reflection** mindful awareness in thinking, feeling, being (skill needed for self-awareness and empathy)
- **Relationship** fulfilling relationships, connectedness
- **Risk** ability to take on challenges, to embrace change
- **Resiliency** adaptively coping with loss, adversity
- **Reward** improved creativity, imagination and sense of meaning, purpose

Essential Life Skills

1. Focus and Self Control
2. Perspective Taking
3. Communicating
4. Making Connections
5. Critical Thinking
6. Taking on Challenges
7. Self-Directed, Engaged Learning

Ellen Galinsky, *Mind in the Making* (2010)

Things All Children Need to Thrive

- Structure
- Consequences
- Parent-child Connections
- Strong Relationships
- Powerful Identity
- Sense of Control
- Sense of Belonging
- Fair and Just Treatment
- Physical and Psychological Safety

(Ungar, 2014)

What Parents Need

- To perceive themselves as competent
- To feel empowered to make a difference in their children's lives
- To feel connected to a web of supportive relationships – the village
- To feel connected to their pasts, to be emotionally available in the present, and to dare to hope for their children's future

Josh Sparrow (2013)

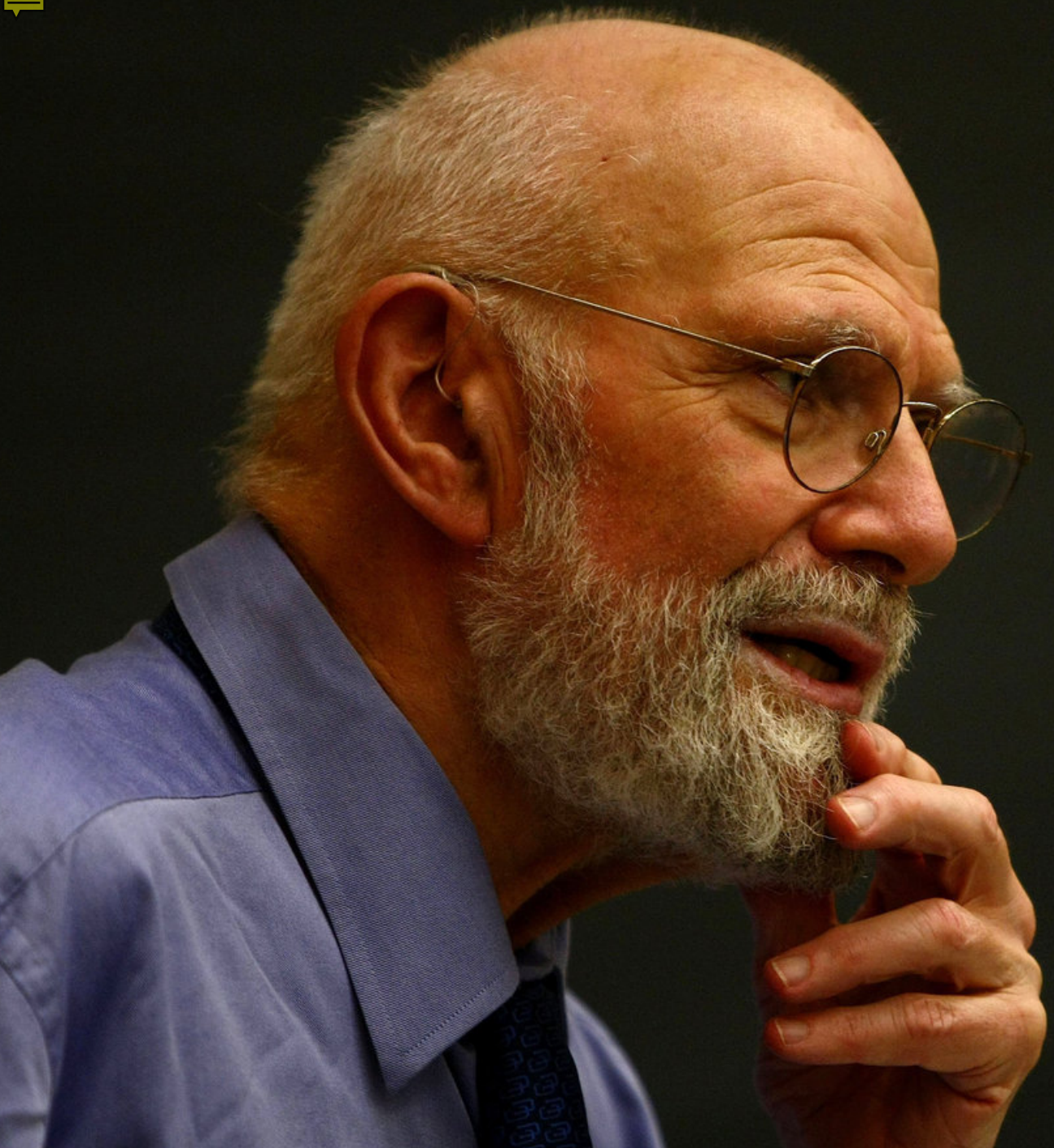
PROTECTIVE FACTORS



It Takes a Community (ITC)

- Raising children with care
- Raising children to care
- Creating communities of care





***It's at the end of time
and
the beginning of eternity.***

***It's part of me,
but it's not part of you.***