Resilient Adults



Overcoming a Cruel Past

Gina O'Connell Higgins

JE JOSSEY-BASS*

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Resilient Adults Overcoming A Cruel Past

Xudong Zhu,A. Lin Goodwin,Huajun Zhang

Resilient Adults Overcoming A Cruel Past:

Resilient Adults Gina O'Connell Higgins, 1994-08-30 What is it that makes some people resilient enough to overcome devastating trauma What separates them from those who are understandably broken by such events Most important how can we foster this strength in ourselves and in others Gina O Connell Higgins draws on her twenty year career devoted to the study of resilience to provide insight into these and other key questions Through both grim and joyous profiles Higgins describes people who had brutal childhoods who suffered violence at the hands of a parent who were raped abused and abandoned and yet who created lives of hope and happiness Included are moving portraits of people such as a psychiatrist happily married for twenty eight years who as a child was the victim of a satanic cult and was forced to become a prostitute and a son who though ferociously beaten by his father and sexually abused by his mother grew up to become the director of a human service agency Offering an approach that focuses on the origins of mental health rather than the beginnings of mental illness Resilient Adults outlines how men and women can recognize the resilient traits they possess and appreciate what has gone right with their lives Higgins s studies reveal many of the characteristics that resilient individuals have in common For example the author has found that these men and women tend to fiercely protect their time for reflection to approach potential problems proactively and to believe firmly that if they take charge and put forth the effort their lives will improve On the basis of her findings she provides a wealth of information about how these characteristics can be cultivated and how resilience can be fostered in adultsdespite their background or personal history Resilient Adults Gina O'Connell What Happened? Re-presenting Traumas, Uncovering Recoveries Elspeth McInnes, Danielle Higgins, 1994-08-01 Schaub, 2018-11-26 Traumatic experiences with an overwhelming life threatening feel affect numerous people's lives Death and disablement through accident illness war family violence natural and human induced disaster can be experienced variously at an individual level through to whole communities and nations Traumatic memories are intrusive and insistent but fragmented and distorted by the power of sensory information frozen in time This volume examines the ways individuals families communities and nations have engaged with representations of traumas and the ethical dimensions embedded in those representations Contributors also explore the work of recovering from trauma and finding resilience through working with narrative and embodied forms such as dance and breathing The ubiquity of trauma in human experience means that pathways to recovery differ emerging from the way each engages with the world Sharing and reflecting on the ways each copes with trauma contributes to its understanding as well as pathways to recovery and new strengths Contributors are Svetlana Antropova Peter Bray Kate Burton Mark Callaghan Marie France Forcier Monica Hinton Gen ichiro Itakura Danielle Schaub Zeina Tarraf and Paul Vivian Trauma and the Avoidant Client Robert T. Muller, 2010-07-19 Winner 2011 Written Media Award International Society for Study of Trauma Dissociation How to effectively engage traumatized clients who avoid attachment closeness and painful feelings A large segment of the therapy population consist of those who are in denial or

retreat from their traumatic experiences Here drawing on attachment based research the author provides clinical techniques specific intervention strategies and practical advice for successfully addressing the often intractable issues of trauma Trauma and the Avoidant Client will enhance the skills of all mental health practitioners and trauma workers and will serve as a Working with Adolescents Julie Anne valuable useful resource to facilitate change and progress in psychotherapy Laser, Nicole Nicotera, 2021-05-20 Noted for its multisystemic ecological perspective this accessible text and practitioner resource has now been revised and expanded with 60% new material The book provides a comprehensive view of adolescent development and explores effective ways to support teens who are having difficulties. The authors examine protective and risk factors in the many contexts of adolescents lives from individual attributes to family school neighborhood and media influences Assessment and intervention strategies are illustrated with diverse case examples and emphasize a social justice orientation Useful pedagogical features include end of chapter reflection questions and concise chapter summaries Key Words Subject Areas social work practice clinical human behavior and the social environment HBSE courses counseling development treating kids youths teens assessments treatments psychotherapy young adults textbooks problems resources for social workers Audience Practitioners and students in social work clinical child adolescent and school psychology psychiatry counseling and nursing International Review of Research in Mental Retardation Laraine Masters Glidden, 2003-05-03 International Review of Research in Mental Retardation is an ongoing scholarly look at research into the causes effects classification systems syndromes etc of mental retardation Contributors come from wide ranging perspectives including genetics psychology education and other health and behavioral sciences **Nurturing Emotional Resilience in** Vulnerable Children and Young People Juliette Ttofa, 2017-11-06 Nurturing Emotional Resilience in Vulnerable Children and Young People is a guidebook that provides a framework and practical strategies to support children's emotional resilience at a whole school and more targeted level Underpinned by research into the concept of resilience the book centers around the Resiliency Rainbow Toolkit a ready to use theoretical model that draws upon a range of ideas and approaches that act as a resiliency building programme This practical and interactive programme can be used by educators and counsellors alike and offers creative and engaging ideas for building emotional resilience in children Each section of the toolkit provides learning objectives facilitator notes discussion questions and student activities and is designed to support students in identifying their own resiliency levels and support network enable students to recognise and increase their existing strengths and values encourage students to examine their talents interests dreams and aspirations introduce strategies for boosting less strong areas such as supportive friendships teach students ways to cope with stress and difficult situations This guidebook can be used alongside seven fully illustrated storybooks that each focus on a different aspect of emotional resilience It outlines ways to use these beautifully told and visually appealing stories to nurture emotional resilience with children and discusses some of the key metaphors in the main story How Monsters Wish to Feel The guidebook and

storybooks will be invaluable tools for anyone working to build emotional resilience with children and young people Storybooks that accompany this guide are How Monsters Wish to Feel A Story about Emotional Resilience ISBN 9781909301849 The Boat Star A Story about Loss ISBN 9781138308824 The Boy Who Longed to Look at the Sun A Story about Self Care ISBN 9781138308923 The Day the Sky Fell In A Story about Finding your Element ISBN 9781138308886 The Girl who Collected Her Own Echo A Story about Friendship ISBN 9781138308893 The Hot and Bothered Air Balloon A Story about Feeling Stressed ISBN 9781138309029 The Tale of Two Fishes A Story about Resilient Thinking ISBN 9781138308848 The guidebook can be purchased in a set alongside the seven storybooks ISBN 9781138556454 The seven storybooks can also be purchased as a set ISBN 9781138556478 Strengthening Family Resilience Froma Walsh, 2015-11-02 In this widely used course text and practitioner resource Froma Walsh provides a state of the art framework for understanding resilience in families and how to foster it Illuminating the complex interplay of biopsychosocial influences in risk and resilience she identifies key transactional processes that enable struggling families to grow stronger and more resourceful Case illustrations demonstrate Walsh's collaborative approach with diverse families facing a wide range of crisis situations and chronic multistress challenges The book features practice principles tools and guidelines as well as programmatic applications New to This Edition Incorporates the latest practice advances and resilience research Chapter on assessment tools and strategies Chapter on disruptive transitions across the family life cycle Expanded coverage Quality of Teacher Education and Learning Xudong Zhu, A. Lin Goodwin, Huajun of war related and collective trauma Zhang, 2017-05-03 This edited book is on the theory and practice of teacher education from the most distinguished and experienced scholars in the field around the world In this book they explored the most urgent and significant issues in teacher education in this globalized time The dealing of these issues can directly impact the quality of teacher education and education in general How to improve the quality of teacher education is a global issue that many countries no matter developed or developing face This book provides multiple perspectives to address the challenges and possibilities for improving teacher quality A point needs to further highlight in this book is that the researchers pay more attention to the inner landscape of teachers such as the issue of identity sense of person etc In this book the readers can learn the insights and multiple perspectives of the best scholars in teacher education Yoga as Self-Care for Healthcare Practitioners Aggie Stewart, 2019-08-21 An introduction for healthcare practitioners on using yoga to help manage stress and reach one s full potential The importance of self care to prevent burnout and stress is increasingly recognised within healthcare professions and is being incorporated into education and training programs This book gives students and practitioners across healthcare disciplines the tools they need to face various challenges on a multitude of interrelated fronts and help process the stress that these bring It covers the foundations of yoga practice and how the different building blocks can be combined to develop Mental Health Practice with Children and Youth Lonnie R. Helton, Mieko Kotake resilience compassion and empathy

Smith, 2014-01-02 Use a strengths perspective for working with your younger clients Mental Health Practice with Children and Youth A Strengths and Well Being Model presents new insights into successfully working with children by concentrating on their capabilities and resilience This book explores the continuum of children's needs and challenges from early childhood through adolescence This text also supports child centered and strengths oriented approaches to intervention with children and introduces specific strategies for maximizing pro social behaviors self concept learning and positive peer relationships in children at home at school and in the community Mental Health Practice with Children and Youth shows how children s rights have slowly evolved over many years from children's status as property in the 1600s to the twentieth century innovations that give a child a specific legal status with a certain amount of freedom and self determination By emphasizing the self concept and self esteem guidelines outlined by this book social workers mental health specialists and childcare professionals can help children transition into healthy adults despite hardships disabilities or parent negligence Chapters highlighting interview and assessment techniques as well as media directed creative child therapies will enhance your counseling and intervention practices Mental Health Practice with Children and Youth provides you with insight on the relationships between children and family environmentfrom two parent families to foster families child socialization and peer relationships in school and around the community adolescence gender roles ethnic and racial diversity sexual orientation and adult transitioning educational needsteacher expectations special education diversity home schooling and more The strengths perspective is not always included in traditional child welfare and children's practice texts and this textbook fills that gap for working with younger clients Children in child welfare educational mental health family service and recreational settings will all benefit from the inclusion of Mental Health Practice with Children and Youth A Strengths and Well Being Model in your work Augmented with case scenarios and studies empirical findings and questions for discussion in every chapter this book will help child service professionals as well as university faculty and students **Addiction and Mood Disorders** Dennis C. Daley, 2006-07-20 Millions of individuals diagnosed with severe mental illness also suffer from an equally powerful substance use disorder If you or someone you love has been diagnosed with dual disorders this book can help Addiction and Mood Disorders A Guide for Clients and Families is designed primarily to educate individuals with dual disorders and their families about mood and addictive use disorders It not only gives a message of hope but also provides practical suggestions on ways to manage these disorders The author provides guidelines and strategies for recovery from dual disorders based on and adapted from various treatments that have proven effective for addiction mood disorders or both This book is filled with case examples that show growth and positive change as well as the difficulties many individuals struggling with a dual diagnosis face Advocating a recovery model in which the affected individual takes responsibility for getting the most out of professional treatment and self help programs this book shows that being an active participant is the key to getting the most out of your recovery This book is for use not only by those individuals who suffer from addiction and

mental illness but also by their family friends and other members of their support system Professionals who work with these individuals will find this book to be a useful guide in their clinical work as well Nurturing Hidden Resilience in Troubled Youth Michael Ungar, 2004-01-01 Timely in subject and original in perspective Nurturing Hidden Resilience in Troubled Youth challenges what popular media refer to as a youth problem Strengthening Family Resilience, Second Edition From a Walsh, 2011-09-16 This informative clinical resource and text presents From a Walsh's family resilience framework for intervention and prevention with clients dealing with adversity Drawing on extensive research and clinical experience the author describes key processes in resilience for practitioners to target and facilitate Useful guidelines and case illustrations address a wide range of challenges sudden crisis trauma and loss disruptive transitions such as job loss divorce and migration persistent multistress conditions of serious illness or poverty and barriers to success for at risk youth New to this edition reflects research and practice advances chapter on resilience oriented approaches to recovery from major disasters chapter on applications in community based programs and international contexts Facing Tragedies Christopher Hamilton, 2009 The essays in this volume grew out of the reflections and discussions conducted during the second international conference Impulses from Salzburg from May 6 to 9 2008 on Facing Tragedies In accordance with the aims of this project participants were asked to reflect not simply on the nature and meaning of tragedy but also on ways in which those who are the victims of tragedy make sense of or cope with their condition It was recognised that abstract reflection is important in this regard but also that such reflection must be rooted in ordinary everyday experience and thus the conference had as one of its aims the attempt to ensure that philosophical reflection not lose the moorings it needs in the A Leader's Guide to The Struggle to Be Strong Sybil Wolin, Al Desetta, Keith Hefner, 2020-10-21 reality of ordinary life Activities exercises and questions invite teens to go deeper into the stories and issues of the updated edition of The Struggle to Be Strong Designed for use with the anthology The Struggle to Be Strong this leader's guide explains how to use the stories in the student book to build teens resiliency Activities exercises role plays and questions about the issues in The Struggle to Be Strong help students go deeper into the stories reflect on them relate them to their lives recognize their own potential for resilience and start building resilience skills Introductory materials offer guidelines for group leadership and provide leaders with more information about the seven resiliencies insight independence relationships initiative creativity Resiliency Enhancement Elaine Norman, 2012-07-24 This book bridges the gap between theory and humor morality implementation to illustrate how resiliency enhancement enables social workers to put the strengths perspective successfully into practice for their clients Contributors to this volume show how social workers can use interventions to enhance those resiliency factors Normal Family Processes, Fourth Edition From Walsh, 2015-10-02 Widely adopted this valued course text and practitioner guide has expanded the understanding of family normality and healthy functioning in our increasingly diverse society. The editor and contributors are at the forefront of research and clinical training. They describe

the challenges facing contemporary families and ways in which clinicians can promote resilience With consideration of sociocultural and developmental influences chapters identify key family processes that nurture and sustain strong bonds in couples dual earner divorced single parent remarried adoptive and kinship care families gay and lesbian families culturally diverse families and those coping with adversity such as trauma poverty and chronic illness New to This Edition Reflects important research advances and the changing contexts of family life Additional chapter topics kinship care family rituals evidence based assessment and neurobiology All chapters have been fully updated Trauma, Torture and Dissociation Aida Alayarian, 2018-03-21 Theoretical material is presented in close conjunction with clinical data in the form of vignettes and case studies to illustrate the key points outlined in this book which focuses on the multidimensional approach to the understanding of childhood trauma It examines the contributions of psychoanalysis emphasising the act of dissociation healthy and unhealthy Specific attention is given to the internalisation of the mother object as the listening other and the dissociated part s that may results in an over idealised yet feared object The final discussion focuses on how patients in therapy become able to transform fears into psychic space and to break away from vulnerability by developing a better sense of self as the result of having the therapist as the listening other **Strengthening Family Resilience, Third Edition** Froma Walsh, 2015-09-28 In this widely used course text and practitioner resource Froma Walsh provides a state of the art framework for understanding resilience in families and how to foster it Illuminating the complex interplay of biopsychosocial influences in risk and resilience she identifies key transactional processes that enable struggling families to grow stronger and more resourceful Case illustrations demonstrate Walsh's collaborative approach with diverse families facing a wide range of crisis situations and chronic multistress challenges The book features practice principles tools and guidelines as well as programmatic applications New to This Edition Incorporates the latest practice advances and resilience research Chapter on assessment tools and strategies Chapter on disruptive transitions across the family life cycle Expanded coverage of war related and collective trauma

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