


THE RESILIENT SELF

**HOW SURVIVORS
OF TROUBLED
FAMILIES
RISE ABOVE
ADVERSITY**

**STEVEN J. WOLIN, M.D.,
AND SYBIL WOLIN, Ph.D.**

Resilient Self How Survivors Of Troubled Families Rise Above Adversity

**Vernon L. Farmer, Evelyn Shepherd-
Wynn**



Resilient Self How Survivors Of Troubled Families Rise Above Adversity:

The Resilient Self Steven J. Wolin, M.D., Sybil Wolin, Ph.D., 1993-03-16 An informative and inspiring guide to rebounding from childhood hardships to find uncommon strength and courage The Resilient Self reminds us all of the importance of being aware of and building on the strengths of our young people whatever their early life experiences We must work to give them hope and to craft services and programs that are respectful of the resiliencies so thoughtfully characterized by the Wolins This guide although based on the experiences of adults offers extremely useful insights too for those working on behalf of children and adolescents Marian Wright Edelman president Children s Defense Fund This book offers a strong sense of hope for everyone who has grown up in a troubled family I salute the authors for their masterful synthesis of research clinical experiences and insights gleaned from the voices of poetry The Wolins book cautions the reader that no one emerges from troubled childhood without some scars but it challenges us to find ways in which we can transform pain into joy in our lives Emmy E Werner Ph D author of Vulnerable But Invincible and Overcoming the Odds This marvelous book can turn the tide for people injured during their childhoods not by ignoring the ashes of the past but by winnowing out the precious elements from which the phoenix can triumphantly rise It is a book that has been badly needed and for which many will long be grateful Timmen L Cermak M D former chairman National Association for Children of Alcoholics At last a compassionate and realistic challenge to abandon the idea that one is a passive object of an unhappy childhood The Resilient Self encourages readers to recognize and appreciate their strong insightful and creative survival Barbara Mathis author of Between Sisters Secret Rivals Intimate Friends The Resilient Self shows adult children of dysfunctional families that they can escape a painful past and become resilient survivors It describes the strategies which have been used successfully by those who grew up in troubled homes but who managed to work well play well and love well as adults I recognized myself in this book with a survivor s pride Anonymous survivor

Resilience in Deaf Children

Debra H. Zand, Katherine J. Pierce, 2011-02-24 Historically the diagnosis of deafness in a child has been closely associated with profound disability including such typical outcomes as unmet potential and a life of isolation A major shift away from this negative view has led to improved prospects for deaf children Resilience in Deaf Children emphasizes not only the capability of deaf individuals to withstand adversity but also their positive adaptation through interactions with parents peers school and community In this engaging volume leading researchers and professionals pay particular attention to such issues as attachment self concept and social competence which are crucial to the development of all young people In addition the volume offers strategies for family members professionals and others for promoting the well being of deaf children and youth Coverage includes Attachment formation among deaf infants and their primary caregivers Deaf parents as sources of positive development and resilience for deaf infants Enhancing resilience to mental health disorders in deaf school children Strength based guidelines for improving the developmental environments of deaf children and youth Community cultural wealth and

deaf adolescents resilience Self efficacy in the management of anticipated work family conflict as a resilience factor among young deaf adults Resilience in Deaf Children is essential reading for researchers clinicians and graduate students in clinical child school and developmental psychology as well as for allied researchers and professionals in such disciplines as school counseling occupational therapy and social work

Posttraumatic Growth Richard G. Tedeschi, Crystal L. Park, Lawrence G. Calhoun, 1998-03 That which does not kill us makes us stronger Nietzsche The phenomenon of positive personal change following devastating events has been recognized since ancient times but given little attention by contemporary psychologists and psychiatrists who have tended to focus on the negative consequences of stress In recent years evidence from diverse fields has converged to suggest the reality and pervasive importance of the processes the editors sum up as posttraumatic growth This volume offers the first comprehensive overview of these processes The authors address a variety of traumas among them bereavement physical disability terminal illness combat rape and natural disasters following which experiences of growth have been reported How can sufferers from posttraumatic stress disorder best be helped What does resilience in the face of high risk mean Which personality characteristics facilitate growth To what extent is personality change possible in adulthood How can concepts like happiness and self actualization be operationalized What role do changing belief systems schemas or assumptive worlds play in positive adaptation Is stress inoculation possible How do spiritual beliefs become central for many people struck by trauma and how are posttraumatic growth and recovery from substance abuse or the crises of serious physical illnesses linked Such questions have concerned not only the recently defined and expanding group of traumatologists but also therapists of all sorts personality and social psychologists developmental and cognitive researchers specialists in health psychology and behavioral medicine and those who study religion and mental health Overcoming the challenges of life s worst experiences can catalyze new opportunities for individual and social development Learning about persons who discover or create the perception of positive change in their lives may shed light on the problems of those who continue to suffer Posttraumatic Growth will stimulate dialogue among personality and social psychologists and clinicians and influence the theoretical foundations and clinical agendas of investigators and practitioners alike

The Enemy Within Benjami Oye, 2024-12-09 The Enemy Within A Pathway to Self Discovery and Change is a captivating exploration of the inner landscapes of the human psyche and a roadmap to reclaiming one s power purpose and potential Written by renowned psychologist and transformational coach Oye this book offers profound insights and practical strategies for navigating the labyrinth of the mind confronting inner demons and embracing a life of authenticity and fulfilment Through a series of engaging chapters readers are invited on a transformative journey of self discovery guided by Oye s expertise and compassionate wisdom From identifying negative thought patterns to healing past traumas each chapter provides valuable tools and techniques to help readers overcome self limiting beliefs cultivate inner resilience and tap into their innate potential Drawing from a wealth of psychological research spiritual wisdom and

personal anecdotes *The Enemy Within* A Pathway to Self Discovery and Change offers a holistic approach to self transformation that integrates mind body and spirit Whether you re struggling with self doubt seeking to break free from unhealthy patterns or simply longing for greater fulfilment and purpose in life this book serves as a beacon of hope and inspiration on the path to personal growth and empowerment Rich with actionable insights heartfelt stories and transformative exercises *The Enemy Within* is a must read for anyone who is ready to embark on a journey of self discovery embrace their inner ally and unlock the limitless potential that lies within It is a powerful reminder that true liberation begins from within and that by confronting our innermost fears and embracing our authentic selves we can transcend limitations and create a life of profound meaning and fulfilment *Never the Same* Donna Schuurman, 2025-06-25 Children and teens who experience the death of a parent are never the same Only in the last decade have counselors acknowledged that children grieve too and that unresolved issues can negatively impact children into adulthood Unaddressed grief can lead to depression substance abuse and relationship difficulties For at least three generations of adults these issues have been largely ignored Having worked with thousands of families as Executive Director of the Dougy Center for Grieving Children Donna Schuurman understands the dangers of unresolved grief better than anyone else In *Never the Same* Schuurman offers expert advice and encouragement to empower readers to reflect on their unique situation come to terms with the influence of their parent s death and live more healthful peaceful lives The only book of its kind *Never the Same* is an essential companion for those still struggling with the early loss of a parent *Resiliency in Action* Nan Henderson, Bonnie Benard, Nancy Sharp-Light, 2007 How to build bounce back kids families schools and communities is the theme of *Resiliency in Action* Practical Ideas for Overcoming Risks and Building Strengths in Youth Families and Communities It is edited by internationally recognized resiliency expert trainer and consultant Nan Henderson M S W whose publications are used in more than 25 countries The book is a research based practical guide for educators counselors parents community organizers and mentors and is filled with the latest strategies for helping children families schools and communities bounce back from risk stress trauma and adversity More than two dozen experts in the fields of child family organizational and community resiliency contributed to the book which challenges a widely accepted myth about people especially young people who experience risks stress trauma and adversity in their lives according to Henderson Contrary to popular opinion the majority of these individuals over time do bounce back and do well There is a growing body of scientific research from several fields that documents this fact and yields important information as to what can be done every day to facilitate this process of overcoming This book is really three books in one it contains the most recent research hands on and practical strategies and stories of resilient individuals and best practices The book includes 60 chapters grouped in seven sections The Foundations of Resiliency Resiliency and Schools Resiliency and Communities Resiliency Connections Mentoring Support and Counseling Resiliency and Youth Development Resiliency and Families and Resiliency and the Brain **Career Contentment: Don't**

Settle for Anything Less! Jeff Garton, 2023-05-26 Career satisfaction directly affects personal fulfillment and mental and physical well being Now anyone can learn how to get the most from his or her career The secret is deceptively simple a meaningful fulfilling career is available to anyone who makes the active decision to pursue it Career Contentment details the various organizational factors affecting job satisfaction and shows you how to take control of your own happiness *Social Work* Vivienne E. Cree, Trish McCulloch, 2023-04-04 Building on the successful 1st edition this reader brings together some of the most significant ideas that have informed social work practice over the last fifty years At the same time as presenting these foundational extracts the book includes commentaries that allow the reader to understand the selected extracts on their own terms as well as to be aware of their relations to each other and to the wider social work context There is no settled view or easy consensus about what social work is and should be and the ideas reflected in this volume are themselves diverse and complex The world of social work has changed greatly over the last ten years and this new edition reflects that change with new material on the decolonisation of social work knowledges the greater emphasis on inter disciplinarity and co production and the new concern for identities With an accessible introduction to contextualise the selections the book is divided into three main sections each presenting key texts drawn from a wide range of perspectives psychological sociological philosophical educational and political as well as perspectives that are grounded in the experiences of practitioners and those who use services which have contributed to the development of the profession of social work knowledge and values for social work and practice in social work By providing students and practitioners with an easy way into reading first hand some of the most interesting foundational texts of the subject it will be required reading for all undergraduate and postgraduate programmes and professionals undertaking post qualifying training *Loss, Trauma, and Resilience: Therapeutic Work With Ambiguous Loss* Pauline Boss, 2018-08-28 All losses are touched with ambiguity Yet those who suffer losses without finality bear a particular burden Pauline Boss the principal theorist of the concept of ambiguous loss guides clinicians in the task of building resilience in clients who face the trauma of loss without resolution Boss describes a concrete therapeutic approach that is at once directive and open to the complex contexts in which people find meaning and discover hope in the face of ambiguous losses In Part I readers are introduced to the concept of ambiguous loss and shown how such losses relate to concepts of the family definitions of trauma and capacities for resilience In Part II Boss leads readers through the various aspects of and target points for working with those suffering ambiguous loss From meaning to mastery identity to ambivalence attachment to hope these chapters cover key states of mind for those undergoing ambiguous loss The Epilogue addresses the therapist directly and his or her own ambiguous losses Closing the circle of the therapeutic process Boss shows therapists how fundamental their own experiences of loss are to their own clinical work In *Loss Trauma and Resilience* Boss provides the therapeutic insight and wisdom that aids mental health professionals in not going for closure but rather building strength and acceptance of ambiguity What readers will find is a concrete therapeutic

approach that is at once directive and open to the complex contexts in which people find meaning and discover hope in the face of ambiguous losses *Health Psychology* Richard O. Straub, 2011-02-11 This edition of *Health Psychology* provides an even more effective introduction to the psychology behind why we get sick how we stay well how we react to illness and how we relate to the health care system and health care providers Resilience and the Virtue of Fortitude Craig Steven Titus, 2006-11 The present study employs the thought of Thomas Aquinas and his sources on fortitude and its related virtues while taking his dialogal method as a basis for critically appropriating reflections from other perspectives as well The book offers a renewed classic vision of the human person and the ordering of the sciences as read through the complementary and at one level corrective insights of empirical psychosocial studies on resilience Such a vibrant natural law approach to ethical norms and moral development offers guidelines and a framework for understanding human resilience Moreover it recognizes a theological transformation of such human capacities a spiritual resilience by proposing the New Law of grace Christ's teaching and the infused virtues as vital bases for Christian ethics Craig Steven Titus is research professor at the Institute for the Psychological Sciences as well as lecturer and researcher at the University of Fribourg Switzerland

Community Planning to Foster Resilience in Children Caroline S. Clauss-Ehlers, Mark D. Weist, 2004-08-04 Children live in a world of ever increasing stress factors including global terrorism pervasive exposure to violence increasing substance use and economic and social instability To help them maneuver successfully through such a challenging world to adulthood community based resilience interventions are becoming more important than ever Currently resilience based interventions are expanding to examine not only the internal strengths children and adolescents bring to a variety of situations but also to explore how to leverage community and family resources in the context of a culturally diverse world *Community Planning to Foster Resilience in Children* reviews a variety of innovative approaches and actions that can be used at the community level to promote resilience in children and adolescents Key themes throughout the book focus on how to Shift the paradigm from illness to strengths and health Assess and improve environments to minimize harmful influences and increase protection Adapt to and build on strengths of cultural and linguistic variation in an increasingly diverse society Move toward collaborative approaches that involve youth families schools and community members who partner at all levels of program conception implementation evaluation and improvement For researchers clinicians and students *Community Planning to Foster Resilience in Children* will be an essential tool in their efforts to promote the health and success of youth

Children of Substance-Abusing Parents Shulamith Lala Ashenberg Straussner, Christine Huff Fewell, 2011-05-10 *Children of Substance Abusing Parents Dynamics and Treatment* is a necessary reference for all mental health professionals and students who need to understand and treat this population It offers an invaluable look at treatment options and programmatic interventions across the life span and fills an important gap in the current literature The contributors include a wide range of experts who provide up to date evidence based clinical and programmatic strategies for working with children

of alcohol and other substance abusing parents of any age and in almost any practice setting This highly recommended book is a valuable resource for all practitioners and students concerned about this very large but often hidden group of individuals and families From the Foreword by Sis Wenger President CEO National Association for Children of Alcoholics Parental drug abuse and alcoholism have an enormously detrimental impact on children and adolescents Children whose parents suffer from drug abuse or alcoholism often face multiple physical mental and behavioral issues They are at a greater risk for depression anxiety low self esteem and addiction and also are known to have poor school attendance difficulty concentrating and lower IQ scores This book offers health care practitioners proactive programs and innovative strategies to use with this vulnerable population Taking a comprehensive life course approach the authors discuss the implications and interventions at the prenatal stage through childhood adolescence young adulthood and adulthood With this book social workers and health care practitioners can help assess and intervene with children of substance abusing parents Key topics Dynamics in families with substance abusing parents and treatment implications Issues across the life span of children of substance abusing parents Prevention and early intervention programs for pregnant women who abuse substances Programs for young children adolescents college students and children with incarcerated parents

The Resilience Handbook Martha Kent, Mary C. Davis, John W. Reich, 2013-08-22 How are people and communities able to prevail despite challenge What helps them bounce back from adversity and even grow in knowledge and understanding And can this resilience be taught During the past decade exciting scientific advances have shed light on how resilience operates from neurons to neighborhoods In The Resilience Handbook experts in the science of resilience draw on human and animal research to describe the process of resilience and follow its course as it unfolds both within individuals and in social networks Contributors also highlight the promise of new interventions that apply what we know about resilience processes to bolster positive health and raise some of the pressing questions and issues for the field as it matures This handbook is designed to be used by students as an invitation to a burgeoning field by researchers as a framework for advancing theories hypotheses and empirical tests of resilience functions and by clinicians as a comprehensive and up to the minute integration of theory and practice

After the Darkest Hour Kathleen A. Brehony, 2001-09 the stories of people who have endured trials and consequently found deeper spiritual and psychological meaning in their lives Jacket

Voices of Historical and Contemporary Black American Pioneers Vernon L. Farmer, Evelyn Shepherd-Wynn, 2012-05-15 The stories of black American professionals both historic and contemporary reveal the hardships and triumphs they faced in overcoming racism to succeed in their chosen fields This extraordinary four volume work is the first of its kind a comprehensive exploration of the obstacles black men and women both historic and contemporary have faced and overcome to succeed in professional positions Voices of Historical and Contemporary Black American Pioneers includes the life and career histories of black American pioneers past and present who have achieved extraordinary success in fields as varied as aviation and astronautics education social sciences the

humanities the fine and performing arts law and government and medicine and science The set covers well known figures but is also an invaluable source of information on lesser known individuals whose accomplishments are no less admirable Arranged by career category each section of the work begins with a biographical narrative of early black pioneers in the field followed by original interviews conducted by the editors or autobiographical narratives written by the subjects In all more than 150 scholars and professionals share inspiring insights into how they persevered to overcome racism and succeed in an often hostile world

The Leader's Guide to Resilience Audrey Tang,2021-01-19 The Leader s Guide to Resilience is your essential toolkit to build authentic strength within your business so you can thrive in a changing and challenging world Resilience is the core of growth and regrowth It is what contributes most to the advancement of your organisation and your role as leader Your personal resilience and that of your teams organisation and broader community network must be actively nurtured to give you the tools to face anything that comes your way This book will give you clear effective and adaptable methods to initiate your first steps in building resilience as well as advanced practical ways to refine develop and future proof your progress once on the path Whatever life throws at you resilience will help you bounce back The full text downloaded to your computer With eBooks you can search for key concepts words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf available as a free download available online and also via the iPad and Android apps Upon purchase you ll gain instant access to this eBook Time limit The eBooks products do not have an expiry date You will continue to access your digital ebook products whilst you have your Bookshelf installed

Absolute Poverty and Global Justice Michael Schramm,Thomas Pogge,2016-03-23 Absolute poverty causes about one third of all human deaths some 18 million annually and blights billions of lives with hunger and disease Developing universalizable norms aimed at tackling absolute poverty and the complex and multilayered problems associated with it this book considers the levels trends and determinants of absolute poverty and global inequality Examining whether much faster progress against absolute poverty is possible through reductions in national and global inequalities that produce economic growth for poor countries and households this book suggests that diverse moral views imply that international agencies as well as the citizens corporations and governments of affluent countries bear a moral responsibility to reduce absolute poverty In considering strategies of eradication through specific policies and structural reforms it is argued that because of its moral importance and requirement for only modest efforts and resources the goal of overcoming absolute poverty must be given much higher political priority by international agencies and governments of affluent countries Suggesting that these agencies should be encouraged to facilitate and promote new initiatives this book concludes with a discussion of how such initiatives might be realized

Handbook of Family Resilience Dorothy S. Becvar,2012-08-24 Resilience is a topic that is currently receiving increased attention In general resilience refers to the capacity of those who even under the most stressful circumstances are able to cope to

rebound and to go on and thrive Resilient families are able to regain their balance following crises that arise as a function of either nature or nurture and to continue to encourage and support their members as they deal with the necessary requirements for accommodation adaptation and ultimately healthy survival Handbook of Family Resilience provides a broad body of knowledge regarding the traits and patterns found to characterize resilient individuals and well functioning families including those with diverse structures various ethnic backgrounds and a variety of non traditional forms This Handbook brings together a variety of perspectives aimed at understanding and helping to facilitate resilience in families relative to a full range of challenges

Strengths-Based School Counseling JohnP. Galassi, 2017-07-05 Despite calls for a more preventive and developmental mode of functioning school counseling has tended to be driven by a reactive and sometimes crisis orientation Like social workers and school counseling and clinical psychologists school counselors typically function to alleviate deficits often in a small percentage of the students they serve Although this orientation has served school counselors well in many instances it is not empowering it does not serve all students and it does not replace those deficits with the type of positive characteristics and abilities that schools are attempting to develop This is the first book to provide a comprehensive look at the theory research and intervention strategies that comprise a strengths based developmental approach to school counseling In keeping with ASCA recommendations the Strengths Based School Counseling SBSC framework discusses academic personal social and career development outcomes for all students at the elementary middle and secondary school levels Other key features include integrative framework SBSC builds upon contemporary research from a variety of areas school counseling developmental psychology school psychology education positive psychology resiliency and social work evidence based interventions detailed examples of successful evidence based interventions and environments are presented at the elementary middle and high school levels for each major developmental area academic personal social and career identified in ASCA s National Model readability and pedagogy beautifully written the text includes lists of key points tables of student strengths illustrative examples and student exercises

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