

Resilience as a frame of reference for improving adaptation among clinical samples; a theoretical reflection

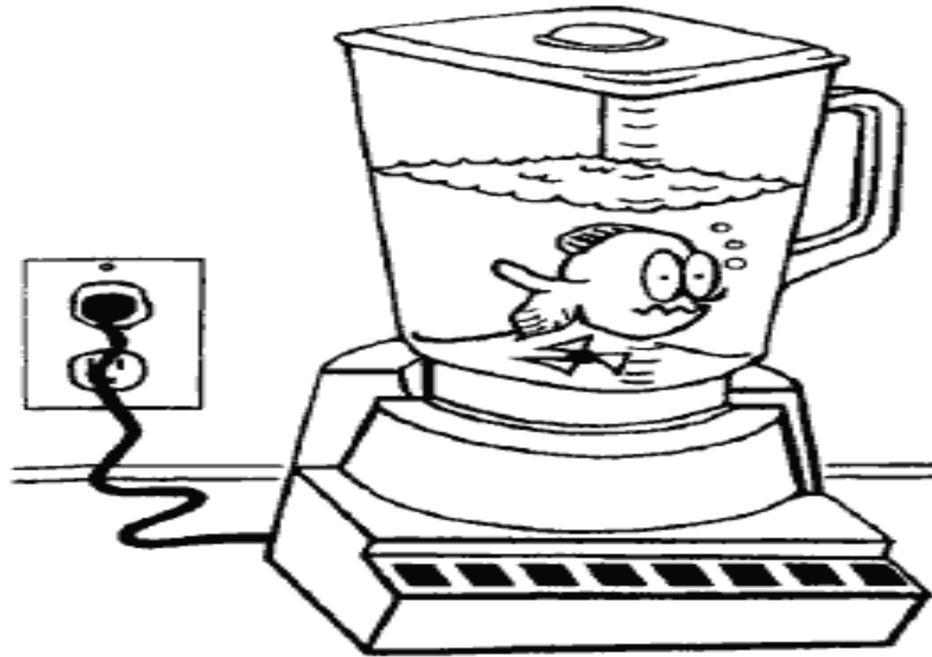
Resilience – Why bother? Brighton England, 6th and 7th
April 2011

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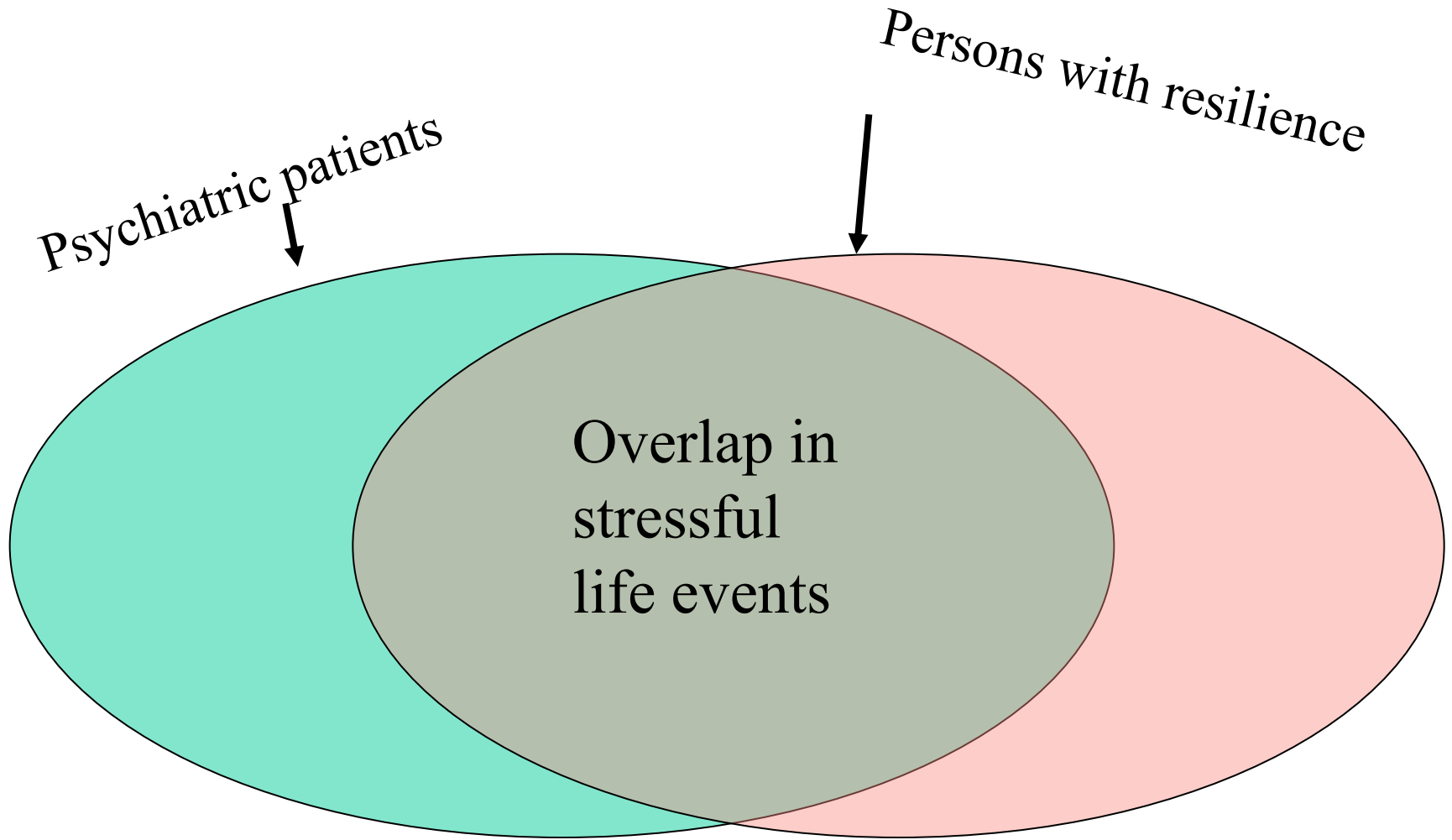
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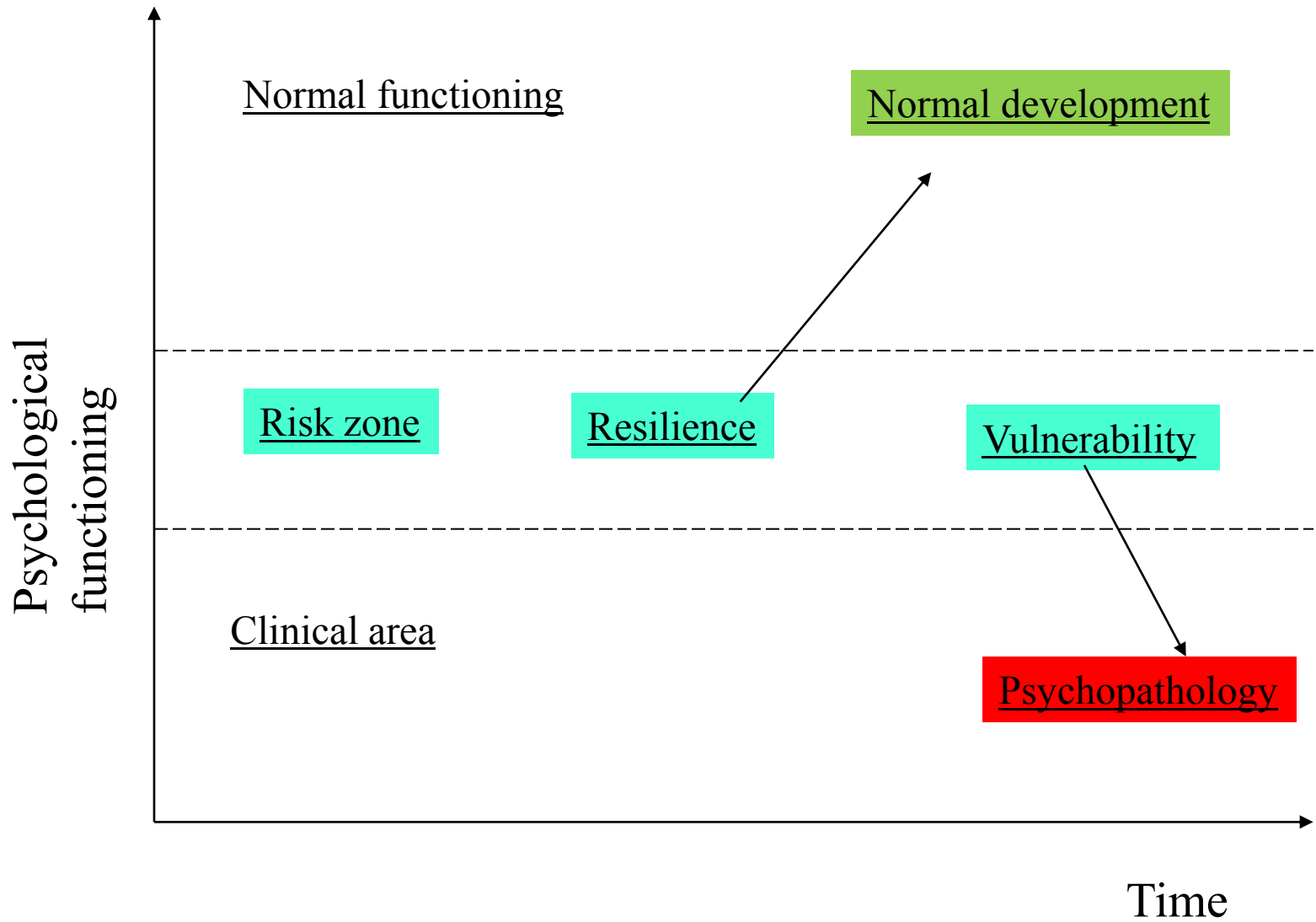
Stress

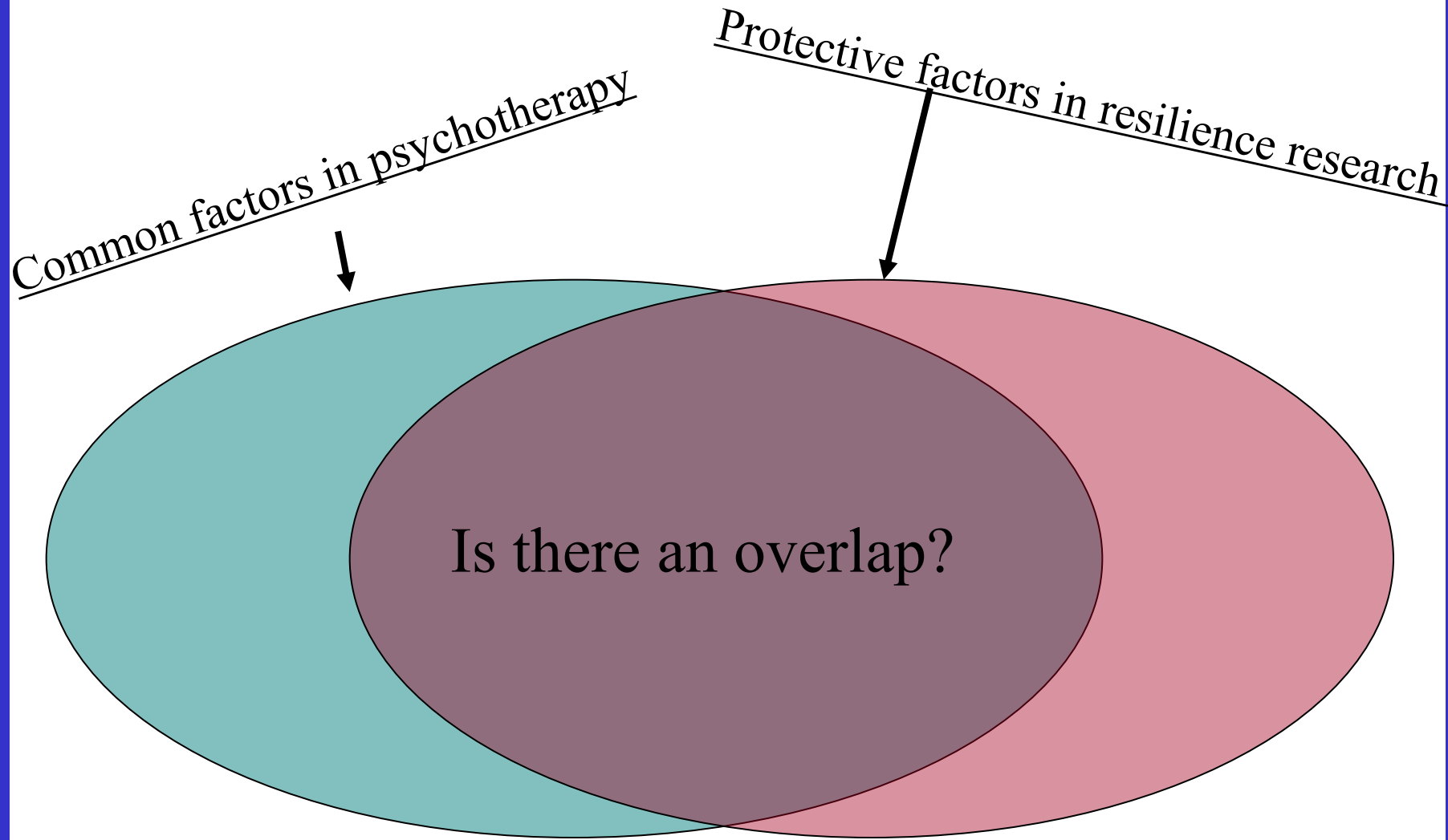


**And you thought
there was stress
in your life !**

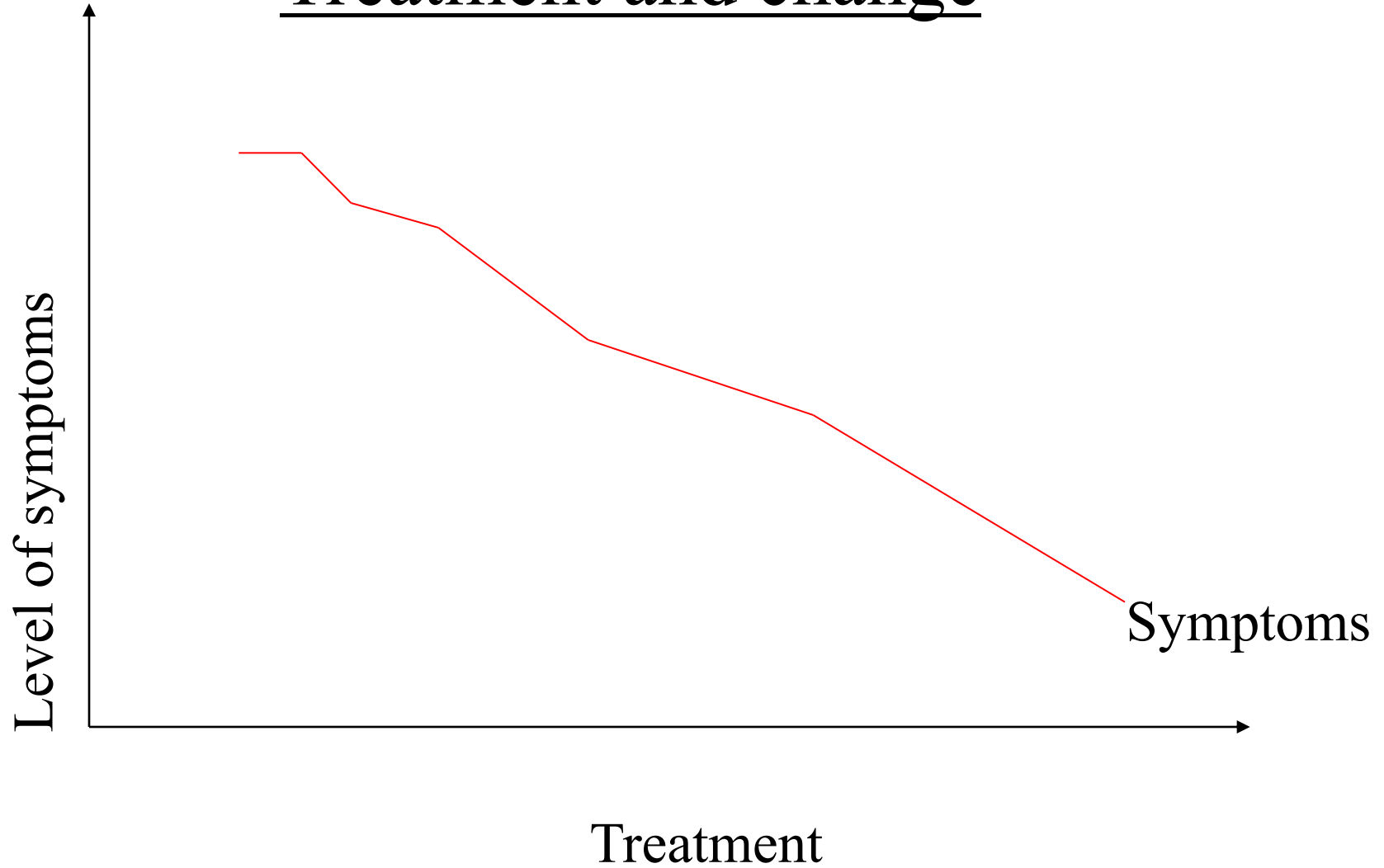
Similarities



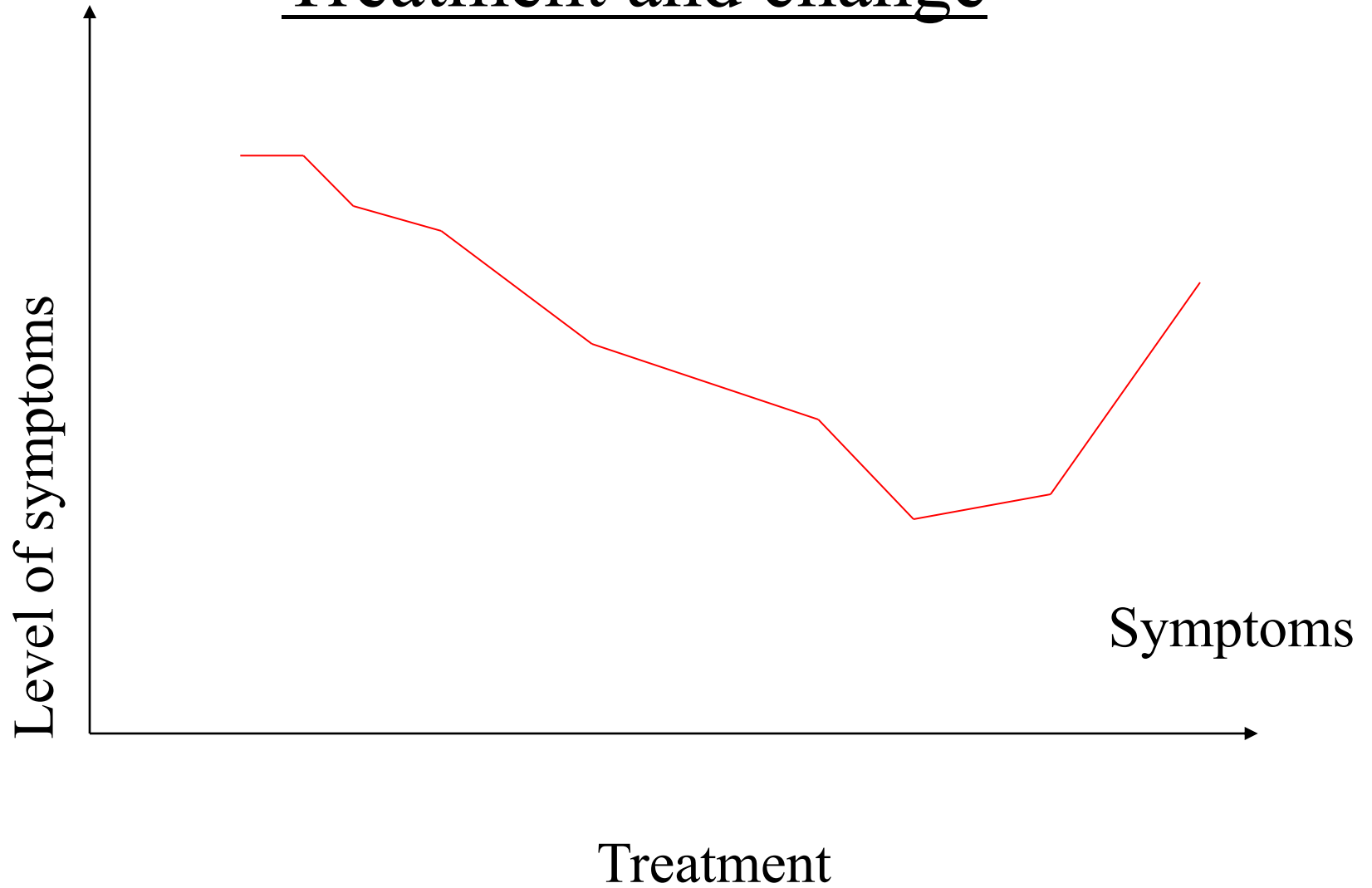




Treatment and change



Treatment and change



Theoretical review

Common Factors

1. Therapeutic alliance
 - Empathic attention, sincere interest by therapists
 - Possibility to discuss difficulties and share
 - Quality of the relation
2. Therapeutic setting
 - Implies structure, preset rules for interaction
 - Emotional support, emotional corrective experiences (empathic kicks)

Resilience Factors

1. One significant other person
 - Emotional presence and felt sincere interest
 - Available when needed
 - Quality of the relation
2. In families
 - Rituals, rules and a clear structure
 - Family – warmth, affection, stability, emotional support

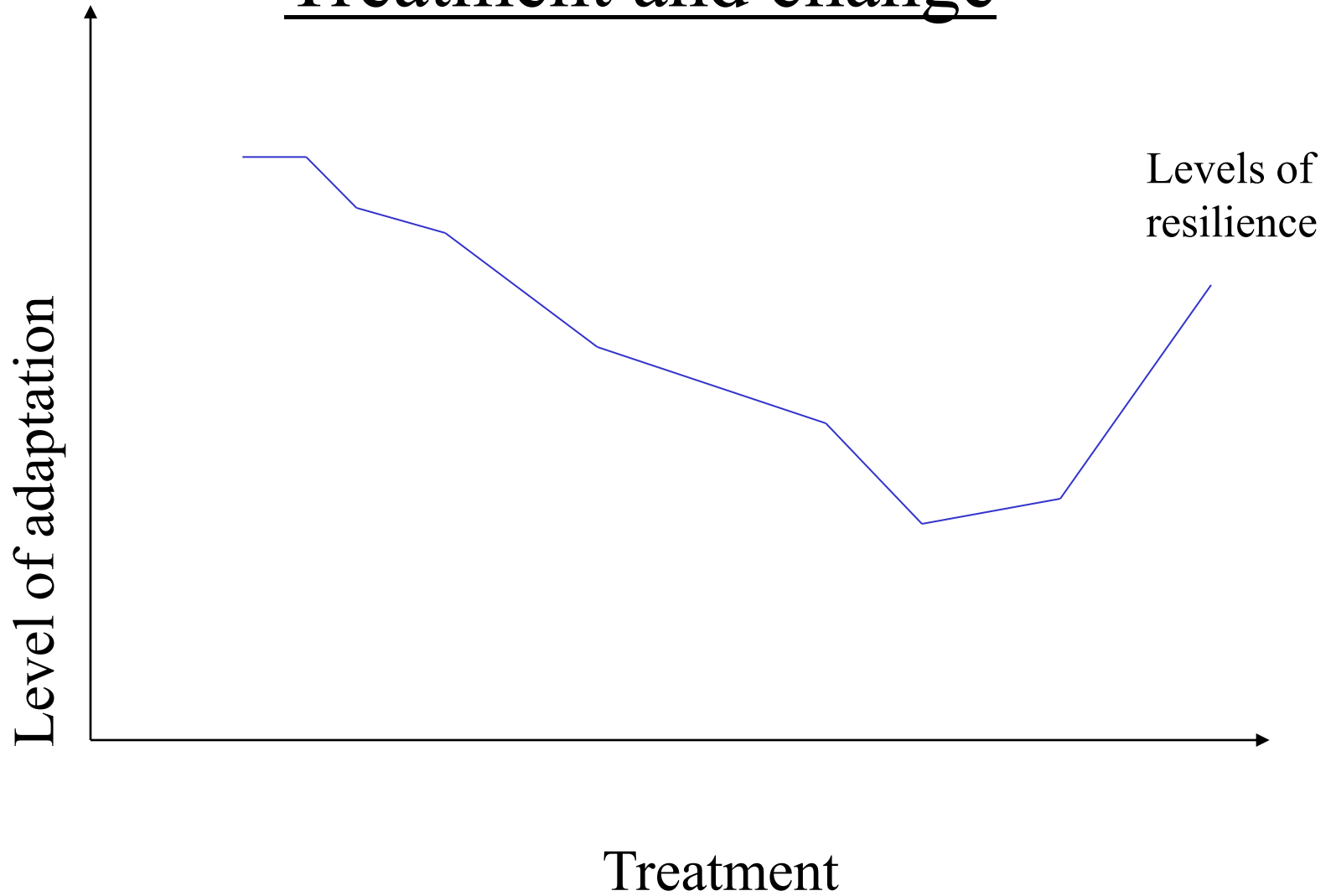
Common Factors

3. Therapeutic work
 - Promote hope and realistic positive expectations
4. Provides learning possibilities, testing out new behavior and strategies
5. Flexibility

Resilience Factors

3. Future orientation
 - Positive expectations to future along with realistic judgement and expectations
4. Good learning environments, reinforcement of adaptive behavior
5. Flexibility

Treatment and change



Resilience as a frame of reference for improving adaptation among clinical samples

- Gives examples of individuals, families and groups with good adaptation
- Gives end point or aims
- Provides ideas to treatment interventions?

- Major problem
 - Lack of cohesive theory

Protective factors I

1. Personal characteristics

- Autonomy, self-efficacy
- Self-confidence, positive self-constructs
- Flexibility
- Positive social orientation
- More empathic, *humour*
- Higher level of inner locus of control
- Orientation toward achievement
- Good abilities to plan and organize
- Experience with successful strategies
- *Problem solving abilities*
- *Realistic expectations*

Protective factors II

2. Family coherence

- Warmth and emotional support
- Trustful relation toward one of the parents or care person, (secure attachment)
- Communications skills
- Clear and consistent rules and norms in the family
- They are good at getting social support from each other or partners
- They work harder to solve conflicts also within the marriage
- There is a general absence of discord

Protective factors III

1. Positive support from outside the family

- Reinforces and encourages attempts of mastery and coping
- One close person outside the family that is available in times of crises
- Supporting educational environment
- Hobbies that demand social interaction and cooperation
- Living environment characterized by cohesion (solidarity) and few conflicts

Resilience screening

- Screen for vulnerability, risk, and symptoms
- And screening for protection

- Screening for resilience – focus on the three or four overarching categories 1) Positive personal dispositions, 2) Family cohesion, 3) Social environment outside the family, 4) *Culture*
 - Resilience Scale for Adults (RSA)
 - Resilience Scale for Adolescents (READ)

Resilience for adolescents and adults

- **READ**

- 28 items

1. Personal competence
2. **Social competence**
3. **Structured style**
4. **Family cohesion**
5. **Social resources**

- (e.g. Hjemdal, Friborg, Stiles, Martinussen, & Rosenvinge, 2006)

- **RSA**

- 33 items

1. Perception of self
2. Planned future
3. **Social competence**
4. **Structured style**
5. **Family cohesion**
6. **Social resources**

- (e.g. Hjemdal, et al 2001, 2006, 2007; Friborg, et al 2003, 2005, 2006)

References RSA

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Thank you for your attention



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