

# *Researching Resilience Across Cultures and Contexts*

**Michael Ungar, Ph.D.**

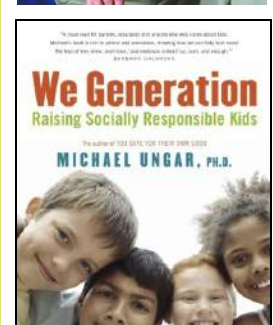
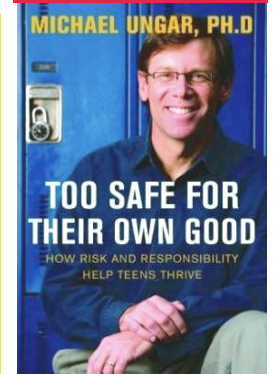
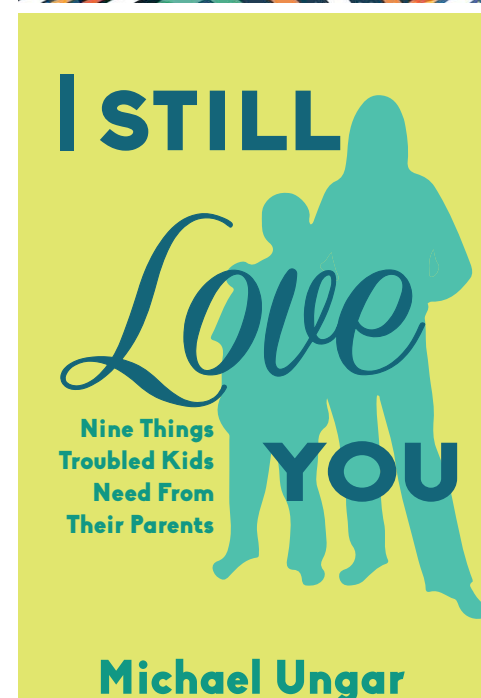
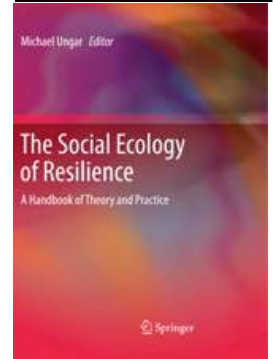
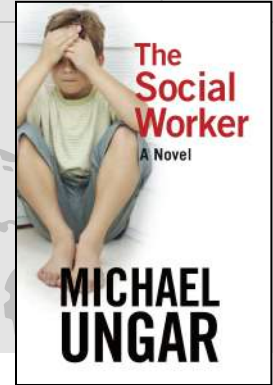
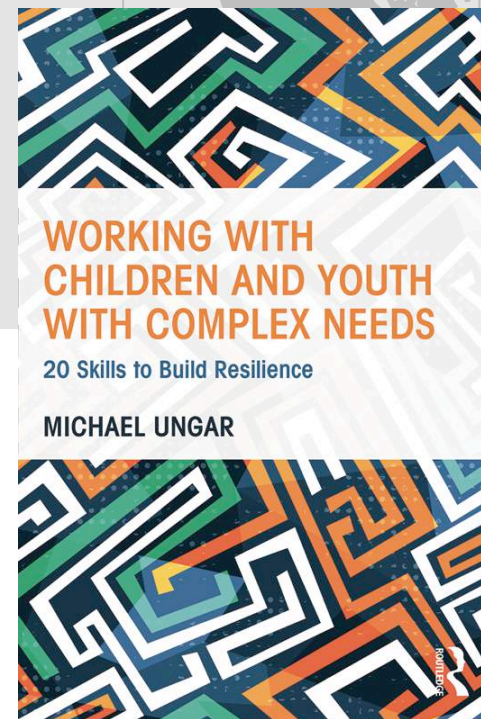
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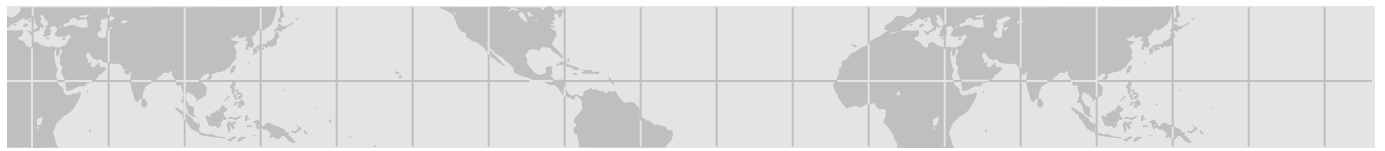
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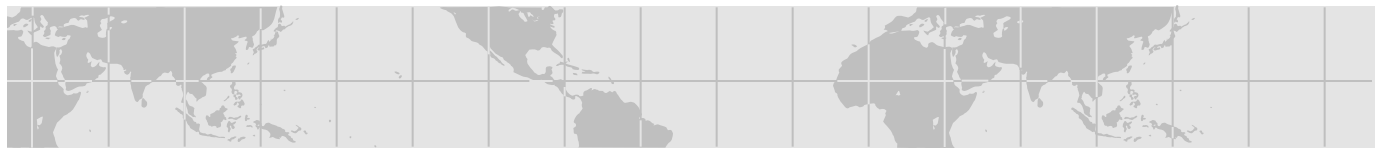
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# *Nature or Nurture, or Both?*

- ✚ Wellbeing is only partially accounted for by individual qualities like:
  - ✚ temperament
  - ✚ personality type
  - ✚ neurophysiology
  - ✚ genetic predispositions
  - ✚ cognitive skills
  - ✚ intelligence



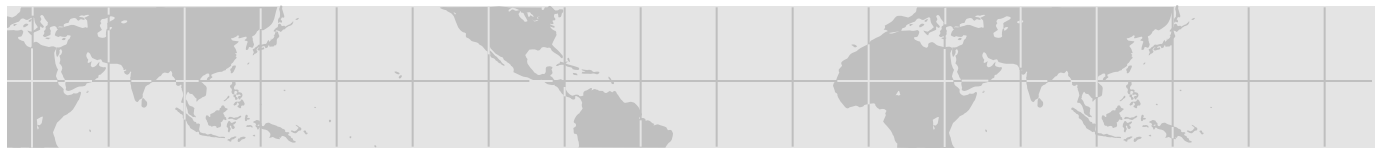
# *Nature or Nurture, or Both?*

- ✚ Research shows that the cumulative impact of individual traits typically account for much less of a child's wellbeing than systemic factors like:
  - ✚ The quality of a child's family
  - ✚ School
  - ✚ Community
  - ✚ Social policies



# *Why do children do well under adversity?*

- ✚ Example: Henry Kempe and the battered child syndrome (1962)
- ✚ Obesity
- ✚ Trauma



# *Psychological Resilience is...*

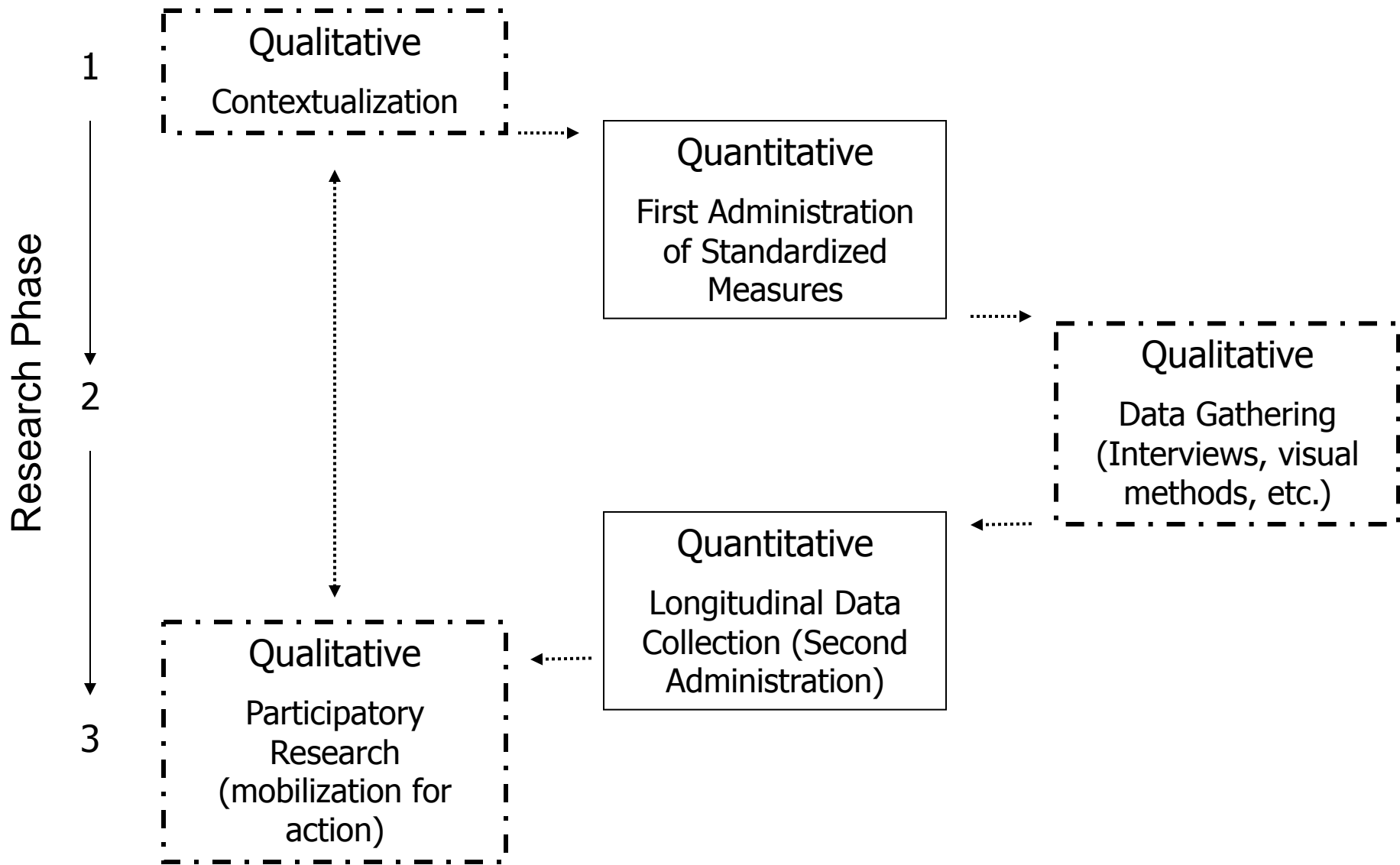
- ✚ In the context of exposure to significant adversity
- ✚ resilience is the capacity of individuals to *navigate* their way to the psychological, social, cultural, and physical resources that sustain their well being, and...
- ✚ their capacity individually and in groups to *negotiate* for these resources to be provided...
- ✚ in culturally meaningful ways.



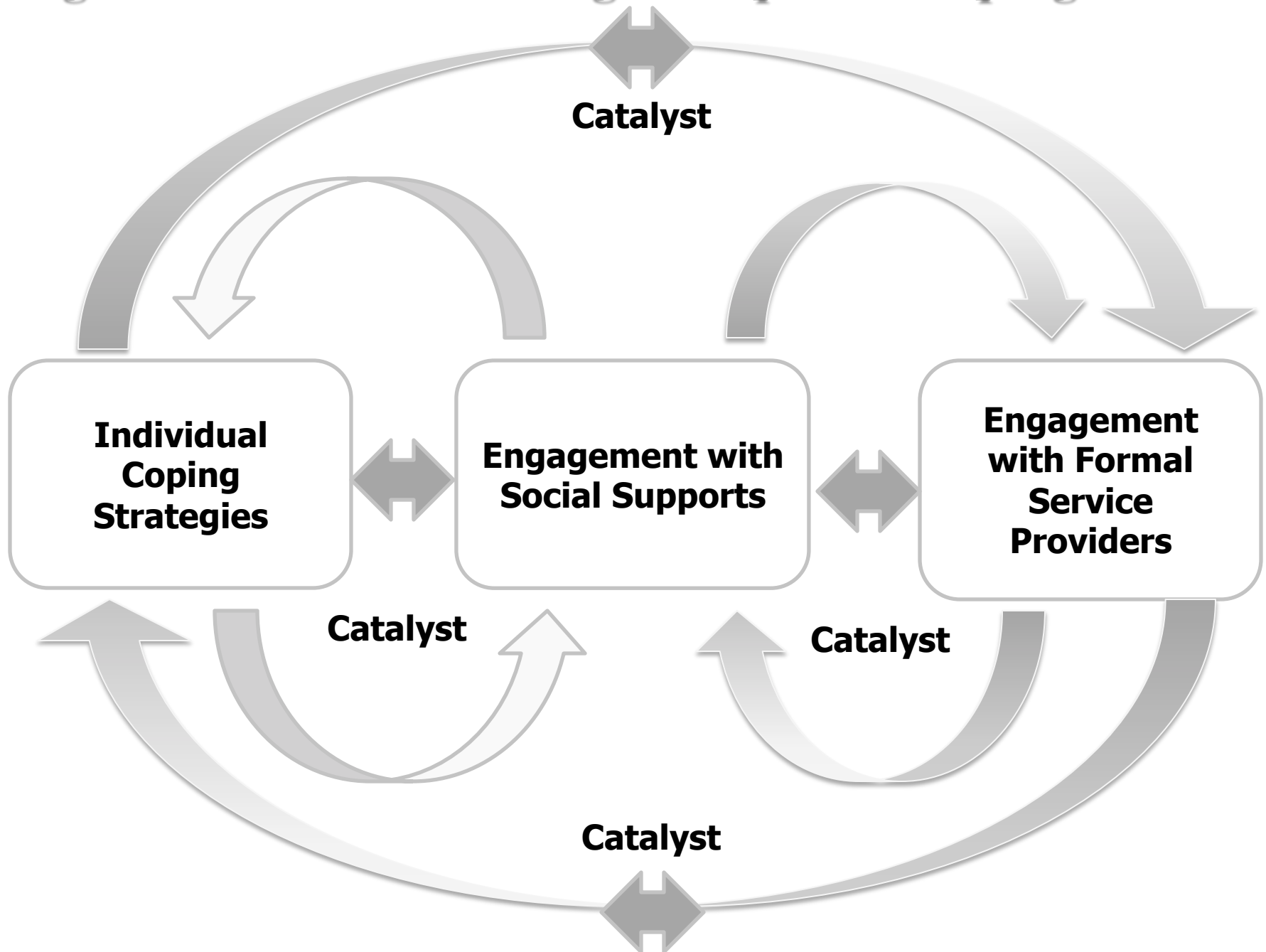
In the context of above normal exposure to adversity ( $\Sigma A >$  average  $A$  for a population):

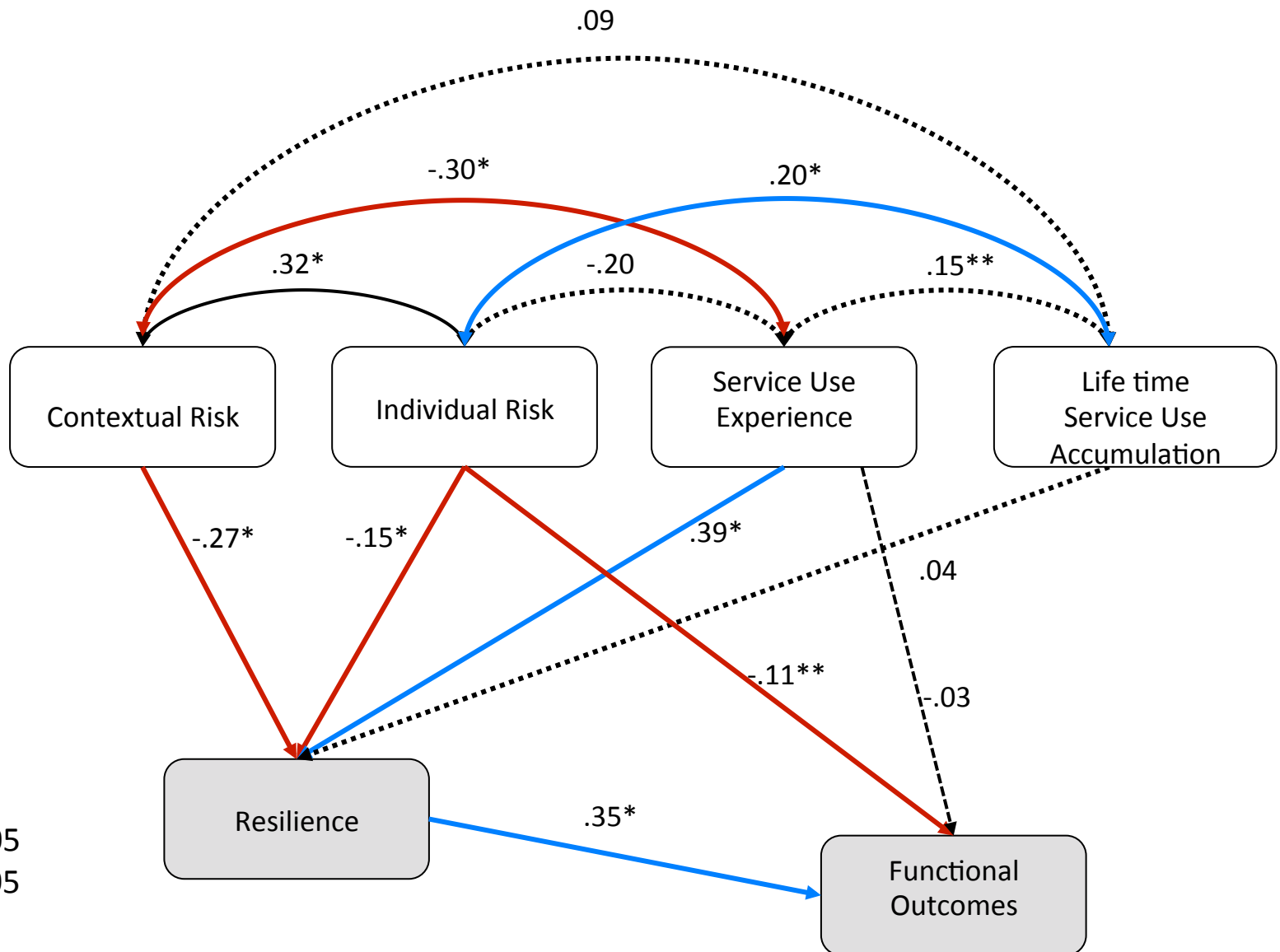
$$R_{1, 2, 3...} = \frac{f(P_{SC}, E)}{(O_{Av}, O_{Ac})(M)}$$

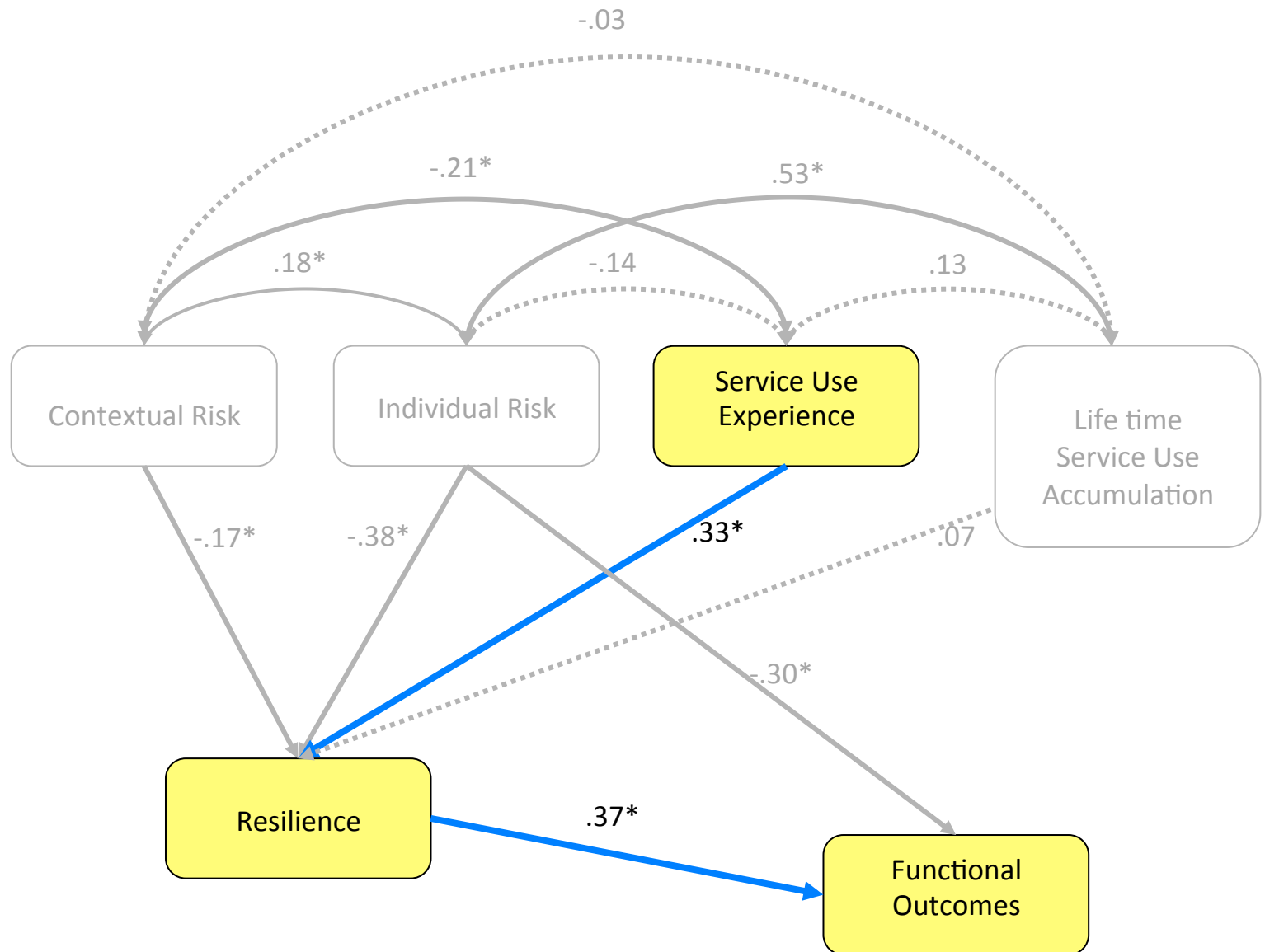
# Research Sequence

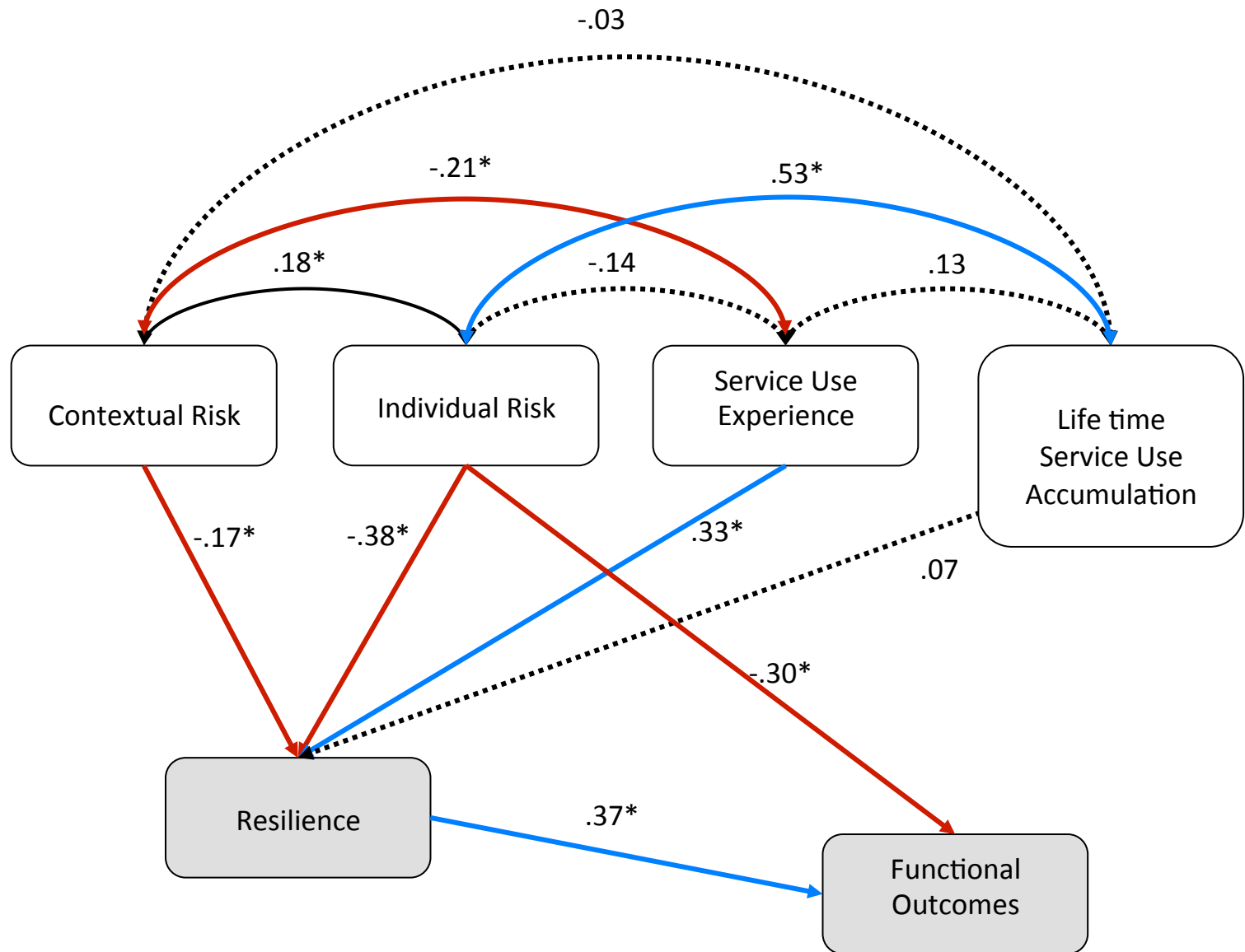


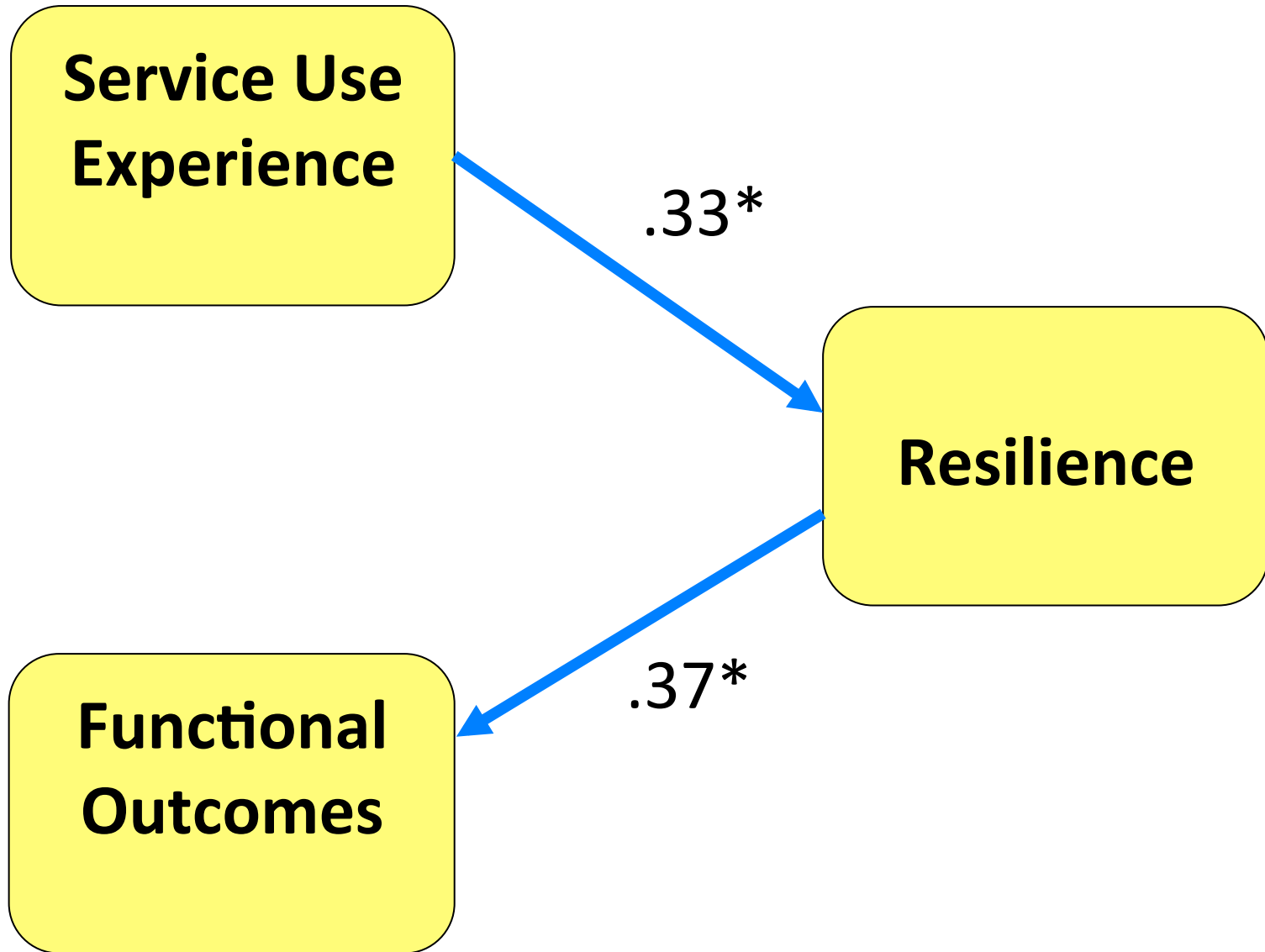
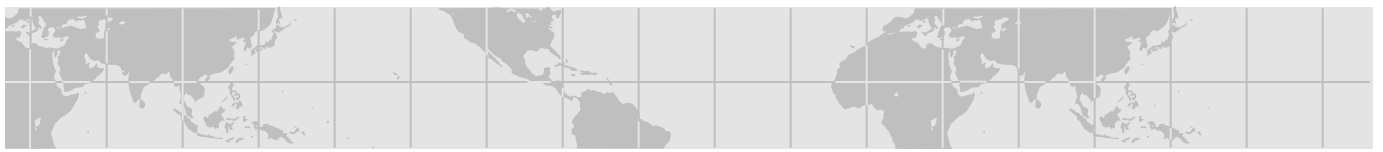
# Figure One: A Three Stage Reciprocal Coping Process













## *For further details:*

- ❖ Ungar, M. (in press). Practitioner Review: Diagnosing childhood resilience: A systemic approach to the diagnosis of adaptation in adverse social ecologies. *Journal of Child Psychology and Psychiatry*.
- ❖ Ungar, M. (2011). The social ecology of resilience. Addressing contextual and cultural ambiguity of a nascent construct. *American Journal of Orthopsychiatry*, 81, 1–17.

*Thank you!*

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