

Kindness and coping strategies – 8 April 2020 – Online Resilience Forum

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8 April 2020



Topic Kindness and Coping strategies – Marco Ferrara

Session Summary The Forum was presented by [Marco Ferrara](#) – Boingboing Research Fellow and Volunteer. Here are a few words from Marco about Boingboing and resilience:

When I read about Boingboing, I thought, “Finally a place that unites academic knowledge and real people!” And it does it in a creative way.

I started volunteering as a Boingboing researcher in January 2020. What I like about Boingboing, is the passion for Knowledge Exchange and Social factors. As an expert Action-Research, I was amazed about Boingboing approach and how it dovetails an inclusive framework with a democratic knowledge.

I became passionate about social and human sciences during my high schools and college years, thanks to very wise and kind people at my college and in my family; these people prompted me to always aim to challenge myself in ambitious and creative projects. I studied BSc in Child and Developmental Psychology, half of it in Turin (Italy) and the other half in Spain; during this time, I started working with children and young people to support my studies firstly as a child carer, then as a qualified practitioner. After my BSc, I decided to study a Health Psychology Master; which was a new and innovative curriculum with many Occupational Psychology modules; 2008 economic crisis also influenced my decision, as work psychology seemed to be more appealing to the current economy. On the other hand, I never stopped working with Children and Young People and in 2009; I started a Foundation Course in Acting Arts and a training in Social Theatre.

Acting is my favourite hobby, well. It's actually a passion! And I love everything about theatre, from Opera to Broadway, to the most indie and weird forms acting can embody. Sometimes, I myself perform as a comedian in little independent venues in Brighton.

In 2011, I started my PhD in Occupational Health Psychology. During my PhD, I could do some international research experiences: Switzerland, Netherlands, U.S. and eventually U.K. I moved to Brighton in 2015, after a series of fortunate events brought me here and here I am.

These experiences taught me about society's different realities and contexts and gave me a range of eclectic skills. The "fil rouge" that connect the said experiences is made of the passion for everything that is human, different cultures and creativity. It is also underpinned by the passion for science and the story of thought.

The concept of Resilience is an innovative way of putting things together: practice and theory, creativity and science, qualitative and quantitative, ideas and missions. The Resilience Framework draws on great findings of the history of Thought, while at the same time co-creating a community practice-based knowledge. This is also a very enriching experience for me, I enjoy what I do and all the novelties Boingboing brings to people's lives. The team is eclectic, well-prepared and friendly.

Who might be most interested Academics, practitioners, researchers, students, carers, community workers, service users, people with lived experience of mental health problems.

Key Readings

Reference: Hart, A., Gagnon, E., Eryigit-Madzwamuse, S., Cameron, J., Aranda, K., Rathbone, A., & Heaver, B. (2016). Uniting resilience research and practice with a health inequalities approach. *SAGE Open*, 6(4), 1-15. doi: 10.1177/2158244016682477.

This session took place online on Wednesday 8 April 2020.

If you like what you see and you want more, More, MORE, why not subscribe to our mailing list? You'll receive our email newsletter with details of our upcoming Resilience Forums, training and other events, news and resources (most of which are free!), and any other products and services that might be of interest. This is a web-based service and it is very easy to subscribe, unsubscribe or update your email address at any time. [Sign up to the mailing list here](#).

The Resilience Forum is for ANYBODY (with a pulse!) involved with or interested in resilience research



Online Resilience Forum – 3rd April 2023 – Psychological distress and resilience among a population affected by conflict

This Online Resilience Forum from CRSJ and Boingboing is for anyone interested in resilience research. This month's forum is on 'psychological distress and resilience among a population affected by conflict' presented by University of Brighton PhD student Omar S Rasheed.

[read more](#)



The role of identity resilience in psychological wellbeing – 25 Jan 2022 – Online Resilience Forum

In this Forum Professor Rusi Jaspal of the University of Brighton will describe the concept of identity resilience and how it relates to psychological wellbeing and coping before using empirical examples to discuss how it can be measured and promoted. Examples include gay men's coming out experiences and the psychological impact of COVID-19 in the general population.

[read more](#)



The relationship between hope and resilience – 29 Sept 2021 – Online Resilience Forum

This Forum introduces the exhibition called 'Hope' showing at Maidstone Museum (18 Sep–31 Oct), sharing the process of making a giant dress sculpture woven with the words of hope by participants who are normally unseen in society.

[read more](#)



Including people with learning disabilities and autism in research – Wed 9 June 2021 – Online Resilience Forum

In this resilience forum, we heard from people with learning disabilities and autism themselves, community practitioners and academics about what can and should be done to achieve positive impact on the inclusion of people with learning disabilities in research. Download the presentation slides and view their short film [here](#).

[read more](#)



Helping not hurting: horizontal care to peer care in a UK prison – 26 Apr 2022 – Online Resilience Forum

Over the past two decades, the proportion of older prisoners in England and Wales has increased dramatically, which is problematic as prisons are not designed for issues associated with older adulthood. In this Resilience Forum Dr Warren Stewart will discuss the development of peer care in prisons in support of older adults and disabled detainees.

[read more](#)



Building Resilience Mental Health Recovery College Course – 24 Nov 2021 – Online Resilience Forum

In this forum Josh Cameron and Paul Neale reflect on their learning from the 'Building Resilience for Wellbeing and Recovery' course run at The Sussex Recovery College. Co-developed by peer trainers, practitioners and an academic, over 800 people have completed the course which is now in its 6th year.

[read more](#)



Mind The Gap: How we can support our young people in the wait for CAMHS – 27 August 2021 – Online Resilience Forum

In this Forum Abigail Turley and Charlotte Cockman discuss the need for adults to be having effective conversations with young people in the period between asking for help and receiving it. They also introduce free resources partly inspired by The Resilience Framework.

[read more](#)



Learning how to work better together in partnership – Wed 26 May. 2021 – Online Resilience Forum

In this forum Debbie will be talking about her PhD findings which looked at patient and public engagement and involvement for commissioning health services (pre-pandemic) and asking what this might mean for working better together in the post Covid era.

[read more](#)



Remote Campaigning, Working and Living: The Impact on Our Ability to Influence Social Change – 24 Feb 2022 – Online Resilience Forum

Now we are moving out of the Covid-19 pandemic, with many of us still working from home with no real prospect of in-person events, conferences, lobbies and the like, disability rights campaigner Simone Aspis is asking what will happen to our community and our ability to affect social change in the future.

[read more](#)



The Boingboing website refresh – 21 Oct 2021 – Online Resilience Forum

Something a little different for you this month. We are going to be looking at the newly refreshed Boingboing website and showing you round!

[read more](#)



Sharing learning from the co-research project Nothing about us without us – Thurs 22 July 2021 – Online Resilience Forum

In this resilience forum, we will be sharing learning from a co-research project titled “Nothing about us without us: civic activism as a mental health intervention with young people”

[read more](#)



Resilience and community: a creative connection needing everybody's contribution – 29 April 2021 – Online Resilience Forum

In this Forum Marco Ius, assistant professor in Education at the University of Padua, will be discussing holistic intervention for children living in vulnerable contexts and facing adversity. Creative and playful techniques will be used to enable participants to think and collaborate visually and work remotely in the same creative space.

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