

# Resilient Therapy with children in crisis

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2 August 2019

## Resilient Therapy: Strategic Therapeutic Engagement with Children in Crisis

Angie Hart & Derek Blincow with Helen Thomas

*This article offers an overview of Resilient Therapy (RT) and outlines a case study of how it can be used in practice. RT draws on the resilience research base, and has been designed to meet the needs of children in crisis by providing insights and analytical tools that help carers and practitioners build relationships of trust in the hardest of circumstances. RT*

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#### Abstract

This article offers an overview of Resilient Therapy (RT) and outlines a case study of how it can be used in practice. RT draws on the resilience research base, and has been designed to meet the needs of children in crisis by providing insights and analytical tools that help carers and practitioners build relationships of trust in the hardest of circumstances. RT emphasises Masten's notion of "ordinary magic", and the idea of the "Resilient Therapist" has emerged through practice situations with parents, carers and colleagues, and through work with specialist Child and Adolescent Mental Health Services. The core competences of the Resilient Therapist are outlined, with a case example providing an illustration of how RT can be applied.

[Download Article](#)

**More resilience research articles and related content:**



## **Watch our workshops: how to do community co-research on health equity.**

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Created as part of the ongoing Community Solutions for Health Equity project that Boingboing Foundation are proudly part of, we are pleased to share recordings of a series of workshops held recently in Blackpool. These workshops are free resources to be taken advantage of by any community members or organisations looking for a beginner's guide to developing the research skills and knowledge needed to explore health inequalities in coastal areas.

**NIHR** | National Institute for Health and Care Research



## **An introduction to the Research Ready Communities pilot**

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For the past year and a half Boingboing has been working on a Research Ready Communities pilot project in Blackpool alongside the National Institute for Health Research as part of their Under-served Communities programme. Typically, much of the funding for health research in the UK goes to universities in London, Oxford and Cambridge, but health research is needed the most in places like Blackpool, where the harmful impacts of health inequalities are worst felt.



## **Resilience Revolution – Blackpool HeadStart**

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The Resilience Revolution has delivered an extensive programme of lasting change with disadvantaged young people in the town of Blackpool, through a successful £10.4 million Big Lottery HeadStart funding bid. Their work is based on research into resilience by Boingboing and the Centre of Resilience for Social Justice.



## **Our Academic Publications**

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This page presents an archive of selected published works from the Boingboing, Resilience Revolution and CRSJ community. This includes key academic papers, submissions of evidence and a few books relevant to the Boingboing approach to resilience.



## **Cross-cultural investigation of resilience**

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This research project will investigate whether the Resilience Framework operates similarly or differently across diverse contexts in a cross-cultural study, and adapt the Resilience Framework for non-Western life orientations in multiple languages.



## Our schools-based resilience projects

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Our schools-based resilience research adapts the Resilience Framework for use in schools and helps schools make resilient moves across the whole school community. Many different types of school are working with us on this.



## Can resilience be measured?

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Can resilience be measured? Finding adequate and good ways of measuring is important because we would like to track the effectiveness of resilient building approaches in daily practice, to make sure that people benefit from our interventions, check the quality of our work and continue developing our interventions.



## **The Research Ready Communities pilot continued**

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## **Community Report – Climate Change and Mental Health**

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A full summary of findings from the research project 'Climate change and mental health; A co-produced study with young people in Blackpool'.



## **Nothing about us without us: civic activism as a mental health intervention**

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Through this research a team of co-researchers from different generations, professions and backgrounds will co-create knowledge regarding the role of innovative 'glocal' civic activism as a mechanism to strengthen young people's mental health.





## **United we stand Film: Youth perspectives on developing resilience to drought in South Africa**

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United we stand is a policy briefing paper produced by all the team members involved in the co-productive research project led by Professor Angie Hart on Youth perspectives on developing resilience to drought in South Africa.



## **Co-production in promoting resilience – what does this mean for schools?**

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Co-production is a value-based approach that views people who use a service as assets with important knowledge and skills. It harnesses this experience, knowledge and skill to promote positive change, and design, produce and deliver better services.



## **Resilience to re-offending: young men overcoming adversity.**

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This practitioner research combines support work with young people who have experienced challenging times and the Resilience Framework. By examining the mechanisms that promoted resilience amongst young men who were offending, the study took the Resilience Framework and applied it to the data collected on the young men's experiences.

Resilience Framework (Children & Young People) Oct 2015 – adapted from Hart & Rineow 2007 <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a>				
SPECIFIC APPROACHES	BASICS	BELONGING	LEARNING	COPING
	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them
	Enough money to live	Help child/YP understand their place in the world	Engage mentors for children/YP	Being brave
	Being safe	Tap into good influences	Keep relationships going	Solving problems
	Access & transport	The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses
	Healthy diet	Take what you can from relationships where there is some hope	Help the child/YP to organise her/himself	Fostering their interests
	Exercise and fresh air	Get together people the child/YP can count on	Highlight achievements	Calm down & self-soothing
	Enough sleep	Responsibilities & obligations	Develop life skills	Remember tomorrow is another day
	Play & leisure	Focus on good times and places		Learn on others when necessary
	Being free from prejudice & discrimination	Make sense of where child/YP has come from		Have a laugh
NOBLE TRUTHS				
CORE SELF				
				Instill a sense of hope
				Support the child/YP to understand other people's feelings
				Help the child/YP to know her/himself
				Help the child/YP take responsibility for her/himself
				Foster their talents
				There are tried and tested treatments for specific problems, use them
	ACCEPTING	CONSERVING	COMMITMENT	ENLISTING

## The Boingboing Resilience Framework

The Resilience Framework is a handy table that summarises 'what works' when supporting children and young people's resilience according to the Resilience Research base. The Resilience Framework forms a cornerstone of our research and practice. On this page we have pulled together lots of useful links so you can find out all about the Resilience Framework.



## Communication between autistic and non-autistic speakers: Gemma Williams introduces her fellowship research

Gemma is an autistic Early Career Researcher based at the Centre of Resilience for Social Justice, University of Brighton and a Boingboing volunteer. In this blog Gemma talks about her PhD research, and what she plans to do over the coming year of her fellowship under Prof. Angie Hart's mentorship.



## **How can patients, the public and health professionals work better together?**

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In this blog Debbie Hatfield, postdoctoral fellow with Boingboing and the Centre of Resilience for Social Justice, talks about her research and what she hopes it will achieve. Debbie's work includes promoting and developing her PhD findings which looked at patient and public engagement and involvement for commissioning health services.



## **Resilience among young people in a community affected by drought**

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The expertise of young South Africans in coping with drought is being harnessed for this co-productive research project. Our team is working with partners to understand what enables young people to withstand, adapt to, resist or challenge these impacts.





## **The Imagine Programme**

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The Imagine Programme brings together different research projects working across universities and their local communities. Using the new knowledge we gather, we are imagining how communities might be different. We are researching, and experimenting with different forms of community-building that ignite imagination about the future and help to build resilience.



Written by  
Martha, Loretta, Sarah,

## **Can kinship carers benefit from learning about resilience?**

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This is a Collaborative Action Research project using Photo-elicitation to represent kinship carers experiences of trying to use Resilient Therapy and individual interviews with children to find out what helps them through difficult times.