



UNIVERSITY OF
ILLINOIS
URBANA-CHAMPAIGN

WEEK 5: UNDERSTANDING RESILIENCE AND PRACTICING WELLNESS

RESILIENCE

- Many people who survive chronic stress, child maltreatment, and a range of adversities demonstrate **resilience**. Promoting opportunities known to enhance resilience is important for any professional working from a trauma-informed perspective.
- Watch the video series on Resilience sponsored by Child Development Center at Harvard University:
- <http://developingchild.harvard.edu/science/key-concepts/resilience/>
- https://www.youtube.com/watch?v=xSf7pRpOgu8&index=8&list=PLuKMerOIzya_3krFpcOKgaeB2_2zQgYua
- What are the key points from these videos?
- **How do we foster resilience in adults?**

RESILIENCE

- Using the same developing child website, play the game, “Build Resilience in the Community” (direct link below) <http://developingchild.harvard.edu/resilience-game/>
- You may play as many times as you’d like- see if you can build more resilience than your first try!

Things to think about:

- How quickly children can be impacted.
- Compare and contrast what you thought would build resilience in children versus what the community actually needed.
- How did playing this game shape your thoughts/beliefs about resilience?
- Submit your observations and lessons learned playing this game to **Week 5 Discussion Board**

STUDY GUIDE:
CENTER FOR THE DEVELOPING CHILD PAPER
THE SCIENCE OF RESILIENCE

- According to the researchers at the Center for the Developing Child, what is *Resilience*?
- Is it possible for children who experience *extremely adverse* conditions to develop in a positive direction? Explain.
- Using the scale analogy, what does the fulcrum represent? How can it impact child development?
- True or false? Threatening situations cause a number of stress hormones to be released.
- What is the biological indicator of resilience (in regards to immune related responses)?
- How can adaptability in children be strengthened?

STUDY GUIDE: (CHI) FOUNDATIONS OF A FAMILY RESILIENCE APPROACH

- Parents who were abused as children are more likely to abuse their children (true or false)
- Are specific traits and dispositions required for resilience?
- Families can have an impact on a child's resilience. What specific positive family contributions may lead to resilience?
- In regards to gender based socialization, why are girls more likely to overcome adversities in comparison to boys?
- What are the advantages of a family resilience framework?

STUDY GUIDE: THE 4TH “R” TRAUMA INFORMED SCHOOLS

- What is the key “R” in developing resilience in school aged children?
- What are the guiding principles of the fourth “R” curriculum?
- What are some specific skills taught in this curriculum?

What outcomes are targeted?

- What is recommended for best implementation of this program?

REMOVED PART 2

- <https://www.youtube.com/watch?v=IfGmEa6WnY>
- Watch Part 2 of the Removed video series.
- How is Zoe demonstrating internalizing and externalizing symptoms?
- What are the sources of strength and potential resiliency that you observe in Zoe and in her life as a child? What are some specific things you could do to foster these sources of strength and resiliency in her?
- Pay attention to your feelings as you watch the video. What are you experiencing on an emotional level?
- Submit your responses to the ReMoved/Resiliency Assignment Drop Box

COMPASSION FATIGUE

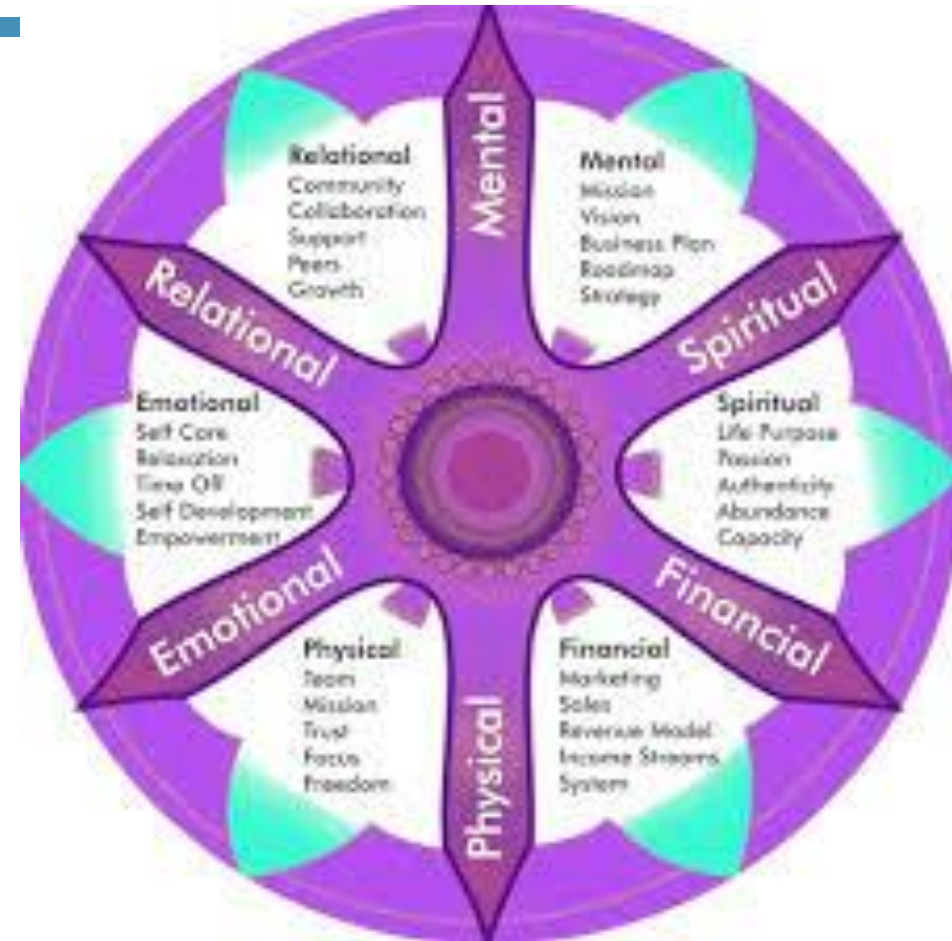
- <https://www.youtube.com/watch?v=ZsaorjloIYc>
- Watch the above TEDx talk on compassion fatigue.
- What are the key points of this video?
- What are the signs that a professional is experiencing compassion fatigue?
- Keep in mind how you felt watching Zoe's story. Describe the intensity of your emotions. Did you do anything to manage your emotional reaction?

THE GOOD ENOUGH PRINCIPLE

- What is the **Good Enough Principle**?
- Explain how this principle is appropriate for those in helping professions.
- Does this principle help you in your self-care?
- If you are currently a parent, plan to be a parent, currently work with parents, or plan to work with parents, how does **application of this principle** shift your thoughts related to maltreatment?
- Submit your responses to **Good Enough Principle assignment drop box**.

SELF CARE, WELLNESS, AND ETHICS

- Self care is critical for **ethical** service delivery in helping professions. Counselors, OT's, social workers, psychologists, physicians, nurses, teachers, and others who are not **well** themselves, are usually not able to provide adequate service to their clients, patients, or students.
- Not only is it important for helping professionals to maintain their wellness, but **modeling** to clients or students the ways in which we self-care can be very helpful.
- It is unethical for helping professionals to neglect their emotional wellness. Unwell helpers violate the ethical principle of **Non-maleficence**, which is defined as “do no harm; providers must refrain from providing ineffective treatment”.
- Are there other ethical violations that are associated with neglecting our wellness?



WELLNESS WHEEL AND ACTIVITIES

Use the wellness wheel and activities using the links below to better understand components of health and wellness. Have fun, explore the activities most relevant to you, or most helpful to you as you conceptualize “wellness”.

<https://umatter.princeton.edu/action-matters/caring-yourself/wellness-wheel-assessment/emotional-wellness>

WELLNESS PLAN ASSIGNMENT

Wellness plan assignment:

- Explain why helping professionals who neglect their emotional health are at risk for violating an important ethical principle.
- Include a general assessment of your current wellness, and include your lowest point in the last year. We all fluctuate based on life issues – it is important to note what factors contribute to our wellness and reductions in wellness.
- Define each component of wellness for you personally. In other words, your life purpose will be different from mine; your relationship wellness distinct from others. Be specific.
- Are there current barriers to your emotional wellness? What are they, how will you address them in your plan?
- How do you hold yourself accountable to your wellness? Who can support you? Let them know. What are ways that you allot time for reflection on your wellness?
- Outline your personal wellness plan using specific and concrete actions, and include any insights as you implement components of your plan.
- How would you use your wellness plan to discuss wellness with future clients (can be children, adults, families).
- You can use the wellness wheel on the previous slide to guide your thoughts.
- No specific page length, but specificity and explaining your reasons are important.
- **Submit Wellness Plan assignment in Drop Box**

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