

Handbook Of Adult Resilience

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what enables people to bounce back from stressful experiences how do certain individuals maintain a sense of purpose and direction over the long term even in the face of adversity this is the first book to move beyond childhood and adolescence to explore resilience across the lifespan coverage ranges from genetic and physiological factors through personal family organizational and community processes contributors examine how resilience contributes to health and well being across the adult life cycle why and what happens when resilience processes fail ethnic and cultural dimensions of resilience and ways to enhance adult resilience including reviews of exemplary programs

the large strides toward understanding psychological resilience that have been made over the last 30 years have mostly focused on children the few measures of adult resilience that exist have not replicated in young adult populations and typically consist of only one cognitive factor of resilience as early career researchers interested in

resilience in young adulthood the need to develop a measure of resilience for young adults that captured both social and cognitive factors of resilience was paramount this case study describes the process we used to create explore and confirm a measure of resilience for use in samples of young adults we discuss the barriers involved in gaining access to large diverse samples determining appropriate samples sizes and working with a range of institutions of higher education we review the process involved in the development and testing of survey items we conclude with lessons learned about the value of collaboration and a flexible research plan

what is it that makes some people resilient enough to overcome devastating trauma what separates them from those who are understandably broken by such events most important how can we foster this strength in ourselves and in others gina o connell higgins draws on her twenty year career devoted to the study of resilience to provide insight into these and other key questions through both grim and joyous profiles higgins describes people who had brutal childhoods who suffered violence at the hands of a parent who were raped abused and abandoned and yet who created lives of hope and happiness included are moving portraits of people such as a psychiatrist happily married for twenty eight years who as a child was the victim of a satanic cult and was forced to become a prostitute and a son who though ferociously beaten by his father and sexually abused by his mother grew up to become the director of a human service agency offering an approach that focuses on the origins of mental health rather than the beginnings of mental illness resilient adults outlines how men and women can recognize the resilient traits they possess and appreciate what has gone right with their lives higgins s studies reveal many of the characteristics that resilient individuals have in common for example the author has found that these men and women tend to fiercely protect their time for reflection to approach potential problems proactively and to believe firmly that if they take charge and put forth the effort their lives will improve on the basis of her findings she provides a wealth of information about how these characteristics can be cultivated and how resilience can be fostered in adults despite their background or personal history

this handbook focuses on core micro organizational behaviour issues providing students and scholars with an insightful and wide reaching survey of the state of the field

internationally recognised for its successful problem management approach to effective helping this book offers a step by step guide to the counselling process

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