

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

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

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

from the authors of the landmark raising resilient children comes a guide to resilient living for adults

the dynamics of resilient families is devoted specifically to qualitative family research encompassing a wide variety of topics this book focuses on the resilient adaptation and creation of meaning for families facing health related crises as well as families adjustments to unexpected life events and major changes the fourth volume in the resiliency in families series this book represents a diversity of approaches for collecting and analyzing qualitative data the use of qualitative methods allows novel themes to emerge about central issues in family studies a unique aspect of these qualitative chapters is that the researchers did not intend to study family resiliency instead they set out to study families in crisis and family processes and the resilient and growth producing meaning of these events to families emerged as central themes qualitative research can add to the understanding of why families are resilient and how they are able to embrace family crises as manageable rather than insurmountable challenges the use of qualitative methods in the study of families presents a unique opportunity for scholars to question and expand their understanding of family resiliency social workers clinical practitioners and scholars in ethnic studies family studies nursing public health sociology counseling and health psychology will find the dynamics of resilient families a valuable resource

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

scientists and researchers concerned with the behavior of large ecosystems have focused in recent years on the concept of resilience traditional perspectives held that ecological systems exist close to a steady state and resilience is the ability of the system to return rapidly to that state following perturbation however beginning with the work of c s holling in the early 1970s researchers began to look at conditions far from the steady state where instabilities can cause a system to shift into an entirely different regime of behavior and where resilience is measured by the magnitude of disturbance that can be absorbed before the system is restructured resilience and the behavior of large scale systems examines theories of resilience and change offering readers a thorough understanding of how the properties of ecological resilience and human adaptability interact in complex regional scale systems the book addresses the theoretical concepts of resilience and stability in large scale ecosystems as well as the empirical application of those concepts in a diverse set of cases in addition it discusses the practical implications of the new theoretical approaches and their role in the sustainability of human modified ecosystems the book begins with a review of key properties of complex adaptive systems that contribute to overall resilience including multiple equilibria complexity self organization at multiple scales and order it also presents a set of mathematical metaphors to describe and deepen the reader s understanding of the ideas being discussed following the introduction are case studies that explore the biophysical dimensions of resilience in both terrestrial and aquatic systems and evaluate the propositions presented in the introductory chapters the book concludes with a synthesis section that revisits propositions in light of the case studies while an appendix presents a detailed account of the relationship between return times for a disturbed system and its resiliency in addition to the editors contributors include stephen r carpenter carl folke c s holling bengt owe jansson donald ludwig ariel lugo tim r mcclanahan garry d peterson and brian h walker

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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