Welcome!

Important info for today’s session:

1. Slides are available on the event page: https://militaryfamilieslearningnetwork.org/event/34450

2. Need tech support? Email us at MilFamLN@gmail.com (write this down in case you need it later)

3. Select “All Panelists & Attendees” from the drop-down when commenting in the chat pod.
Nurturing Family Resilience Through a Strengths-Based Framework

https://militaryfamilieslearningnetwork.org/event/34450
3-Part Resilience Series

AUGUST 20, 22 & 27

https://militaryfamilieslearningnetwork.org/resilienceseries
Military Families Learning Network

Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities

https://militaryfamilieslearningnetwork.org
Today’s Presenter

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RESILIENCE
Strengths in Overcoming Adversity

Coping + Adaptation + Positive Growth

More than Surviving; (Re)Gain Ability to **Thrive**

Become Stronger, More Resourceful
Early Resilience Research –
Individual Traits in Overcoming Childhood Adversity

Cultural Ethos: “The Rugged Individual”

• Invulnerable
• Self-Reliant
Resilience is Nurtured in Relational Processes:

Individuals need **Supportive Bonds, Models & Mentoring** to:

- Believe in their Worth and Potential
- Draw Out, Affirm Strengths, Abilities
- Inspire Hopes and Dreams ~ Future Vision
- Encourage Best Efforts
- See Setbacks as Opportunities to Learn & Grow
- Celebrate Successes
Advances in Resilience Theory and Science: Dynamic Multi-level Systemic Processes

**Eco-Systemic Influences:** Bio-Psycho-Social-Spiritual

- Attention to Social Context; Intersection; Marginalization

**Developmental Perspective:**
- Varied Challenges & Pathways in Resilience Over Time
- Multi-generational Family Life Cycle & Past Experience
- Resilience can be Gained at any Point over Life Course!

**Process View: We can Strengthen Resilience**
- Facilitative Beliefs & Practices; Build Skills & Resources
• **Common Misconception of Resilience:**
  Not: “Just bounce back!”

• **With Crisis, Change, & Persistent Stresses:**
  Suffering, Struggle, and Setbacks

• **May not be able to “go back to normal”**
  May need to construct “new normal”
  e.g. Life Before / After a disability, death, or divorce

• **Resilience involves Struggling Well**
  ◦ Working through and learning from adversity
  ◦ Revising Hopes & Dreams
  ◦ Integrating the adverse experience – and resilient response – into the chapters of life
Family Life Today: Diverse, Complex

- Diverse Cultures, Varied Structures, Gender Roles
- Impact of Economic & Global Upheaval, Insecurity
- Families Face Varied Life Challenges
- No single model fits all families and their situations
- Apply Research: Family Risk & Resilience
  - Shift focus from Family Deficits to
  - Family Challenges, Strengths, and Potential
Family Resilience

Family Functioning to Withstand & Rebound From Stressful Life Challenges – Become Stronger and More Resourceful

Mobilize Family Processes for recovery and positive growth with:

• Crisis, trauma, and loss

• Disruptive changes
  • E.g. Separation, divorce

• Challenges of chronic conditions
  • E.g. Disabilities
Family Tree ~ Resilience-Oriented Genogram

• Who Can help? Extended kin network:
  • Positive Influences, Strengths, Potential Support
  • Models, Stories of Past Resilience in Facing Adversity
Strengthening Relational Resilience: Vital Connections

To rebound and gain strengths

- In Intimate Bonds
- Extended Family Network
- Social & Community Links
- Cultural & Spiritual Resources
Family Resilience

Build Team Effort

• Shared Beliefs & Practices
• Collaboration & Mutual Support
Family Resilience Framework

• **Practice Map:** to inform, guide clinical & community services, prevention programs, research

• **Integrates 3+ decades of research and practice experience on resilience & effective family functioning**

• **Identify & strengthen key family processes & multi-systemic resources** for coping, adaptation, and positive growth

• **Wide range of applications, intervention formats:**
  - Family Consultation; Brief Counseling; Family Therapy
  - Multi-family Groups & Workshops; Community Forums
Key Processes in Family Resilience

**BELIEF SYSTEMS**
1. Meaning Making
2. Positive Outlook – Hope
3. Transcendence ~ Spirituality

**ORGANIZATIONAL SUPPORTS**
4. Flexibility to Adapt
5. Connectedness
   - Mutual Support
6. Kin, Social, Economic Resources

**COMMUNICATION PROCESSES**
7. Clear Information
8. Emotional Sharing
9. Collaborative Problem Solving / Proaction
FAMILY BELIEF SYSTEM

1. Meaning - Making of Crisis & Challenges
   • Contextualize Distress; Depathologize; Normalize
   • Gain Sense of Coherence ~ As Shared Challenge:
     Comprehensible, Manageable, & Meaningful

2. Positive Outlook ~ Hope
   • Focus on strengths, potential
     • Active Agency: Initiative, Perseverance
     • Master “Art of the Possible”
     • Accept what is beyond control; Tolerate Uncertainty

3. Transcendence / Spirituality
   • Values, Purpose ~ Inspire / Aspire
   • Spiritual Resources - Shared beliefs & practices
   • Transformation: Learning, Change, Growth
   • Compassion Actions to benefit others
Re-vision / Practice Hope

Master the Art of the Possible:

Do all you can
With what you have
In the time you have
In the place you are
Spiritual Resources
Dimension of Human Experience

• Transcendent, personal beliefs and practices
• Active investment in daily life and relationships
• Fosters meaning, wholeness, harmony
• Deep Connection with all others, nature, universe
• Can find spiritual nourishment in / outside religion:
  • Humanistic Values
  • Contemplative Practices (Prayer, Meditation)
  • Communion with Nature
  • Creative / Expressive Arts
  • Service to others; Social Action
  • Intimate Bonds, Kinship, Fellowship
Organizational Resources

Systemic Shock Absorbers

4. **Flexibility** – to change, **Adapt**
   • Provide Stability – Structure, Reliability
   • Leadership - Nurture, Protect, Guide
   • Couple: Equal Partners, Mutual Respect

5. **Connectedness** – Mutual Support, Collaboration
   • Commitment and care

6. **Social, Community, Larger System Supports**
   • Workplace, Schools, Healthcare, Child / Elder care
   • Overcome odds / Change odds to thrive
Caution – labeling families “not resilient” if unable to overcome their plight.

• Compassion for those who suffer, struggle

• Larger Systems / Services Need to:
  Support Family Resilience – e.g. child & elder care
  Reduce Risks; Barriers
7. Clear, Consistent Messages
   • Information: Truth seeking / speaking

8. Share Feelings; Respect Differences
   • Suffering, Struggle, Fear, Regrets
   • Pride, Appreciation, Joy, Humor, Fun
     • Refuel Energies & Spirits

9. Collaborative Problem-Solving & Proaction
   • Learn from setbacks, Celebrate Successes
   • Be Proactive: Plan, Prepare, “Plan B”
Strengthening Family Resilience: Practice Principles

- Conviction in the Strengths & Potential of all Families, alongside Vulnerabilities, Limitations, Losses
- Identify Family Values, Strengths, and Relational Resources
- Use Language, Framing to Normalize, Depathologize and Humanize Difficulties as Commonly Experienced
- Contextualize Distress in Adverse Situation
  - Decrease Stigma, Shame, Blame, or Pathologizing
- Compassion for Suffering, Struggle, Losses, Setbacks
• The Adverse Experience can yield Learning, Transformation & Positive Growth

• Shift Focus from Problems to Potential
  ◦ Mastering the Art of the Possible; Accept what can’t be changed; Live with Uncertainty

• Repair Wounded Relationships; Strengthen Bonds

• Encourage Steps toward Future Vision:
  ◦ Re-vision Hopes and Dreams;
  ◦ Find New Purpose out of Adverse Experience
  ◦ (Re)Gain Ability to Thrive and Love Fully
Vicarious Resilience

Benefits to therapists of resilience-oriented practice

Mastering the Art of the Possible
Cultivate nourishing Beliefs, Practices, and Resources to Thrive in our Multistressed Professional and Personal Lives
References


**Other readings:**


Case Story – Meet Stephanie

https://www.youtube.com/watch?v=J8iAh8kRiLY&feature=youtu.be
Stephanie’s Case

Applying a Family Resilience Framework
Principles and Guidelines

Key Processes in Family Resilience

**BELIEF SYSTEMS**
1. Meaning Making
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Evaluation & Continuing Education

Today’s webinar is valid for 1.5 CEs from the UT Austin Steve Hicks School of Social Work, 1.5 Contact Hours/.1 CEU from the National Council on Family Relations to Certified Family Life Educators (CFLE), and 1.5 clock hours from The Commission for Case Manager Certification.

Evaluation/post-test: https://vce.az1.qualtrics.com/jfe/form/SV_bwjWbuGwC4YbFfD

For questions regarding CEs, email us at: MFLNFamillyDevelopment@gmail.com
Resilience Series

August 20
Recording Available!

Dr. Ann Masten

August 22
Recording Available Soon!

Dr. Froma Walsh

August 27
11 AM ET – 12:30 PM ET

Dr. Michael Ungar

Nurturing Resilience Through a Strong Community

Event page: https://militaryfamilieslearningnetwork.org/event/34453/

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