

NETWORK NEWS

UPCOMING EVENTS:

AUG. 13 | The Relationship Between Health and Finances
11:00 am - 12:30 pm ET

AUG. 20 | Nurturing Individual Resilience
11:00 am - 12:30 pm ET

AUG. 22 | Nurturing Family Resilience
11:00 am - 12:30 pm ET

AUG. 27 | Nurturing Resilience through a Strong Community
11:00 am - 12:30 pm ET

AUG. 28 | Special Education: Connecting to the TEAM in the IEP Process
11:00 am - 12:00 pm ET

Understanding Resilience as a Dynamic Process

What comes to mind when you think about resilience? Is it the person who successfully dealt with a serious illness? The individual who was able to overcome extreme disadvantages and ultimately thrive? Or someone who has dealt with great tragedy in their lives, but just keeps on going? While these images of people who did well despite the challenges they faced can be inspiring, they can also lead us to think of resilience as only an individual trait.

Early research labeled these people “invulnerable” (Anthony, 1974), implying their ability to overcome challenges was intrinsic, and they would be able to overcome multiple challenges through their individual traits. However, subsequent research has also shown that the challenges we face and the strengths we use to overcome them emerge as our circumstances change (Masten & Garmezy, 1985), so our ability to deal with adversity is contextual.

The definition of the term “resilience” has evolved to capture this contextual nature. Many recent definitions of resilience draw on Luthar, Cicchetti, and Becker’s (2000) view of resilience as the “dynamic process encompassing positive adaptation within the context of significant adversity.” Froma Walsh (2016) writes that human resilience involves the “interplay of multi-level systemic processes,” including the relationships formed in our immediate and extended families. Michael Ungar (2011) suggests our circumstances are critical, writing, “resilience is less an individual trait and more a quality of the child’s social and physical ecology.” Although they may emphasize different factors, most researchers agree that resilience is dynamic. As Ann Masten (2015) puts it, “Resilience will be dynamic because human individuals and their contexts are always changing.”

A dynamic view of resilience is important because it creates possibilities. If resilience is a fixed, individual trait, what does that mean for people who lack that trait? What does it mean for people dedicated to helping others overcome the challenges they face? Seeing resilience as dynamic and emergent opens up the possibility that it can be fostered and developed. Recognizing that multiple systems (e.g. families, schools, communities, etc.) interact to influence resilience

means there can be many, diverse approaches to developing resilience. Accepting that there are factors beyond individual characteristics that can enhance or detract from resilience allows us to see people who have faced adversity, including ourselves, as more than just successes or failures.

Join us to explore resilience from multiple perspectives in a three-part webinar series in August 2019. On August 20 Dr. Ann Masten will be speaking about “Nurturing Individual Resilience from a Multisystem Developmental Perspective”. Dr. Froma Walsh will speak on “Nurturing Family Resilience Through a Strengths-Based Framework” on August 22. Dr. Michael Ungar will facilitate a discussion around “Nurturing Resilience Through a Strong Community” on August 27. Learn more about the webinar series and RSVP at MilitaryFamiliesLearningNetwork.org/ResilienceSeries/

References

Anthony, E.J. (1974). Introduction: The syndrome of the psychologically vulnerable child. In E.J. Anthony & C. Koupernik (Eds.), *The child in his family: Children at Psychiatric Risk* (Vol. 3, pp. 3-10). New York, NY: Wiley.

Luthar, S. S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: Past, present and future research. In B.M. Lester, A.S. Masten & B.McEwen (Eds.), *Resilience in children* (pp. 105-115). Boston, MA: Blackwell. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1885202/>

Masten, A.S. (2015). Pathways to Integrated Resilience Science. *Psychological Inquiry*, 26:2, 187-196. <https://doi.org/10.1080/1047840X.2015.1012041>

Ungar, M. (2011). The Social Ecology of Resilience: Addressing Contextual and Cultural Ambiguity of a Nascent Construct. *American Journal of Orthopsychiatry*, 81(1), 1-17. <https://doi.org/10.1111/j.1939-0025.2010.01067.x>

Walsh, F. (2016). Applying a Family Resilience Framework in Training, Practice, and Research: Mastering the Art of the Possible. *Family Process*, 55(4), 616-632. <https://doi.org/10.1111/famp.12260>



Visit Series Homepage!

Webinar Feedback!

International Lifestyle Recommendations for Polycystic Ovary Syndrome (PCOS)

“I appreciate the update on research and how it ties into the clinical approach for those of us that are hands-on in the field.”

PCS Series: Research & Tools for Supporting Military Family Transitions

“I work with PCSing families daily [...]. This [webinar] helped me to understand that kids' areas of need during a move are different from their parents so that I can broaden my perspective and scope of care when offering support.”

[NEWSBITES]



Building Resilience One Step at a Time

What is resilience and how do we build it? Regardless of where we are in life, we can all make small changes and set goals to build our resilience. Changes may be as simple as calling a friend or as complex as developing a new skill. Check out this blog post for strategies to implement today!

Resources to Support Children with Feeding Concerns and Food Selectivity

Food selectivity presents in children across the development spectrum. These resources and strategies related to food preparation, presentation and engaging with food, can help in extreme cases of feeding challenges.

Planning for your Child's Special Needs: Applying Social-Emotional Learning

Children with disabilities often find themselves struggling emotionally. Social-emotional learning strategies at home can help children to recognize emotions, experience empathy, pursue goals and effectively navigate interpersonal relationships.

Life Insurance Basics

Compared to their civilian counterparts, service members at any age (as well as police and firefighters) have a greater need to understand and purchase life insurance. When your job requires you to "put yourself in harm's way," it is important to protect dependents and/or co-signers of your loans should "the unthinkable" happen.

RSVP for 2019 Virtual Conference!

How can we all join together to offer the best resources, support, and services to the military families we serve?

Relationships for Readiness invites service providers and educators to begin rethinking their work with military families by re-aligning themselves as connected and collaborative professionals, organizations, and agencies. In this conference, DoD representatives will discuss the Family Readiness System as a function of collaboration across boundaries, whether those boundaries are office doors, installations, communities, organizations, or agencies.

Amplify the work you do. Amplify the good you do. Join us to explore what's possible when we connect relationships to readiness!

MilitaryFamiliesLearningNetwork.org/VC2019/

MFLN Podcast Series!



Working Out Loud for Resilience

Want to dig deeper into developing resilience in your own life? Check out this podcast series from MFLN Network Literacy on building and strengthening your relationships to enhance your resilience.

[Listen to this series.](#)

Anchored.

Each episode highlights real-life struggles that many families encounter and practical solutions to promote resilience.

We invite you to sit back, relax and get Anchored. with us!



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