



MFLN Resilience Series: Dr. Ann Masten, Dr. Froma Walsh, Dr. Michael Ungar
August 2019
Series Event Link: <https://militaryfamilieslearningnetwork.org/resilienceseries/>

Resources

Articles:

- Adler, A.B., & Sowden, W. J. (2018). Resilience in the Military: The Double-Edged Sword of Military Culture. In: Roberts L., Warner C. (eds) *Military and Veteran Mental Health*. Springer, New York, NY
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Blogs:

- Brown, C. (2017). Resource Discovery: Provider Resilience App *MFLN Family Development*. [Click here to read the blog.](#)

Croymans, S. (2019). Exploring Resilience. *MFLN Family Transitions*. Retrieved from [Click here to read the blog](#).

Jowers, J. (2019). A Spotlight on Building Resilience: The Daily Influence of Positive Emotions. *MFLN Family Development*. [Click here to read the blog](#).

Messina, L., Sexton, D., & Sobelson, B. (2018). Resource Discovery: Human Performance Resource Center (HPRC). *Military Families Learning Network*. [Click here to read the blog](#).

Books/Book Chapters:

Bowen, G. L., Martin, J. A., & Mancini, J. A. (2013). The Resilience of Military Families: Theoretical Perspectives. In M. A. Fine & F. D. Fincham (Eds.), *Handbook of Family Theories: A Content-Based Approach* (pp. 417-436). New York, NY, US: Routledge/Taylor & Francis Group.

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Mancini, J.A., & Bowen, G.L (2009). Community Resilience: A Social Organization Theory of Action and Change. In Jay A. Mancini and Karen A. Roberto (Eds.), *Pathways of Human Development: Explorations of Change*, 245-265. Lexington Books: New York. [Click here for publication information](#).

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Online Resources:

Child and Parent Resource Institute (CPRI): [Click here to visit the website](#).

Child Mind Institute - Stress and Resilience: [Click here to visit the website](#).

Psychological First Aid (PFA) Mobile [App]; [Click here for more information](#).

Strengthening the Military Family readiness System for a Changing American Society. (2019 July 19). The National Academies of Sciences, Engineering & Medicine. [Click here to access report](#).

The Resilience Research Centre: [Click here to visit the website](#).

Walsh, B. (2015). The Science of Resilience: Why Some Children Can Thrive Despite Adversity. [Click here to access article.](#)

Podcasts:

Goldberg, J. (2018). *Anchored*. Episode 16 | Walking the PATHH: Exploring the Journey of Posttraumatic Growth. *MFLN Family Development*. [Audio Podcast]. [Click here to listen to the podcast episode!](#)

Groeneweg, L & Johnson, M. (Guests). (2019 May 31). Child & Youth Programs Embed 7 C's of Resiliency. *MFLN Family Transitions*. [Audio Podcast]. [Click here to listen to the podcast!](#)

Military One Source. Enhancing Parental Resilience. [Audio Podcast]. [Click here to listen to the podcast!](#)

Videos:

Ann Masten: Inside Resilient Children. (2013 May 23). *Poptech*. [Click here to watch video.](#)

Interview with Ann Masten: Resiliency in Children Studies Part 1. (2013 November 16). *Minnesota Broadcasters Association*. [Click here to watch video.](#)

Seven Crucial Cs of Resilience in Children and Teens. (2019). *MFLN Family Transitions*. [Click here to watch video.](#)

Study on Resiliency in Children: Interview with Ann Masten Part 2. (2013 November 8). *Minnesota Broadcasters Association*. [Click here to watch video.](#)

Study on Resiliency in Children: interview with Ann Masten Part 3. (2013 November 8). Minnesota Broadcasters Association. [Click here to watch video.](#)

Webinars

Burke, M. & Sobelson, B. Virtual Learning Event (VLE) Session 1: Communicating Family Needs through Advocacy. *Military Families Learning Network*. Retrieved from [Click here to view the archived webinar.](#)

Freitas, A. & Huda, S. (2018). Sesame Street Overview on Military Resources| Kids Serve Too! *MFLN Family Development and MFLN Family Transitions*. [Click here to view the archived webinar.](#)

Mogil, C. (2017). From Diapers to Diplomas: Exploring Resilience in Military Families. *MFLN Family Development*. [Click here to view the archived webinar.](#)

Tedeschi, R. (2018). Opportunities & Possibilities: Posttraumatic Growth in Research and Practice (Part 1). *MFLN Caregiving, MFLN Family Development, and MFLN Family Transitions*. [Click here to view the archived webinar.](#)

Waugh, C. (2017). Bending, Not Breaking: Resilience and the Role of Positive Emotions during Times of Stress. *2017 MFLN Virtual Conference*. [Click here to view the archived webinar.](#)