



Ways to Bolster Resilience: Lessons Learned

Presented by

Donald Meichenbaum, Ph.D.

Overview

In the aftermath of a year of traumatic and victimizing experiences in the U.S. including the loss of lives due to COVID and due to some 620 mass shootings, and the destruction resulting from natural disasters, individuals, families and communities need ways to bolster their resilience. This course will consider the lessons learned in attempts to bolster resilience across the entire life-span, from "high-risk" children and their families through adolescents, adults and the elderly.

Dr. Meichenbaum will also consider how to bolster resilience in mental health workers. He will discuss specific evidence-based interventions focusing on the Core Tasks of Psychotherapy and on the trans-theoretical behavior change principles common to all forms of effective therapies. He will provide a detailed handout of TO DO TASKS that attendees can employ immediately.

Objectives: Participants will be able to:

- Describe the distinctions between individuals who evidence Resilience in the aftermath of traumatic and victimizing experiences versus individuals who develop PTSD and related disorders
- Implement interventions to bolster resilience in six domains (physical interpersonal, emotional, cognitive, behavioral and spiritual) across the life-span
- Identify "HYPE" in the field of psychotherapy
- Implement the Core tasks of psychotherapy that "expert" therapists use to obtain 50% better treatment outcomes and have 50% fewer dropouts from treatment
- Integrate spirituality and psychotherapy as a way to bolster patients' resilience

Facts about Resilience and Lessons Learned (1:24:55)

- Distinctions between individuals who become resilient versus those who develop PTSD and related mental disorders: Treatment Implications
- The need for a Case Conceptualization Model of Risk and Protective factors
- Core tasks of psychotherapy: What more effective therapists do.

How to Bolster Resilience in "High-Risk " Children and How to Bolster Resilience in Adults (1:20:40)

- The use of constructive narrative treatment approaches
- Illustrative interventions with patients who experience traumatic bereavement and prolong complicated grief
- Victims of Interpersonal Violence
- How to integrate spirituality and psychotherapy

How to Bolster Resilience in Adolescents (1:36:52)

- Developmental changes during adolescence: Treatment impli-

cations

- Working with specific youth groups--depressed and suicidal adolescents, LGBTQ youth, victims of human trafficking

How to Bolster Resilience in Adults

- The use of constructive narrative treatment approaches
- Illustrative interventions with patients who experience traumatic bereavement and prolong complicated grief
- Victims of Interpersonal Violence
- How to integrate spirituality and psychotherapy

How to Bolster Resilience in the Elderly (1:27:56)

- Challenges and ways to provide age appropriate interventions

How to Bolster Resilience in Mental Health Providers, Individual, Collegial and Organizational

- Interventions

To Do Tasks for Attendees to Implement Immediately

- Implications

Donald Meichenbaum, Ph.D. is a Distinguished Professor Emeritus of Psychology, University of Waterloo, Ontario and Research Director of the Melissa Institute for Violence Prevention (www.melissainstitute.org). He is one of the founders of Cognitive Behavior Therapy (CBT) and was voted "*one of the ten most influential psychotherapists of the century*" by North American clinicians in a survey reported in the *American Psychologist*.

He has written numerous books including: *Cognitive Behavior Modification: An Integrative Approach*, considered a classic in the field; *Pain and Behavioral Medicine, Nurturing Independent Learners*, and *Roadmap to Resilience : A Guide for Military, Trauma Victims and Their Families*.

Dr. Meichenbaum received a Lifetime Research Award from the Clinical Division of APA. He has presented in all 50 U.S. states and internationally. He was involved in the aftermath of natural disasters and various incidents of interpersonal violence.

Approved Home Study 6 CE Hours for Psychologists Counselors Social Workers MFT AOTA

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