



# Resilience Across Diagnoses and Through the Lifespan

Presented by

## Glenn R. Schiraldi, Ph.D.

Resilience refers to those inner strengths that facilitate recovery and help prevent relapse from stress-related conditions such as PTSD, anxiety, depression, substance abuse, eating disorders, troubled sleep, and suicidality. Resilience also optimizes mental and physical health and performance. The strengths of resilience are both innate and capable of being enlarged.

The prepared clinician best serves clients by equipping them with skills that expand their resilience capacities. Resilience skills must be comprehensive—broad and deep enough to promote clients’ lasting healing, while preparing them to respond effectively to adversities across the lifespan.

### AGENDA

#### Introduction (01:27:40)

- What are the strengths of resilience?
- Why is resilience building essential?
- Can resilience change?

#### The Comprehensive Resilience Building Model (01:34:44)

- Optimize Brain “Hardware”
- Optimize Brain “Software”
- Spiral Upward
- Prepare Emotionally for Difficult Times
- Resilient Leadership

#### Resilience Building Strategies (01:53:57)

- Manage Hyper- and Hypo-Arousal
- Manage Strong Distressing Emotions
- Manage Nightmares
- 9 Keys to Optimize a Sluggish Brain
- Happiness, Thriving, & Growth

#### Resiliences Building Strategies (01:40:44)

- Emotional Inoculation
- Strategies for Guilt, Dissociation, Panic
- Helping Others Be Their Best
- How to Reinforce Skills Learned
- Resources for Lifelong Learning

#### Objectives— Participants will be able to:

- Describe resilience, its strengths, and its important supportive role in treatment interventions
- Identify strategies to optimize brain health and function
- Identify new strategies to regulate debilitating stress arousal that is stuck on too high or too low
- Identify skills to manage intense distressing emotions, memories, nightmares, and other symptoms
- Describe principles and skills to thrive across the life span and emotionally inoculate against potentially destabilizing events

### Glenn R. Schiraldi, Ph.D.

Glenn R. Schiraldi, Ph.D., Lt. Colonel (US Army Reserve, Retired), has served on the stress management faculties at the Pentagon, the International Critical Incident Stress Foundation, and the University of Maryland School of Public Health, where he received the Outstanding Teaching Award and other teaching/service awards. His 14 books on stress-related topics have been translated into 17 foreign languages, and include: *The Resilience Workbook*; *The Post-Traumatic Stress Disorder Sourcebook*; *The Self-Esteem Workbook*; and *World War II Survivors: Lessons in Resilience*. His latest book, *The Adverse Childhood Experiences Recovery Workbook* helps people heal the hidden wounds from toxic childhood stress, which lead to a wide array of adult medical and psychological disorders. Dr. Schiraldi’s writing has been recognized by various scholarly and popular sources, such as the *Washington Post*, *American Journal of Health Promotion*, the *Mind/Body Health Review*, and the *International Stress and Tension Control Society Newsletter*.

He has trained high-risk groups (such as the military, police, and firefighters), mental health professionals, and laypersons around the world on various aspects of resilience, stress, and trauma. His research at the University of Maryland has found that resilience skills training increases resilience, happiness, self-esteem, optimism, and curiosity, while reducing anxiety, depression, and anger.

He is the founder of Resilience Training International ([www.ResilienceFirst.com](http://www.ResilienceFirst.com)), which teaches people how to prevent and recover from stress-related conditions (such as PTSD, depression, and anxiety), while optimizing mental health and performance under pressure. He and his wife presently lead an addiction recovery group. Glenn is a graduate of the U.S. Military Academy, West Point, and a Vietnam-era veteran. His doctorate is from University of Maryland.

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