

DOWNLOAD PDF CREATING SPIRITUAL AND PSYCHOLOGICAL RESILIENCE

Chapter 1 : creating spiritual and psychological resilience integrating care in disaster relief page

Creating Spiritual and Psychological Resilience explores the interface between spiritual and psychological care in the context of disaster recovery work, drawing upon recent disasters including but not limited to, the experiences of September 11,

Subjects Description Creating Spiritual and Psychological Resilience explores the interface between spiritual and psychological care in the context of disaster recovery work, drawing upon recent disasters including but not limited to, the experiences of September 11, Each of the three sections that make up the book are structured around the cycle of disaster response and focus on the relevant phase of disaster recovery work. In each section, selected topics combining spiritual and mental health factors are examined; when possible, sections are co-written by a spiritual care provider and a mental health care provider with appropriate expertise. Existing interdisciplinary collaborations, creative partnerships, gaps in care, and needed interdisciplinary work are identified and addressed, making this book both a useful reference for theory and an invaluable hands-on resource. Reviews "An original and notable contribution to the field of disaster studies. The focus on facilitating the essential collaborative partnerships between mental health and spiritual care providers could not be more timely or more valuable. This publication will be useful in a practical way to professionals working with trauma survivors who have experienced great emotional and spiritual upheaval in their lives as a result of catastrophic and life threatening events. The authors show a clear understanding of the importance of restoring resilience through both spiritual and psychological support. The editors have pulled together authors from a variety of professionsâ€for chapters that provide essential information both to professionals who may be novices regarding disaster relief work as well as those who are seasoned veterans. Foundational Considerations for Effective Collaboration. Brenner, Fundamentals of Collaboration. Covello, Principles of Risk Communication. Tensions, Challenges, and Opportunities. Organizational and Personal Reflections. Jarry, Working as an Ally to Underserved Communities: Berliner, Ryan, Taylor, Making Referrals: Ellison, Katz, Rituals, Routines, and Resilience. Danieli, Fundamentals of Working with Re-traumatized Populations. About the Editors Grant H. Bush, MDiv, is a chaplain and serves as an educator at several programs in Jerusalem, including Yakar, Kivunim, the Conservative Yeshiva, and Encounter.

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Chapter 2 : Psychological resilience - Wikipedia

"Creating Spiritual and Psychological Resilience is a well-researched work validated by the extensive practical experience of the contributing authors. This publication will be useful in a practical way to professionals working with trauma survivors who have experienced great emotional and spiritual upheaval in their lives as a result of."

Background[edit] Resilience is generally thought of as a "positive adaptation" after a stressful or adverse situation. Resilience is the integrated adaptation of physical, mental and spiritual aspects in a set of "good or bad" circumstances, a coherent sense of self that is able to maintain normative developmental tasks that occur at various stages of life. Resiliency allows a person to rebound from adversity as a strengthened and more resourceful person. History[edit] The first research on resilience was published in 1975. The study used epidemiology, which is the study of disease prevalence, to uncover the risks and the protective factors that now help define resilience. She studied a cohort of children from Kauai, Hawaii. Kauai was quite poor and many of the children in the study grew up with alcoholic or mentally ill parents. Many of the parents were also out of work. However, one-third of these youngsters did not exhibit destructive behaviours. Resilience also emerged as a major theoretical and research topic from the studies of children with mothers diagnosed with schizophrenia in the 1980s. On the other hand, some children of ill parents thrived well and were competent in academic achievement, and therefore led researchers to make efforts to understand such responses to adversity. Researchers endeavor to uncover how some factors emerge. It is often mistakenly assumed to be a trait of the individual, an idea more typically referred to as "resiliency". When people are faced with an adverse condition, there are three ways in which they may approach the situation. Erupt with anger Implode with overwhelming negative emotions, go numb, and become unable to react Simply become upset about the disruptive change Only the third approach promotes well-being. It is employed by resilient people, who become upset about the disruptive state and thus change their current pattern to cope with the issue. The first and second approaches lead people to adopt the victim role by blaming others and rejecting any coping methods even after the crisis is over. These people prefer to instinctively react, rather than respond to the situation. Those who respond to the adverse conditions by adapting themselves tend to cope, spring back, and halt the crisis. Three notable bases for resilience are "self-confidence, self-esteem and self-concept" all have roots in three different nervous systems respectively, the somatic nervous system, the autonomic nervous system and the central nervous system. Positive correlations stand with personality traits of openness and positive emotionality, that represents tendencies to engage and confront the world with confidence in success and a fair value to self-directedness. Studies show that maintaining positive emotions whilst facing adversity promote flexibility in thinking and problem solving. Positive emotions serve an important function in their ability to help an individual recover from stressful experiences and encounters. That being said, maintaining a positive emotionality aids in counteracting the physiological effects of negative emotions. It also facilitates adaptive coping, builds enduring social resources, and increases personal well-being. Individuals who tend to approach problems with these methods of coping may strengthen their resistance to stress by allocating more access to these positive emotional resources. A study was done on positive emotions in trait-resilient individuals and the cardiovascular recovery rate following negative emotions felt by those individuals. The results of the study showed that trait-resilient individuals experiencing positive emotions had an acceleration in the speed in rebounding from cardiovascular activation initially generated by negative emotional arousal, i.e. Grit personality trait Grit refers to the perseverance and passion for long-term goals. High grit individuals display a sustained and focused application of self in problematic situations than less gritty individuals. When people value a goal as more valuable, meaningful, or relevant to their self-concept they are willing to expend more effort on it when necessary. The influence of individual differences in grit results in different levels of effort-related cardiac activity when gritty and less gritty individuals performed the same task. Grit is associated with differences in potential motivation, one pathway in motivational intensity theory. Grit

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emphasizes long-term stamina, whereas conscientiousness focuses on short-term intensity. More educated adults tend to be higher in grit than less educated individuals of the same age. College students at an elite university who scored high in grit also earned higher GPAs than their classmates, despite having lower SAT scores. A study at Stanford University found that grit was predictive of psychological health and well-being in medical residents. Individuals high in grit also focus on future goals, which may stop them from attempting suicide. It is believed that because grit encourages individuals to create and sustain life goals, these goals provide meaning and purpose in life. Grit alone does not seem to be sufficient, however. Only individuals with high gratitude and grit have decreased suicidal ideation over long periods of time. Gratitude and grit work together to enhance meaning in life, offering protection against death and suicidal thoughts or plans. Research has examined 13 high achievers from various professions, all of whom had experienced challenges in the workplace and negative life events over the course of their careers but who had also been recognized for their great achievements in their respective fields. Participants were interviewed about everyday life in the workplace as well as their experiences with resilience and thriving. The study found six main predictors of resilience: High achievers were also found to engage in many activities unrelated to their work such as engaging in hobbies, exercising, and organizing meetups with friends and loved ones. Many studies show that the primary factor for the development of resilience is social support. Social support requires not only that you have relationships with others, but that these relationships involve the presence of solidarity and trust, intimate communication, and mutual obligation [42] both within and outside the family. It is one of the necessary precursors of resilience along with warmth in family cohesion and accessibility of prosocial support systems. More specifically a study distinguished three contexts for protective factors: Furthermore, a study of the elderly in Zurich, Switzerland, illuminated the role humor plays as a coping mechanism to maintain a state of happiness in the face of age-related adversity. Self-esteem, ego-control, and ego-resiliency are related to behavioral adaptation. Ego-control is "the threshold or operating characteristics of an individual with regard to the expression or containment" [51] of their impulses, feelings, and desires. Ego-resilience refers to "dynamic capacity, to modify his or her model level of ego-control, in either direction, as a function of the demand characteristics of the environmental context" [52] Maltreated children who experienced some risk factors e. Furthermore, maltreated children are more likely than nonmaltreated children to demonstrate disruptive-aggressive, withdraw, and internalized behavior problems. Finally, ego-resiliency, and positive self-esteem were predictors of competent adaptation in the maltreated children. Also, individuals who were less involved in affinity groups and organisations showed less resilience. Research has not established connection between spirituality and resilience. According to the 4th edition of Psychology of Religion by Hood, et al. In military studies it has been found that resilience is also dependent on group support: Resilience is highly correlated to peer support and group cohesion. Units with high cohesion tend to experience a lower rate of psychological breakdowns than units with low cohesion and morale. High cohesion and morale enhance adaptive stress reactions. This small change in thought patterns helps to reduce psychological stress when a person is faced with a difficult challenge. The second step a person can take to build resilience is to be prepared for challenges, crises, and emergencies. In business, preparedness is created by creating emergency response plans, business continuity plans, and contingency plans. Resilience is also enhanced by developing effective coping skills for stress. Coping skills include using meditation, exercise, socialization, and self-care practices to maintain a healthy level of stress, but there are many other lists associated with psychological resilience. The Besht model of natural resilience building in an ideal family with positive access and support from family and friends, through parenting illustrates four key markers. A number of self-help approaches to resilience-building have been developed, drawing mainly on the theory and practice of cognitive behavioral therapy CBT and rational emotive behavior therapy REBT. A meta-analysis of 17 PRP studies showed that the intervention significantly reduces depressive symptoms over time. Bibliotherapy, positive tracking of events, and enhancing psychosocial protective factors with positive psychological resources are other methods for resilience building. These strategies focused on planning, positively reappraising events, and reducing

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rumination helped in maintaining a healthy continuity. Other development programs[edit] The Head Start program was shown to promote resilience. Those students who do not exhibit the necessary resilience can be screened out of the training. Those who remain can be given stress inoculation training. The process is repeated as personnel apply for increasingly demanding positions, such as special forces. Once again, it is not a trait or something that some children simply possess. Two of these that have emerged repeatedly in studies of resilient children are good cognitive functioning like cognitive self-regulation and IQ and positive relationships especially with competent adults, like parents. However, this is not a justification to expose any child to risk. Children do better when not exposed to high levels of risk or adversity. Building in the classroom[edit] Resilient children within classroom environments have been described as working and playing well and holding high expectations, have often been characterized using constructs such as locus of control , self-esteem , self-efficacy , and autonomy. Role of the community[edit] Communities play a huge role in fostering resilience. The clearest sign of a cohesive and supportive community is the presence of social organizations that provide healthy human development. Children who are repeatedly relocated do not benefit from these resources, as their opportunities for resilience-building, meaningful community participation are removed with every relocation. Understanding the characteristics of quality parenting is critical to the idea of parental resilience. These include frequent displays of warmth, affection, emotional support; reasonable expectations for children combined with straightforward, not overly harsh discipline; family routines and celebrations; and the maintenance of common values regarding money and leisure. Doob, "Poor children growing up in resilient families have received significant support for doing well as they enter the social world" starting in daycare programs and then in schooling. Increasing EI may be an important step in trying to foster resilience among victims. When a person faces stress and adversity, especially of a repetitive nature, their ability to adapt is an important factor in whether they have a more positive or negative outcome. Despite these differences, they still implicated internal resources and negative emotionality in either encouraging or being negatively associated with resilience to bullying respectively and urged for the targeting of psychosocial skills as a form of intervention. A study was done looking at 55 transgender youths studying their sense of personal mastery, perceived social support, emotion-oriented coping and self-esteem. This means that transgender youths with lower resilience were more prone to mental health issues, including depression and trauma symptoms. Emotion-oriented coping was a strong aspect of resilience in determining how depressed the individuals were. Sotomayor Obstetric and Gynecology Hospital Guayaquil assessing resilience differences between pregnant adolescents and adults. Despite this, total CESD scores and depressed mood rate did not differ among studied groups. Logistic regression analysis could not establish any risk factor for depressed mood among studied subjects; however, having an adolescent partner and a preterm delivery related to a higher risk for lower resilience. The level of resilience a child will experience after their parents have split is dependent on both internal and external variables. Some of these variables include their psychological and physical state and the level of support they receive from their schools, friends, and family friends.

Chapter 3 : psychological resilience | Download eBook PDF/EPUB

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