



## Using Evidenced-Based Resiliency Practices in Counseling Part One: Developing a Resiliency Mindset

### Webinar Follow-up Question and Answer Session with Dr. Michell Temple

#### Question from D. Carroll:

Are microaggressions a daily hassle or chronic stressors?

#### Answer from Presenter

It depends because stressors are contingent upon context including proximity, duration, and frequency.

MacDermid et al. (2008) provides these definitions of stressors:

- Daily hassles are relatively minor events, typically unexpected, irregular, and short-lived, such as car troubles, breakdowns in childcare, or unexpected deadlines
- Chronic recurrent life difficulties such as stressful work, conflicted marriage, or financial difficulties, open-ended, ambiguous in nature and difficult or impossible to resolve.
- Normative meaning events that individual might reasonably expect to face based on the experiences of familiar others.
- Single discrete events natural disasters or traumatic event

For a person who has limited direct exposure to microaggressions, they may be perceived more or less adversely – the microaggression could be viewed as a daily hassle; however, someone or a group of people who have to deal with microaggressions on a daily basis due the nature of the environment, oppressive as it would be, one might label them chronic or normative.

A reader may find this article insightful:

Wong, G., Derthick, A. O., David, E. J., Saw, A., & Okazaki, S. (2014). The *What*, the *Why*, and the *How*: A review of racial microaggressions research in psychology. *Race and Social Problems*, 6(2), 181–200. <https://doi.org/10.1007/s12552-013-9107-9>

#### Question from A. Vosburg:

With the broad nature of the term resiliency what is a positive path to help the client progress?

#### Answer from Presenter

A positive path to resiliency is contingent upon a client's needs based on a resiliency assessment and readiness for change. The third webinar provides a framework for assessment and incorporating resiliency in a treatment planning.

A reader may find this article insightful:

Freeman, A., & Dolan, M. (2001). Revisiting Prochaska and DiClemente's stages of change theory: An expansion and specification to aid in treatment planning and outcome evaluation. *Cognitive and Behavioral Practice*, 8(3), 224-234. doi:10.1016/S1077-7229(01)80057-2

**Question from G. Holzle:**

How do you help a serious-minded person develop the ability to laugh at themselves?

**Answer from Presenter**

Interesting question. I want to say that being serious-minded does not mean a person lacks a sense of humor. The act of laughter has many biological and psychological benefits; however, smiling, affirming/positive cognitive and emotions are equally beneficial.

**Readers may find these articles insightful:**

Hatzipapas, I., Visser, M. J., & Janse van Rensburg, E. (2017). Laughter therapy as an intervention to promote psychological well-being of volunteer community care workers working with HIV-affected families. *SAHARA J : journal of Social Aspects of HIV/AIDS Research Alliance*, 14(1), 202–212. <https://doi.org/10.1080/17290376.2017.1402696>

Keltner, D., & Bonanno, G. A. (1997). A study of laughter and dissociation: Distinct correlates of laughter and smiling during bereavement. *Journal of Personality and Social Psychology*, 73(4), 687–702. <https://doi.org/10.1037/0022-3514.73.4.687>

**Question from C. Hadida:**

Regarding internal locus of control, how do you work with someone who believes that everything bad that has happened to them is always someone else's fault?

**Answer from Presenter**

My approach to helping people change which includes their thoughts and affect begins with first understanding the context in which they develop and sustain patterns of thinking. I would also conduct a resiliency assessment with a particular interest in the client's Hope Trait results (See the Third Webinar in the Series). Once I have done that I would likely utilize a cognitive behavioral approach that was more experimental with the client. Practically, as the client worked through the various worksheets in and out of sesión, generated alternative thoughts, we would co-create experiments would focus on the concept of agency. A helpful framework to cultivate agency is Ryan and Deci's Self-Determination theory.

**A reader may find this article insightful:**

Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *The American Psychologist*, 55(1), 68-78. doi:10.1037/0003-066X.55.1.68

**Question from D. Carroll:**

How could practicing creative arts- music fit into resiliency skills? If so, how can they be used to support resiliency skill growth?

**Answer from Presenter**

It depends on the objective of learning and playing of music in helping a person to adapt positively after exposure to adversity and trauma. Music Therapy supports emotion regulation.

A reader may find this article helpful:

Pasiali, V. (2012). Resilience, music therapy, and human adaptation: Nurturing young children and families. *Nordic Journal of Music Therapy*, 21(1), 36-56. doi:10.1080/08098131.2011.571276

**Question from A. Vosburg:**

When we look at stressors for or with the client, how can we help them to be and stay positive for success?

**Answer from Presenter**

We can help clients be and stay positive for success by providing and encouraging their use of strategies that support cognitive and emotion (affect regulation).

Readers may find these articles helpful:

Wang, M., & Saudino, K. J. (2011). Emotion regulation and stress. *Journal of Adult Development*, 18(2), 95-103. doi:10.1007/s10804-010-9114-7

Troy, A., & Mauss, I. (2011). Resilience in the face of stress: Emotion regulation as a protective factor. In S. Southwick, B. Litz, D. Charney, & M. Friedman (Eds.), *Resilience and Mental Health: Challenges Across the Life Span* (pp. 30–44). Cambridge University Press.

**Question from J. Epp:**

How do we help orphanage staff develop themselves to be "familial" support while also providing support to their personal families?

**Answer from Presenter**

Taking a community resilience approach may provide a helpful framework for orphanage staff to serve as both family to orphans and their families. There seem to be multiple studies internationally about cultivating resilience within orphanages. Walsh (2016) provides helpful information about family resilience in journals as well as in a book.

A reader may find this article on ACE and community resilience helpful:

Ellis, W. R., & Dietz, W. H. (2017). A new framework for addressing adverse childhood and community experiences: The building community resilience model. *Academic Pediatrics*, 17(7), S86-S93. doi:10.1016/j.acap.2016.12.011

Walsh, F. (2016). Family resilience: A developmental systems framework. *European Journal of Developmental Psychology*, 13(3), 313–324. <https://doi.org/10.1080/17405629.2016.1154035>

**Question from J. Batina:**

Do you have any handouts that you give to clients that you'd be willing to share with us? I work with kids, so when the parents can take something home, they remember it better.

**Answer from Presenter**

I pull from a variety of professional organizations and research centers' websites to find information to share with clients about resilience. Here are some:

American Psychological Association: <https://www.apa.org/topics/resilience>

Positive Psychology: <https://positivepsychology.com/resilience-activities-worksheets/>

**Question from A. Vosburg:**

It is tough enough to deal with stressors, but if the client has taken a path that is a path that is a direction of less or negative progress. How do you approach the correct resiliency here?

**Answer from Presenter**

Stressors are tough and without tools that support dealing with them, then a person could adapt in unsuccessfully. I approach interventions based on assessments, whether an interview with the client or questionnaires. The third webinar provides a resiliency assessment and treatment planning process that could help a client identify and apply tools that result in successful adaptation. The approach depends on the findings of a quality assessment.

**Question from S. Larson:**

Regarding a person's concept of oneself - one of the challenges I see is the client needs the label to get services/support, but then the result can be that their identity ends up wrapped up in their label - we give them the label and then we tell them to live beyond the label - this doesn't seem to support a resiliency mindset? how do we counteract this upfront?

**Answer from Presenter**

Motivational interviewing is a useful tool that acknowledges a person's current mindset, while making space for an alternative way of thinking and living. Change of behavior often includes alternations of some level in a self-perception (self-concept). Additionally, it is quite common for people to identify themselves based on value, e.g., the infamous question of "what do you do for a living?" One might consider the value of services and support due to a diagnosis significant which is worth incorporating into services to help the person expand the image of self as valuable. In the recorded webinar two, I provide an example of a process.

A reader may find this article insightful:

Pasman, Joelle. (2011) Social Cosmos, volume 2, pp. 122 – 127

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