

Patterns of Family Resilience in Contexts of Adversity

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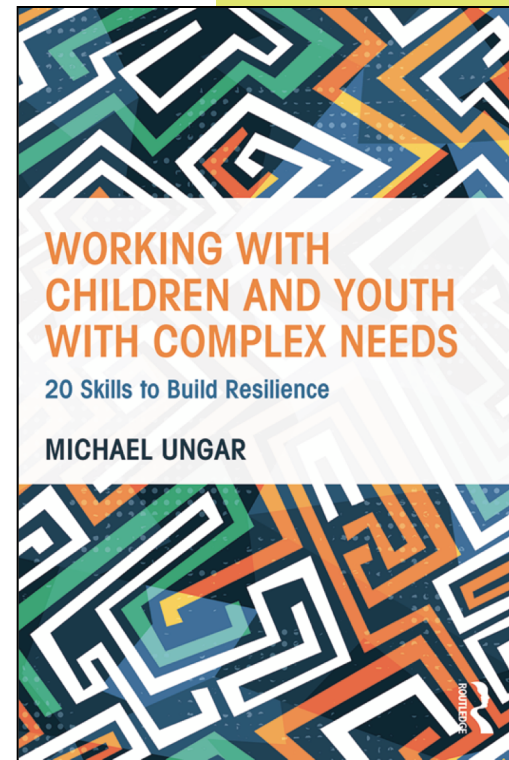
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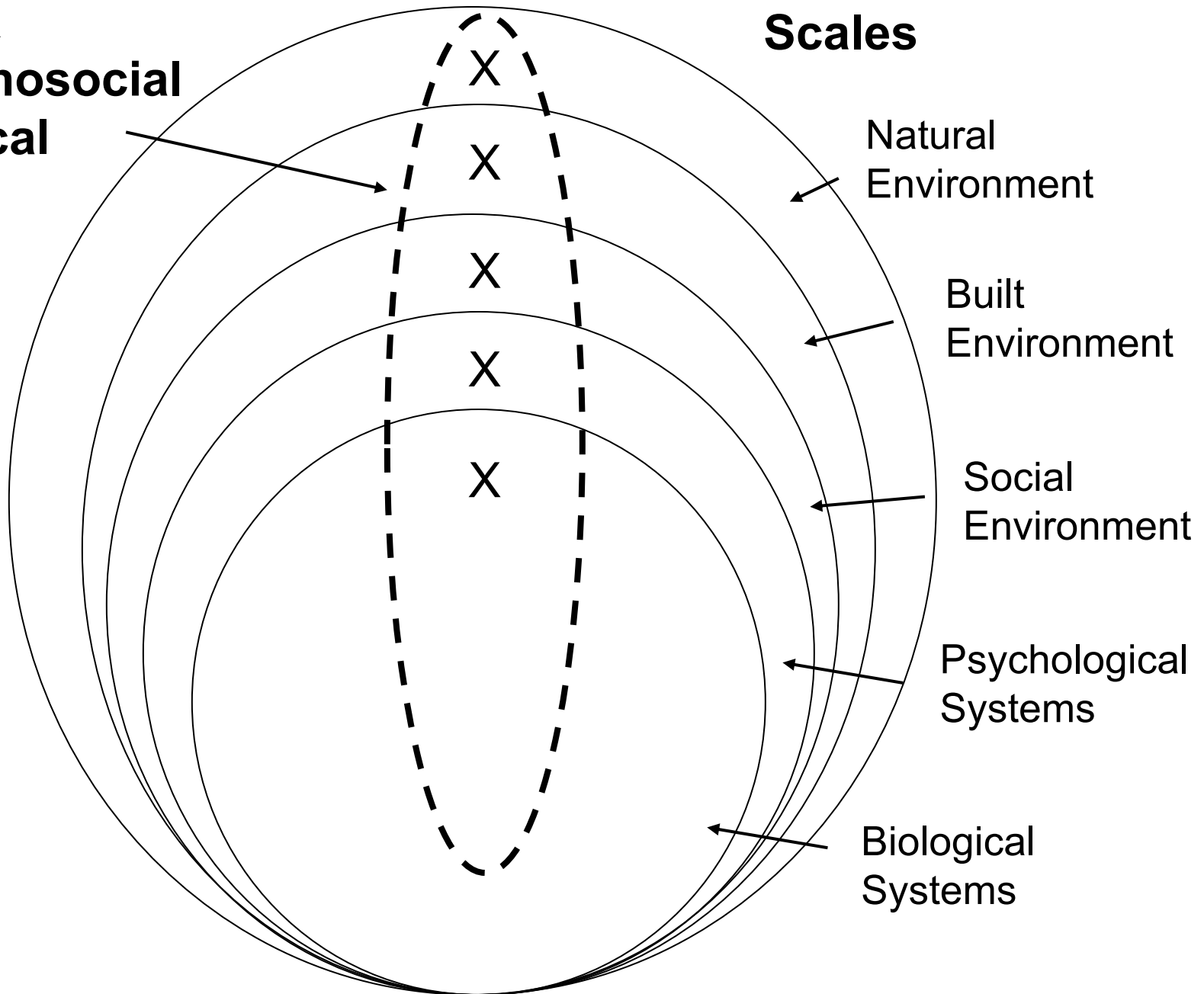
www.michaelungar.com

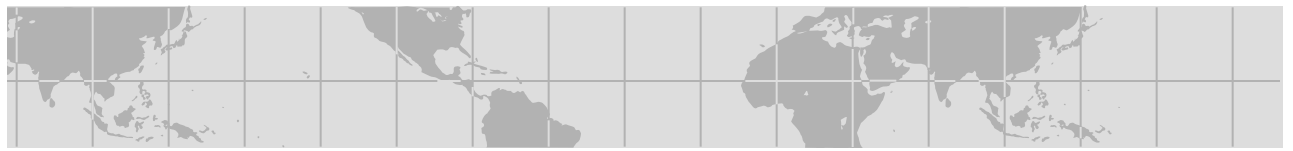
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**Complex
Biopsychosocial
-ecological
System**

Scales



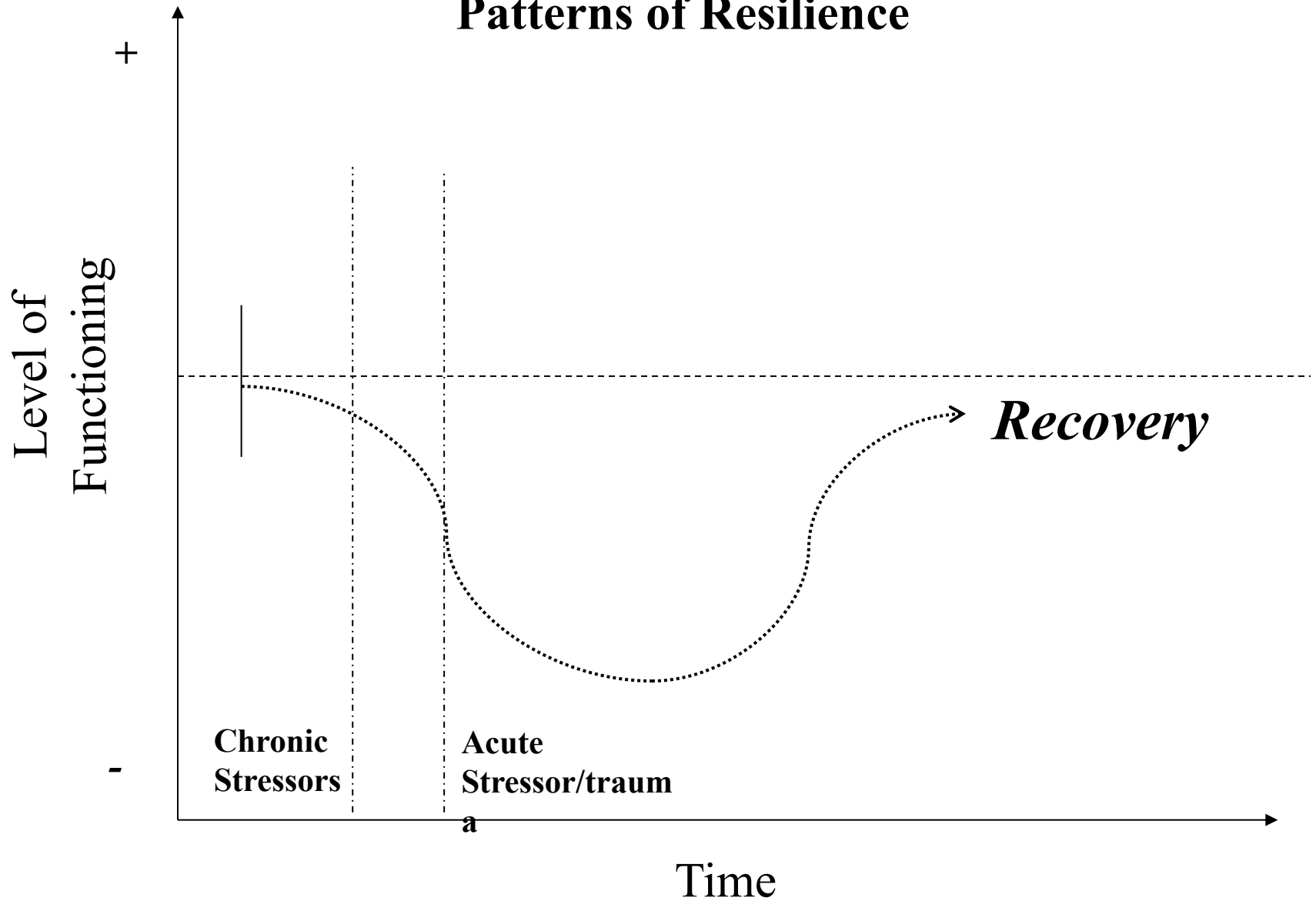


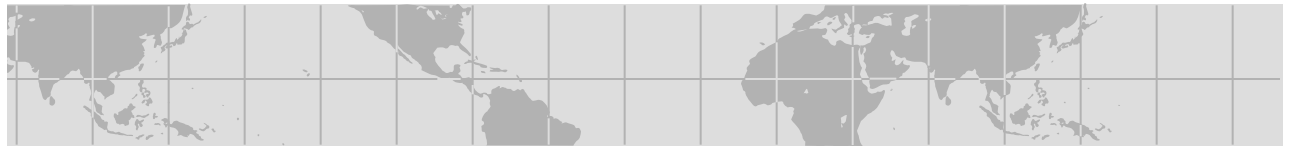
A Practical Definition of Psychological Resilience

- ✚ In the context of exposure to significant adversity
- ✚ resilience is the capacity of individuals, families and communities to *navigate* their way to the psychological, social, cultural, and physical resources that sustain their wellbeing, and...
- ✚ their capacity individually and in groups to *negotiate* for these resources to be provided in culturally meaningful ways.

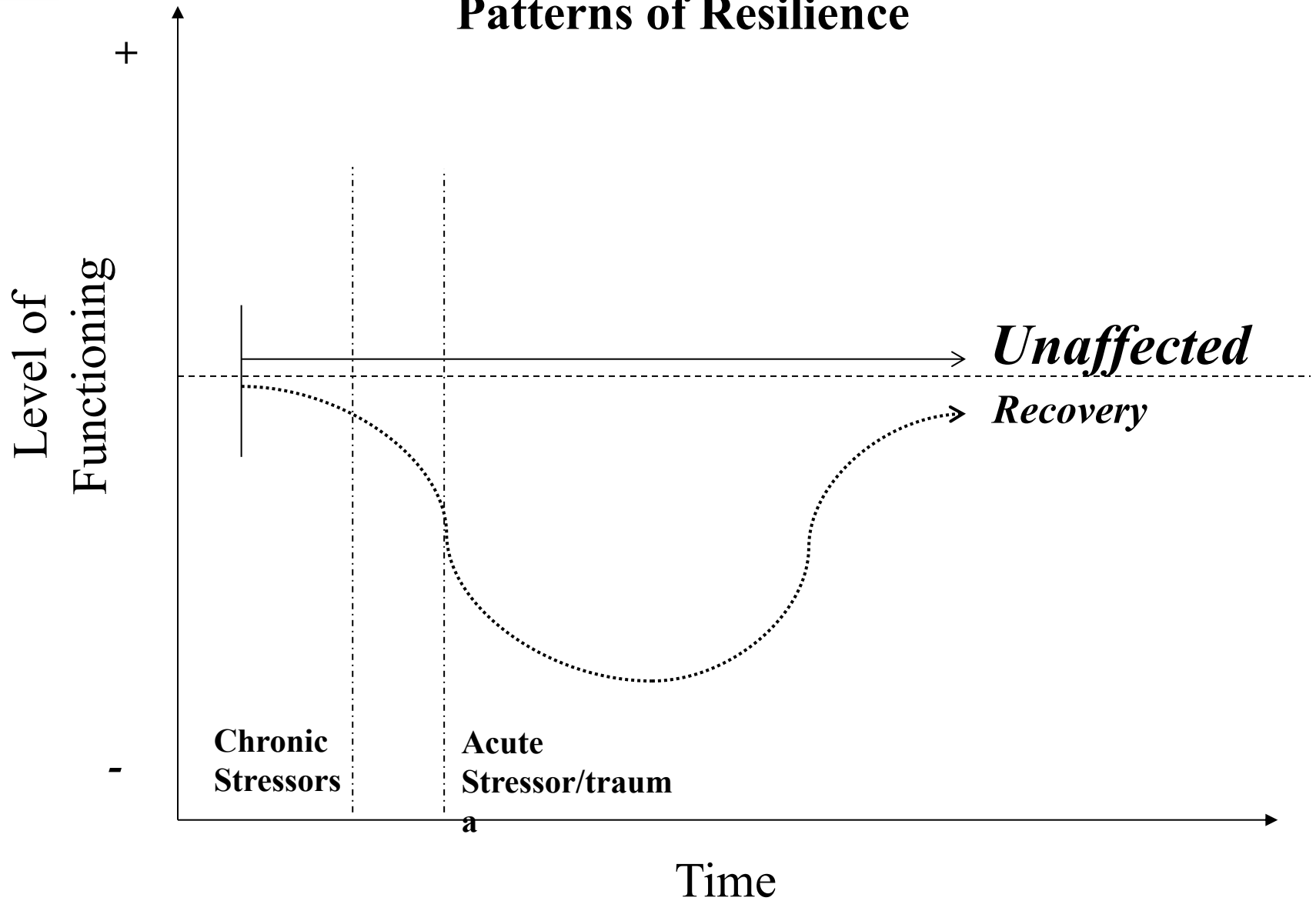


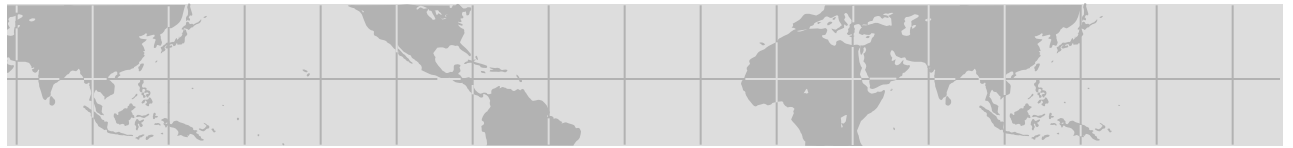
Patterns of Resilience



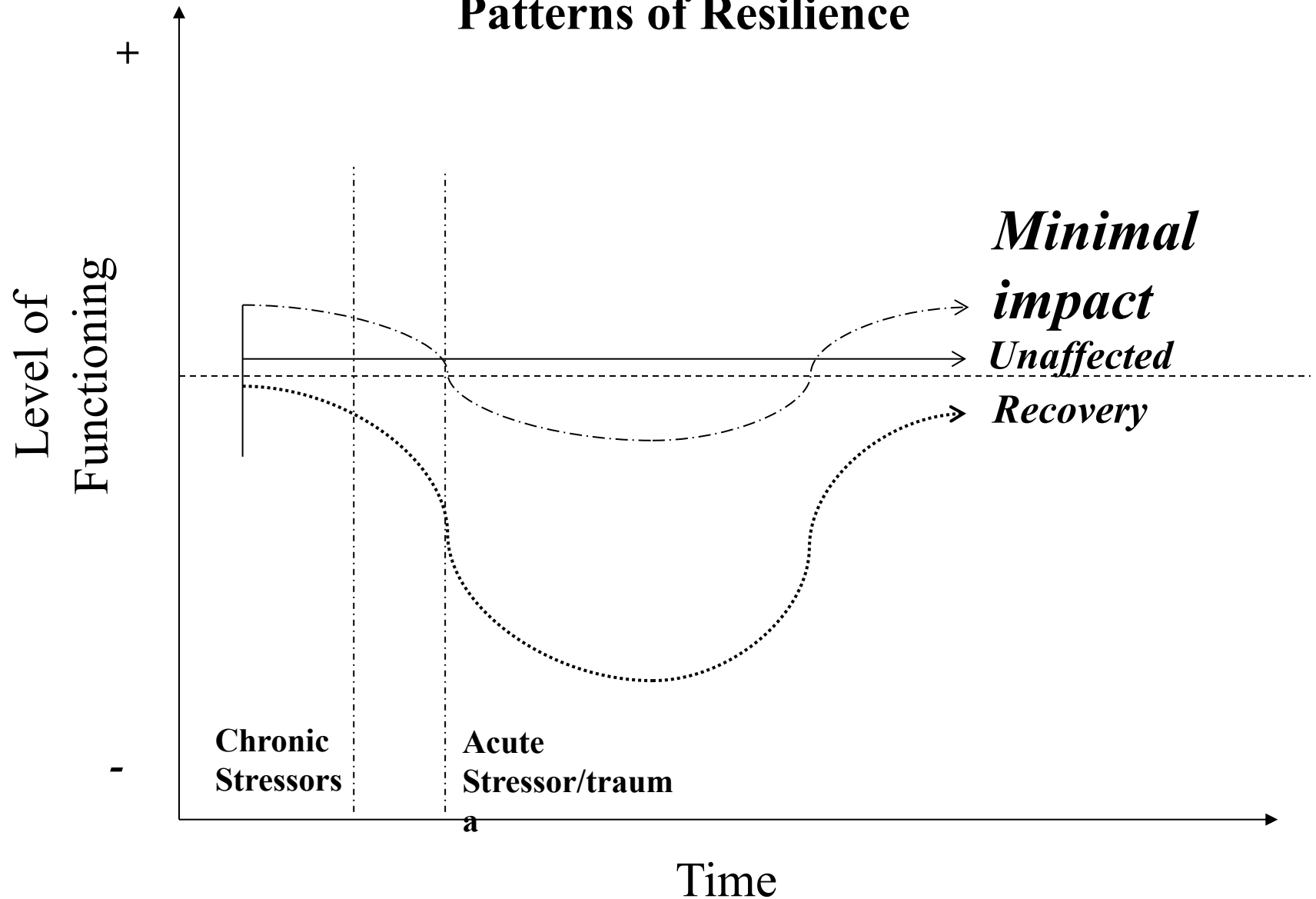


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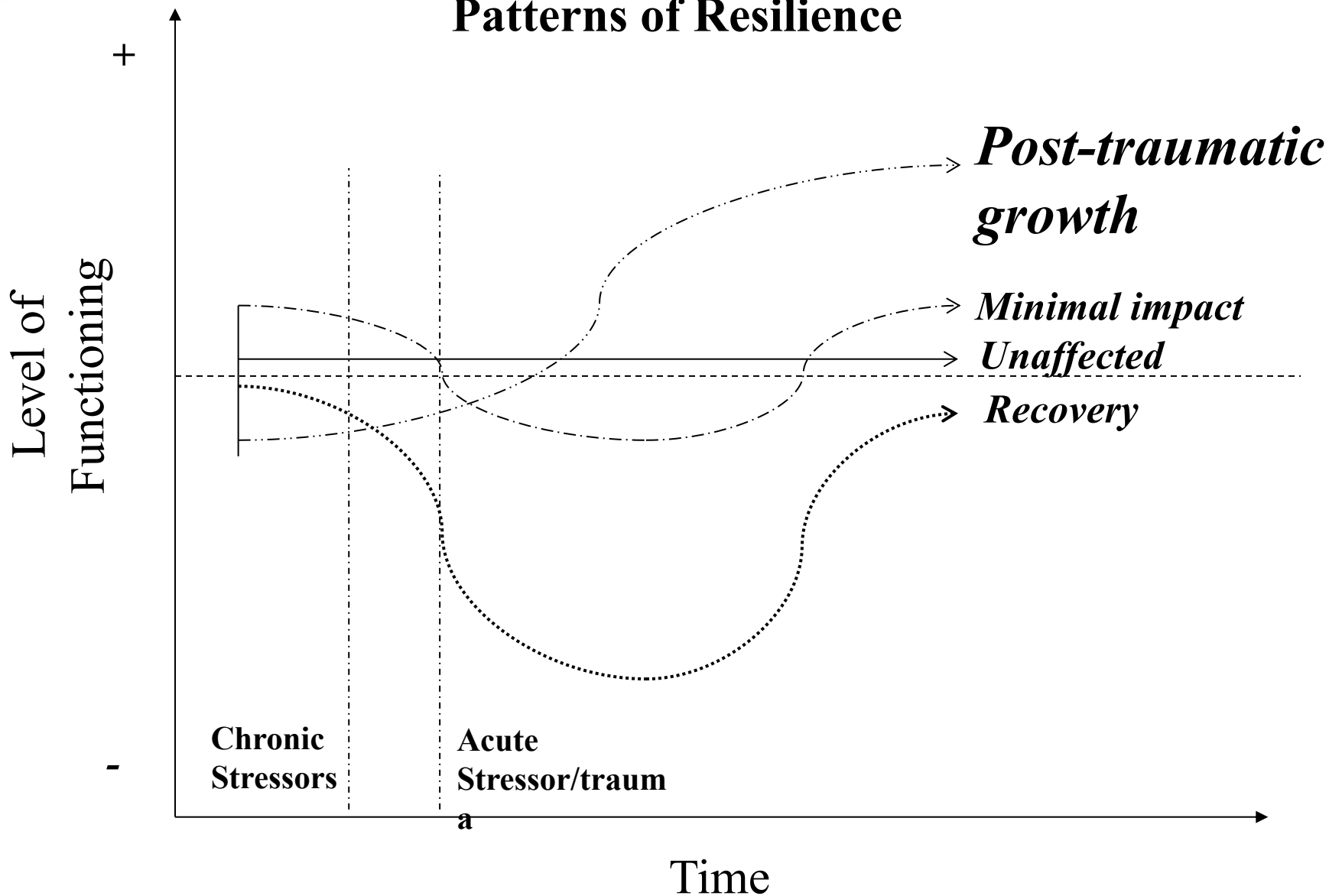


Patterns of Resilience





Patterns of Resilience



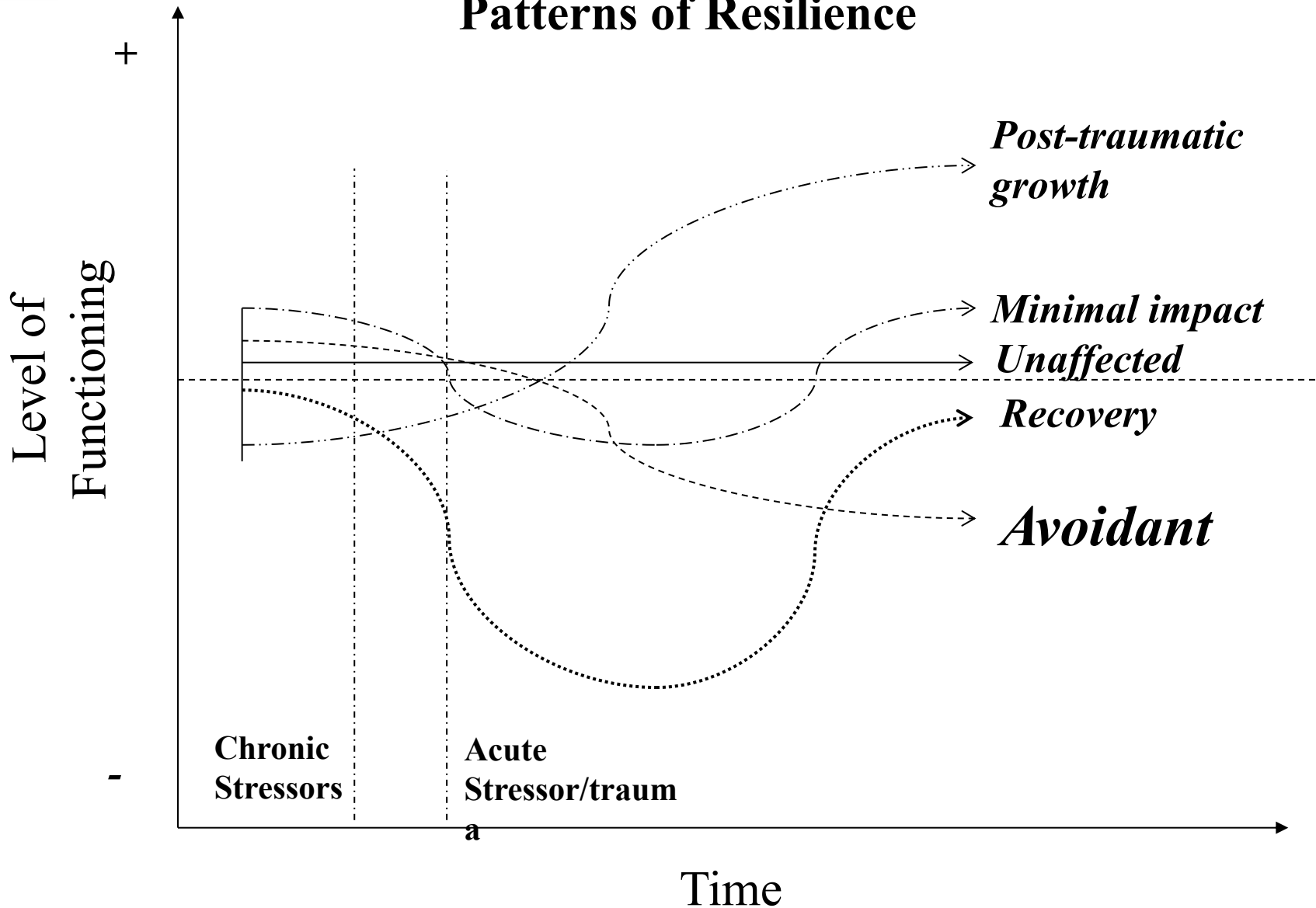


Principle

**When a resource is unavailable,
inaccessible, or potentially
harmful, systems cope as best
they can with what they have.**

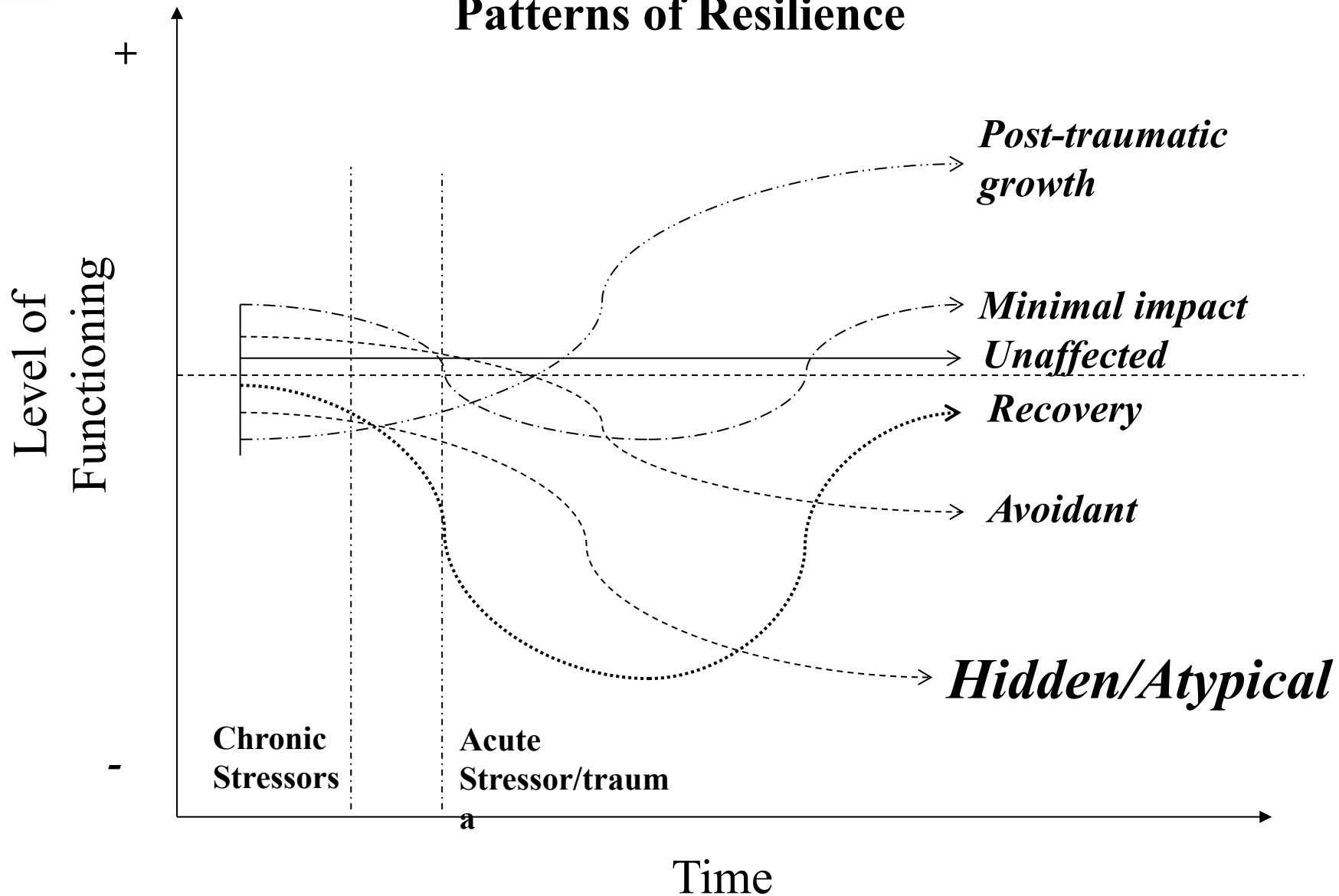


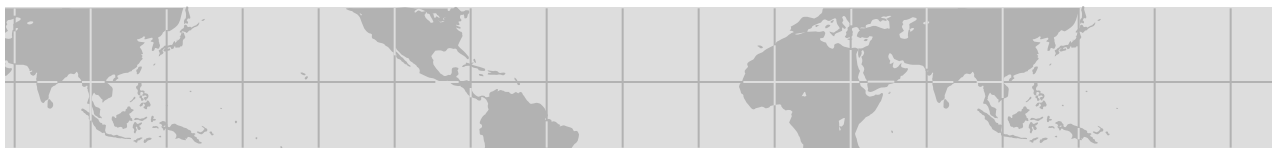
Patterns of Resilience



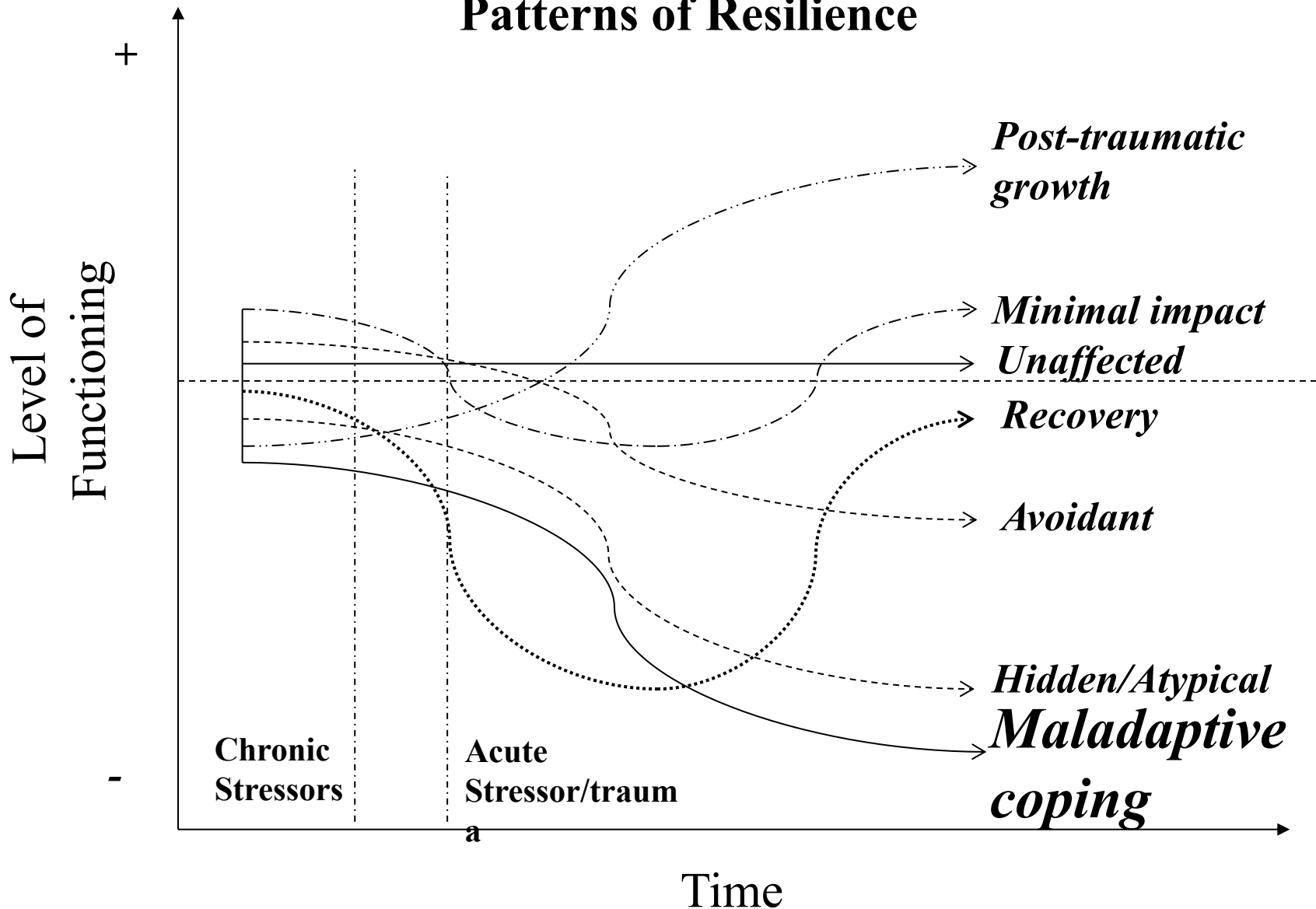


Patterns of Resilience



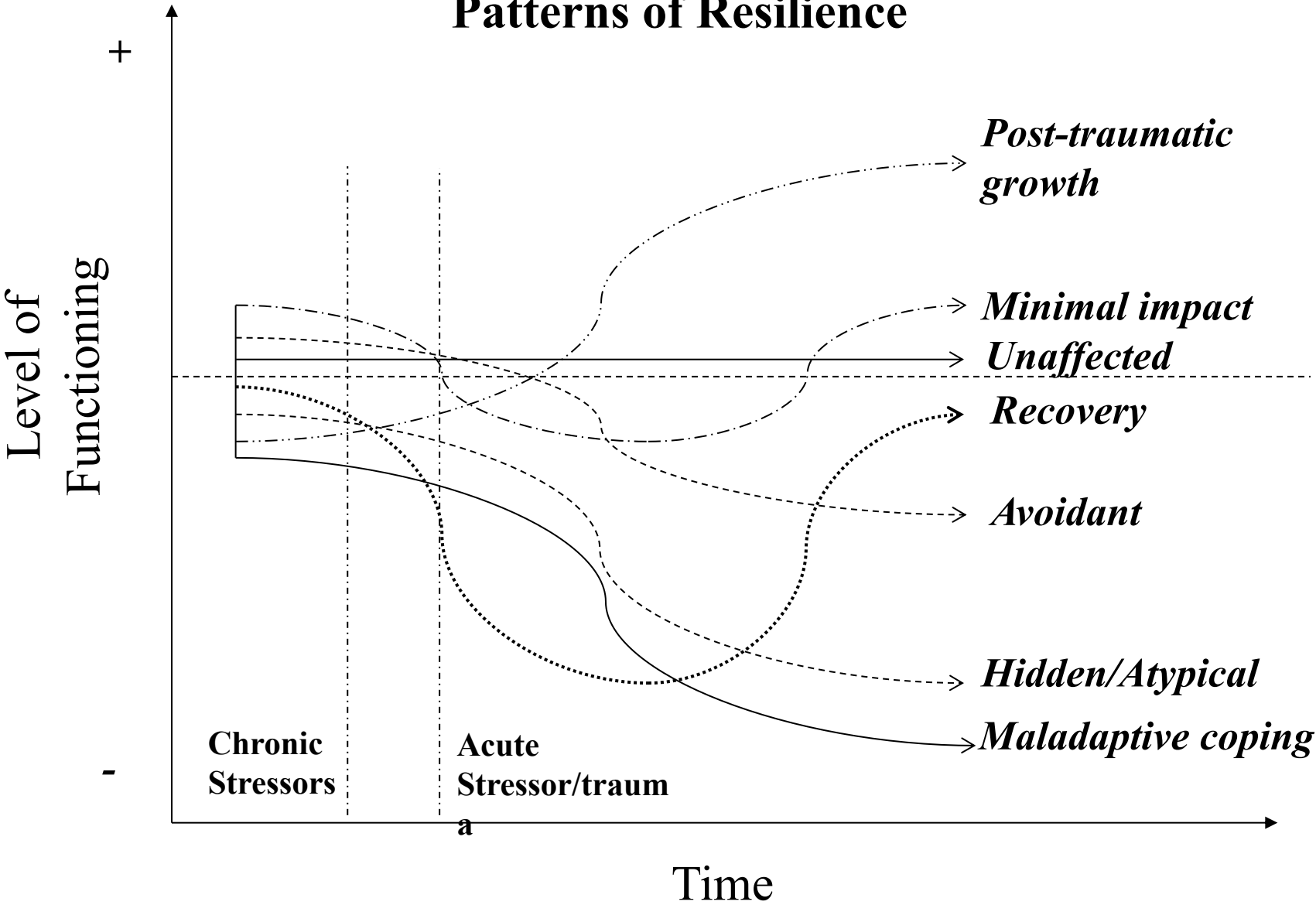


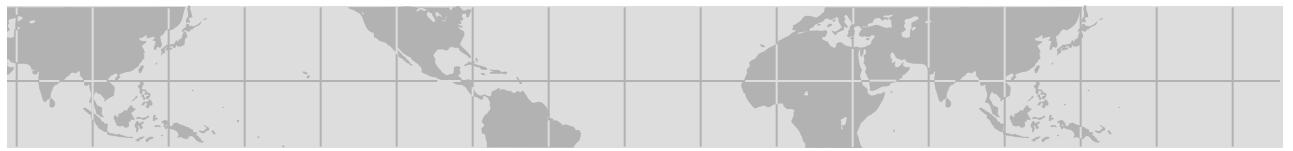
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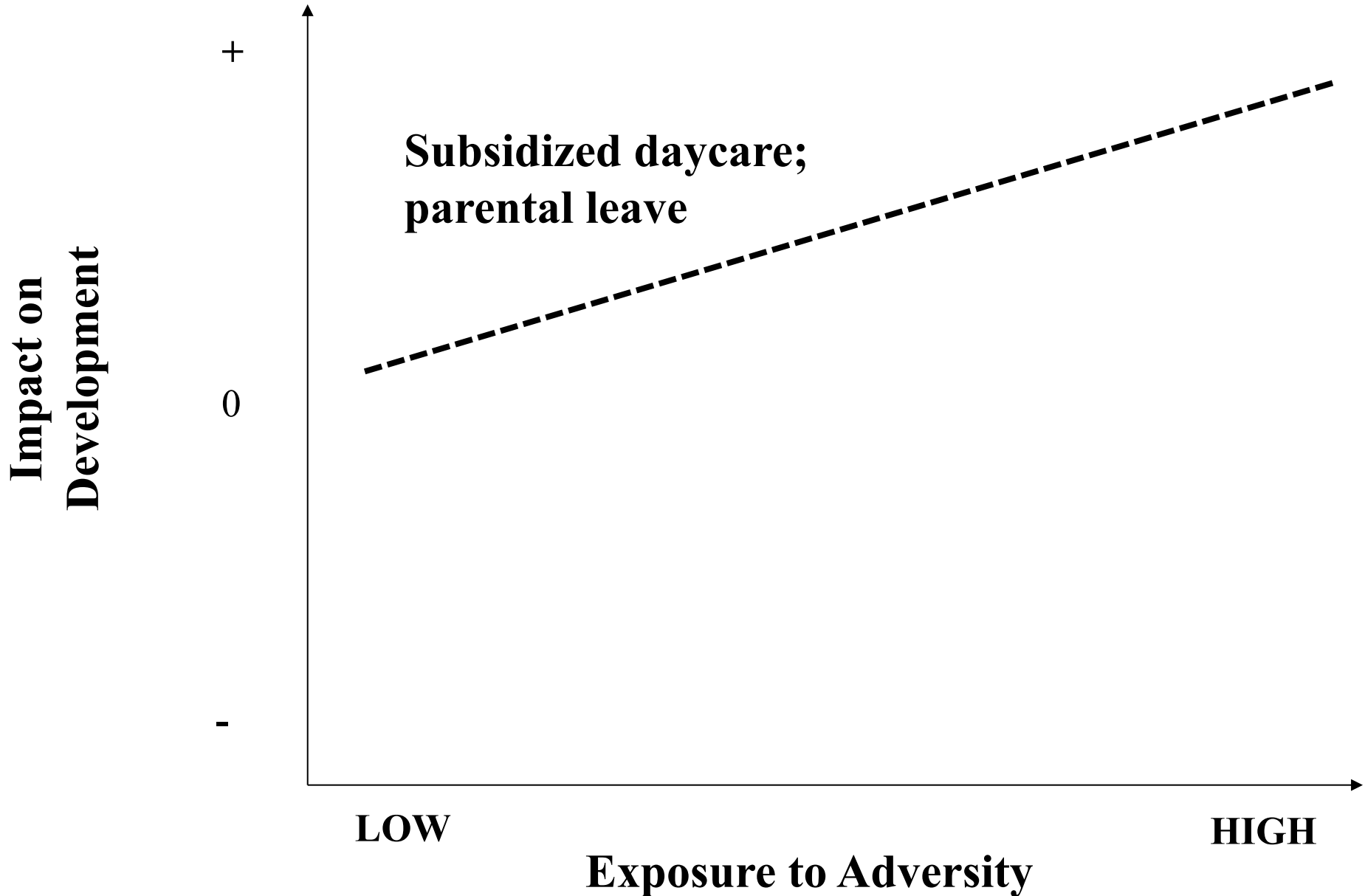




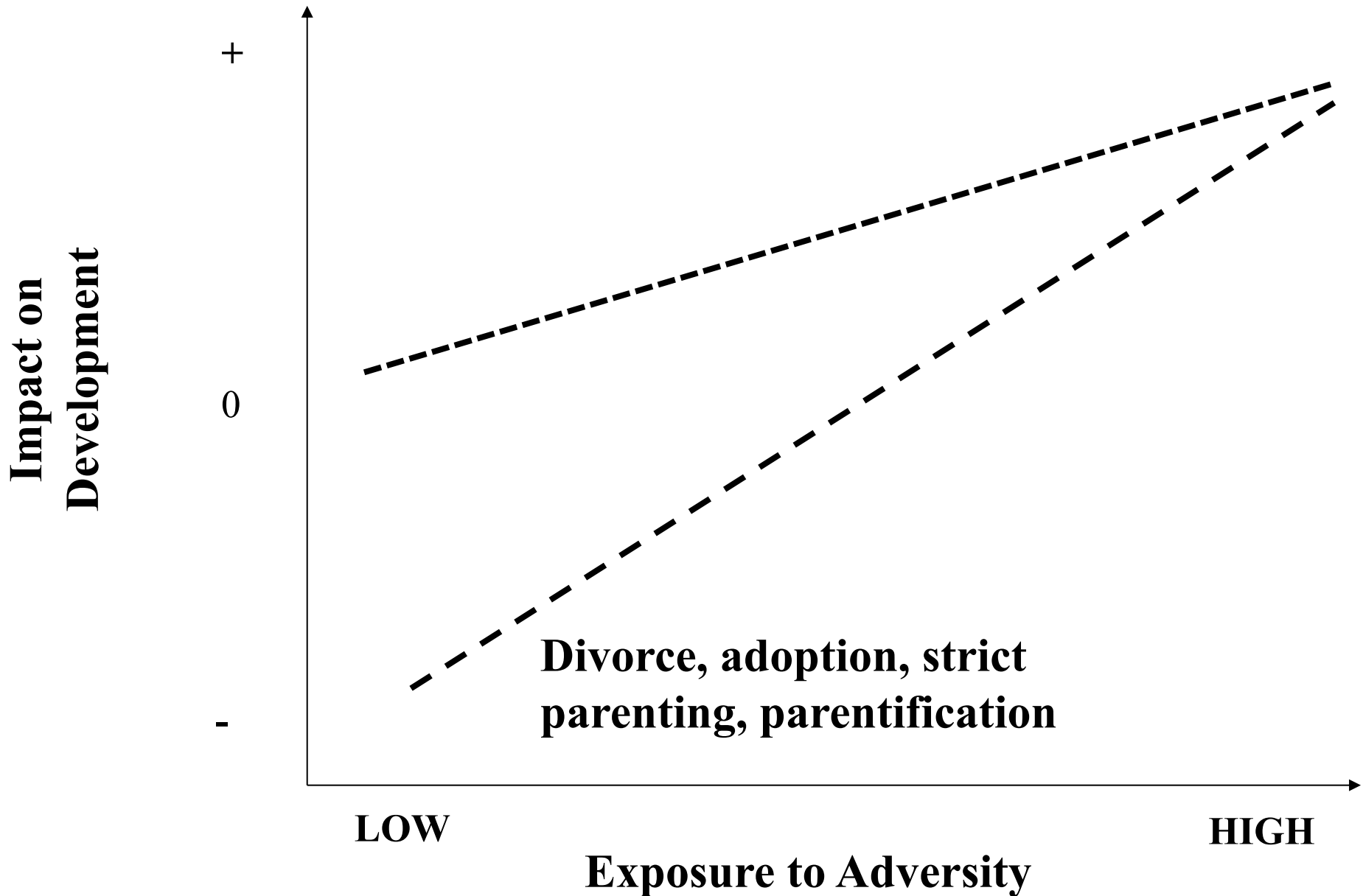
Three considerations

- ✚ Amount of risk exposure
- ✚ Discourses that define the family as resilient or vulnerable
- ✚ Quality of the environment and whether resources are available and accessible

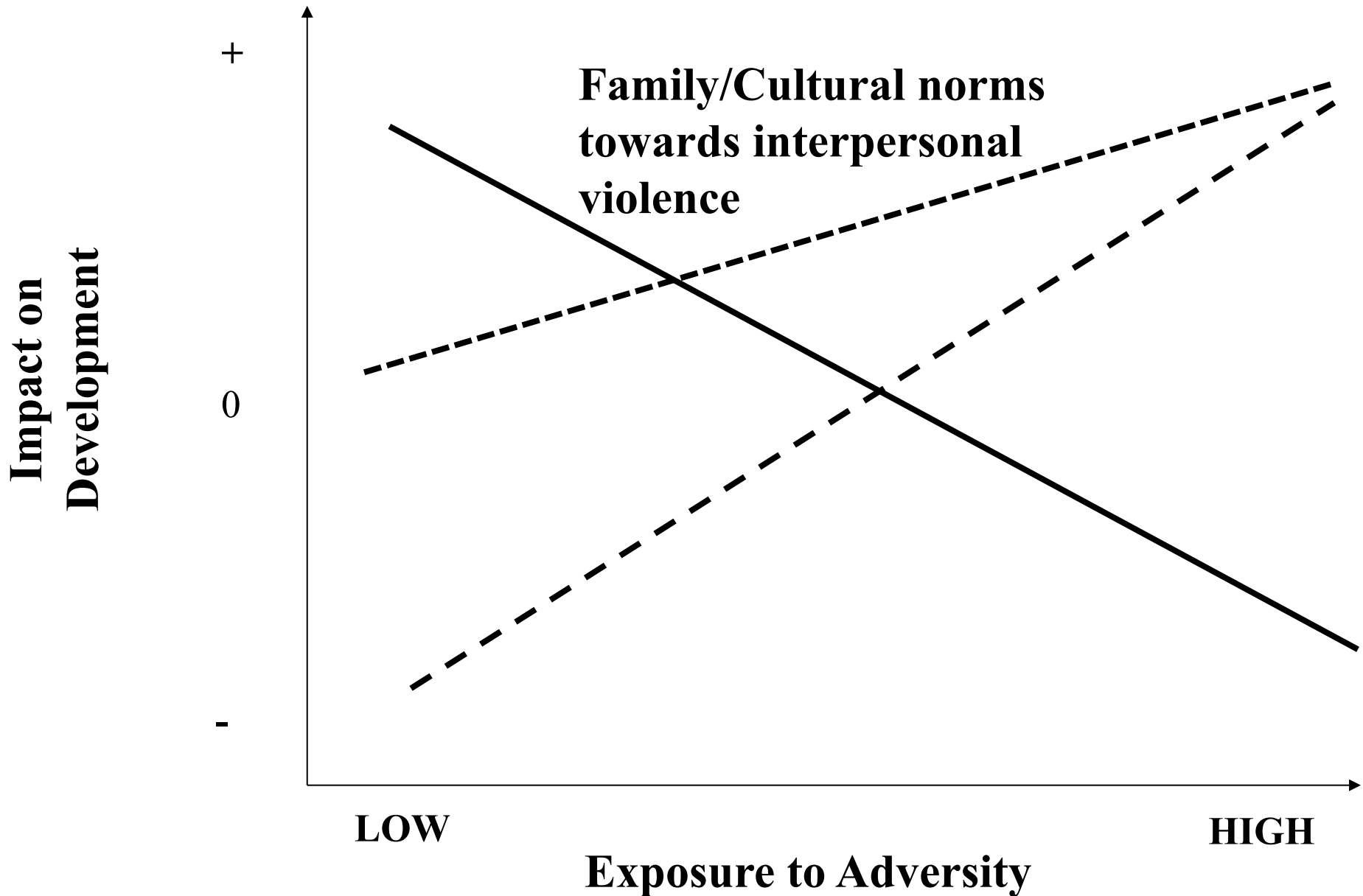
Differential Impact of Protective Factors and Processes



Differential Impact of Protective Factors and Processes



Differential Impact of Protective Factors and Processes





To read more

- ✚ Ungar, M. (2015). Patterns of family resilience. *Journal of Marital and Family Therapy*, 42(1), 19-31.



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Thank you!

