



SELF-AWARENESS AS A TOOL TO DEVELOP RESILIENCE AMONGST CHILDREN AND TEENAGERS

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AIM

The session will highlight **contemporary research** inferences presenting evidence-based recourses of resilience. The importance of **self-awareness** in the context of playful childhood experiences will be discussed. The model of **eudaimonism** type of wellbeing will be described to come up with innovative and **strategic therapeutic approach** – combination of strength-based model and finding-meaning-in-suffering.



CONTENTS

CONTEMPORARY INFERENCES

Predisposing
Perpetuating
Protective factors

EMPIRICAL FINDINGS

Self-awareness and self-concept

EVOLVING THERAPIES

The eudaimonic model
Strength-based approach & meaning-
in-suffering

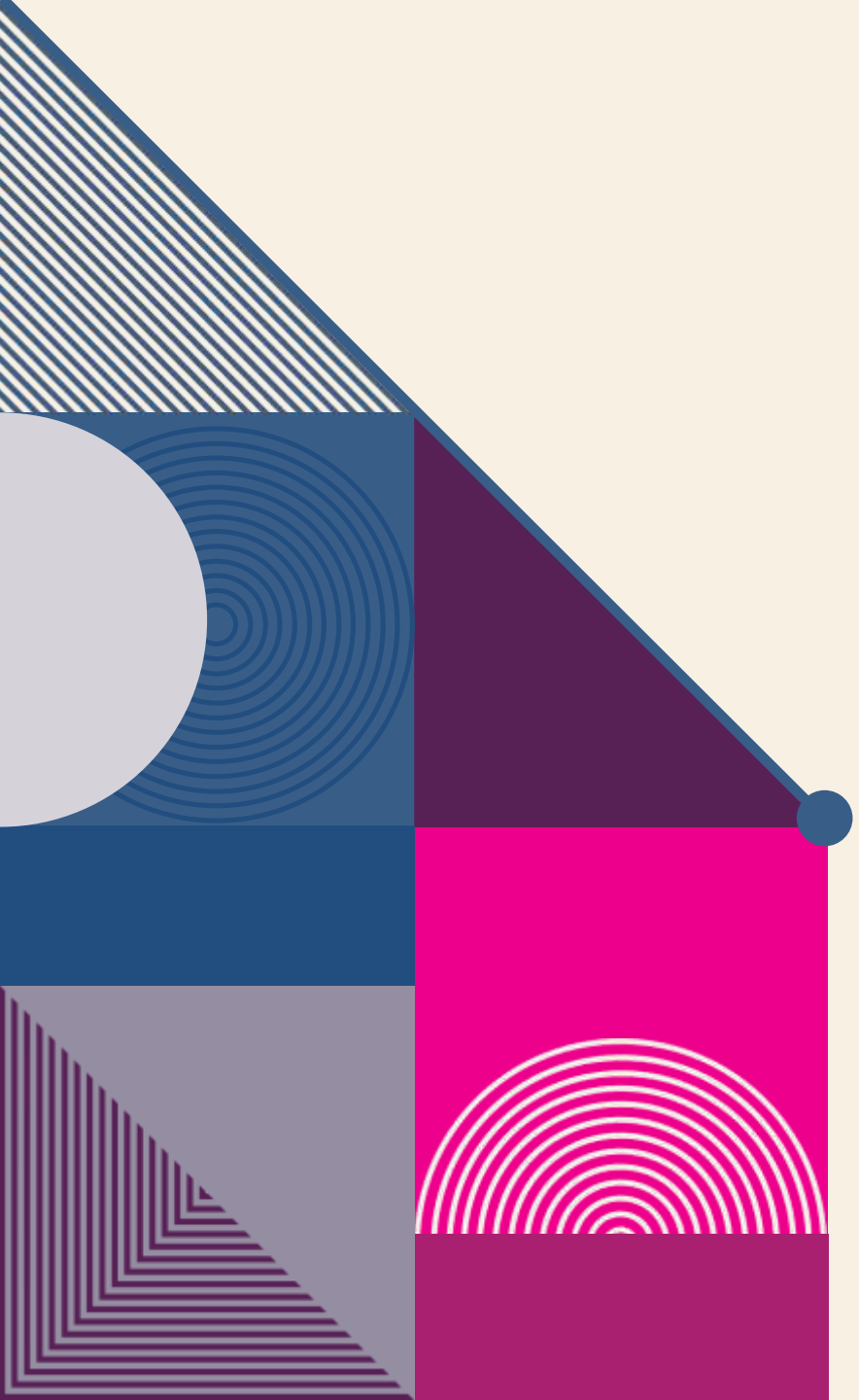
WHAT IS RESILIENCE?

I am so strace
out with school

I can not write

I feel like I
am not go at
everything and
my self esteem is
very low!

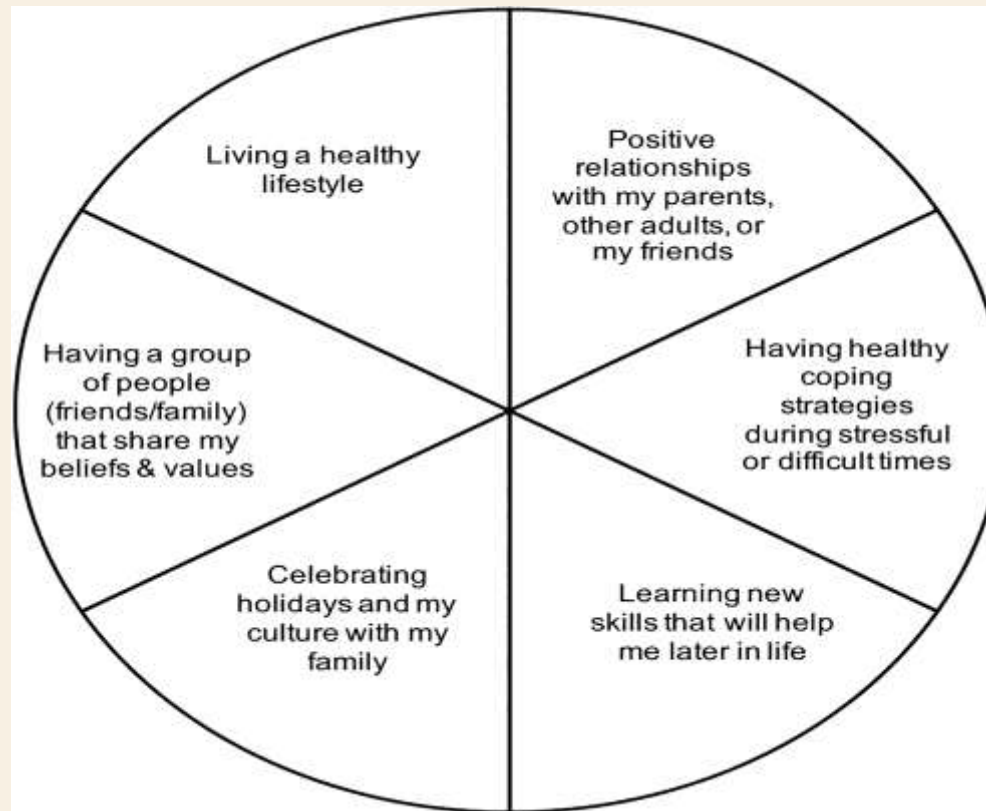
I am really proud. I do it all on
my own.



CONTEMPORARY INFERENCES

JOEY A. LEE

The Resilience Wheel was created as a visual depiction of the areas of focus for the intervention. Health coaches used the Resilience Wheel to assist youth to share their strengths and areas where they would like to grow.



SAM GOLDSTEIN & ROBERT B. BROOKS

The **First** Wave: Identifying Individual Resilience and Factors that Make a Difference

The **Second** Wave: Embedding Resilience in Developmental and Ecological Systems, with a Focus on Processes

The **Third** Wave: Intervening to Foster Resilience

The **Fourth** Wave: Resilience Research on Multiple-Systems Levels, Epigenetic Processes, and Neurobiological Processes

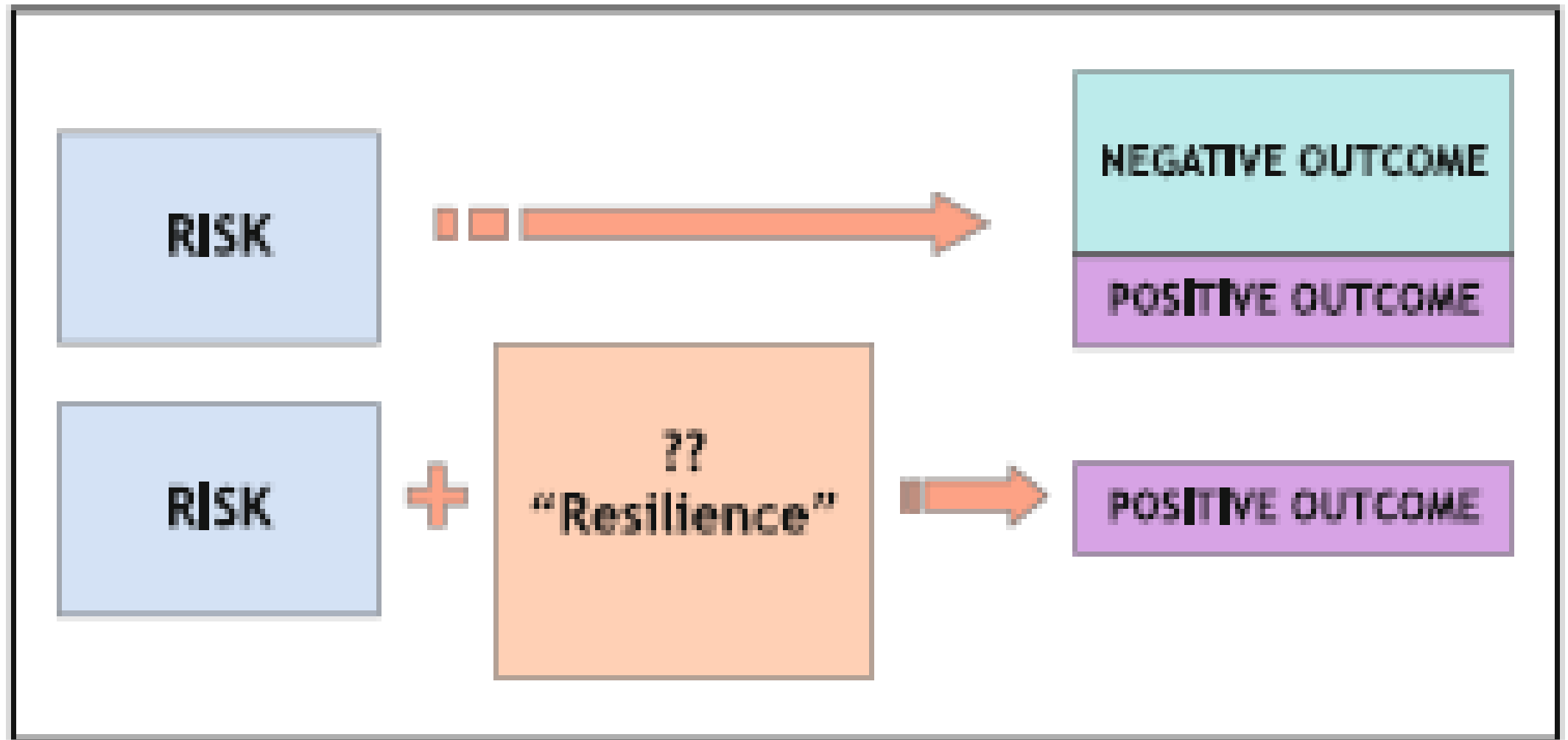


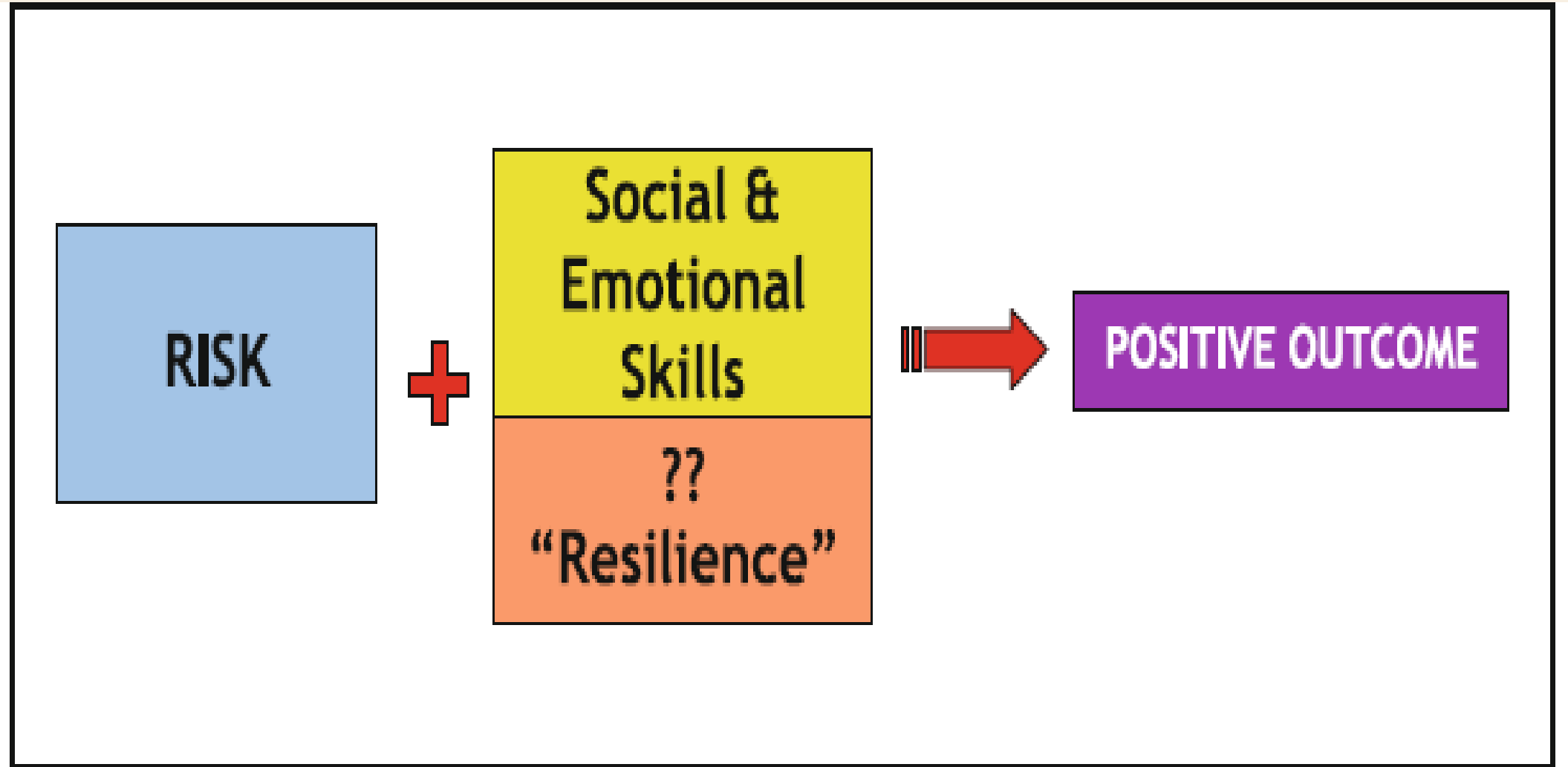
Risk/Protective Factors

Acquired Vulnerability/ Strengths
and Competencies



Resilience/
Disorder





ANN S. MASTEN

Table 1. Core questions in resilience studies of individuals and examples of constructs measured.

What are the Challenges?	How Is the Person Doing?	What Processes Support Success?
<i>Risks</i>	<i>Criteria for Adaptive Success</i>	<i>Promotive or Protective</i>
Trauma	Developmental tasks	Neurobiological
Neglect	Mental health	Behavioral
ACEs ¹	Physical health	Familial and relational
Poverty	Happiness	Community
Natural disaster	Work achievement	Cultural
War	Caregiving	Societal

¹ Adverse childhood experiences.



SHORTLIST OF COMMON RESILIENCE FACTORS FOR CHILD DEVELOPMENT

1. Nurturing family members
2. Family cohesion and belonging
3. Skilled family management
4. Active coping and mastery
5. Collaborative problem solving, family flexibility
6. Co regulation, balancing family needs
7. Positive views of family and family identity
8. Hope, faith, optimism, positive family outlook
9. Coherence, family purpose, collective meaning making
10. Family routines and rituals, family role organisation

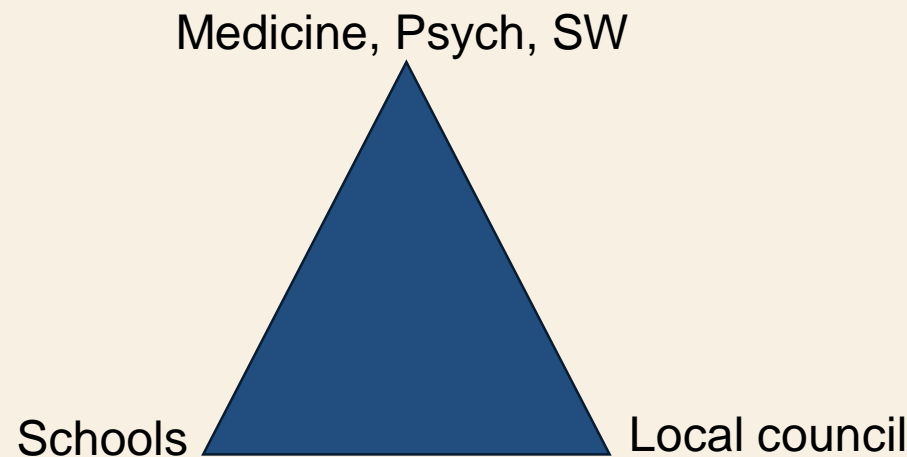
MASTEN, A.S.

A resilience framework for intervention includes the following basic elements:

- ❑ Mission with **positive goals**
- ❑ Models and measures that include **promotive and protective factors** as well as positive criteria for evaluating success
- ❑ Methods to mitigate risk, **boost assets**, and mobilize adaptive systems
- ❑ Multi-sector and multi-level alignment to **create synergy** for change
- ❑ Maximizing leverage for change by strategic **timing and targeting**

VAN DAM ET AL. (2018) CHU ET AL. (2010)

- VD Has highlight numerous positive youth outcomes associated with non-parent adult mentors.
- Chu 's meta-analysis identifies that social support from school personnel has the strongest association with child and adolescent well-being.

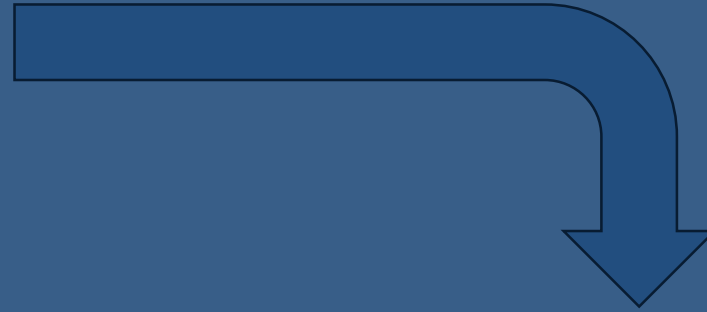


WAY AHEAD? TECHNOLOGY & RESILIENCE: *TRAUB F, 2017*



SELF-AWARENESS

Range of activities
and experiences



doorway to self-knowledge

EUDEMONIC MODEL: WEIPENG LAI ET AL., 2020



NEW THERAPEUTIC MODEL



STRENGTH-BASED
APPROACH

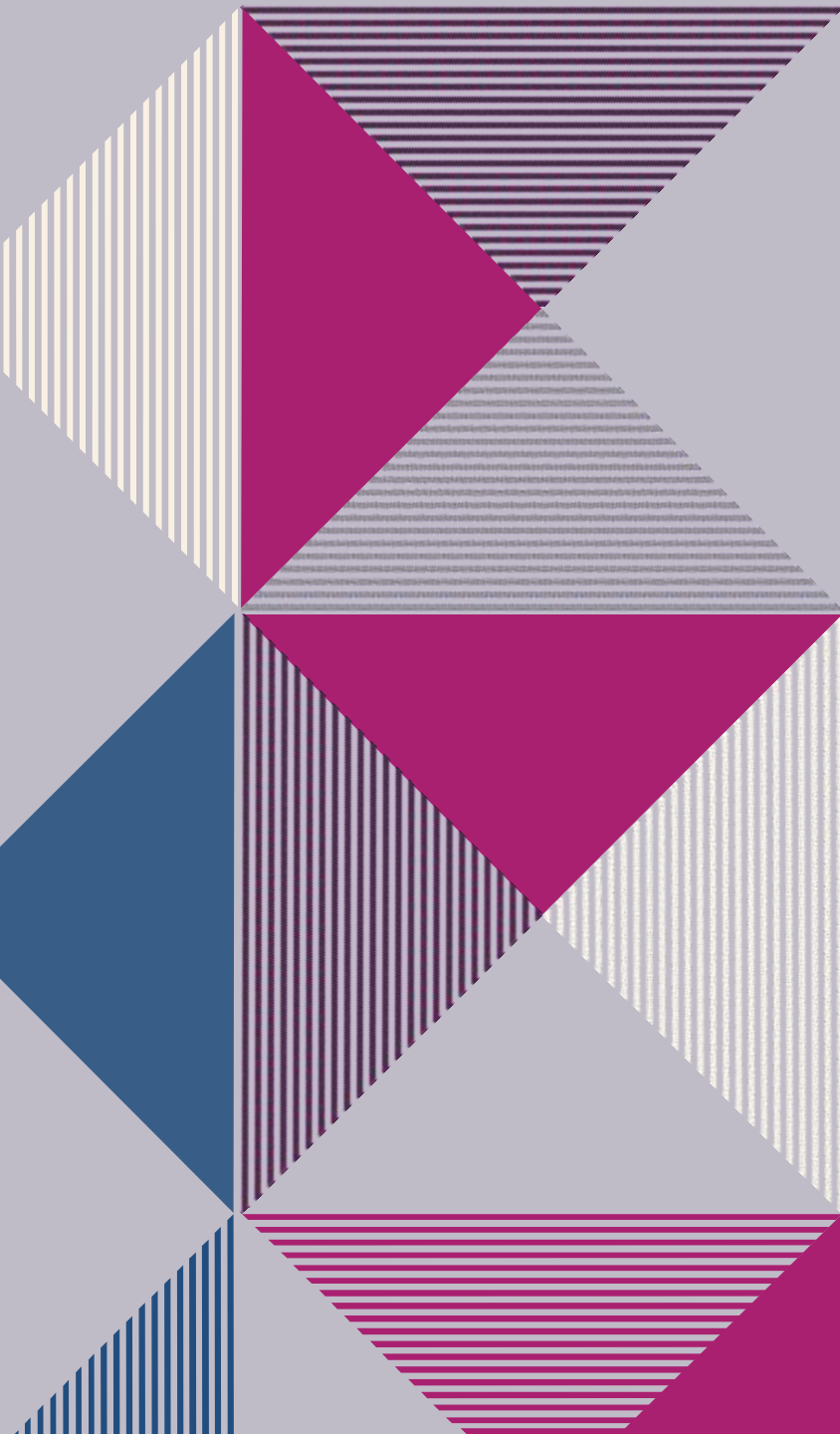


VICTOR'S MEANING-IN-
SUFFERING
(EUDAIMONIC)



SUMMARY

This era is marking effects of post-industrialization, post-modernism and digitalization have prominent influences on a human life. It appears that disadvantages precede advantages side of these changes. To adequately address the challenges of this era, one must consistently focus upon the existential resources and tools to enhance these assets Self-awareness can be another perspective of empowering an individual whereas eudaemonic model of well-being have a lot to offer to therapeutic approaches. The amalgamation of strength-based model and finding-meaning-in-suffering can address biological, psychological, social, and spiritual spheres of human life.



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An abstract geometric design on the left side of the slide. It features a diagonal line running from the top-left to the bottom-right. The area to the left of this line is divided into several colored sections: a dark purple triangle at the top-left, a blue square with concentric circles, a light grey semi-circle, a pink square with diagonal lines, a pink square with horizontal lines, a pink square with vertical lines, a pink square with a grid pattern, a pink square with a grid pattern, a pink square with a grid pattern, and a pink square with a grid pattern. The area to the right of the diagonal line is a solid blue background.

THANK YOU