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An OVC Program

Module 1
The Five Core Elements of Resiliency

JUSTICE FOR VICTIMS
JUSTICE FOR ALL

Office for Victims of Crime
OVC

OVCTTAC
OFFICE FOR VICTIMS OF CRIME Training and Technical Assistance Center

Learning Objectives

- Identify the five core elements of resiliency.
- Describe at least one component of each element of resiliency.

Video: *Building Resiliency In Child Abuse Professionals*

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The Effects of This Work on You

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How has this work changed you?

Building Resiliency

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- We can address the negative impacts of our work in child abuse.
- As individuals we can increase our resiliency to build capacity in resiliency.
- First, we have to understand what resiliency is.

The Five Core Elements of Resiliency

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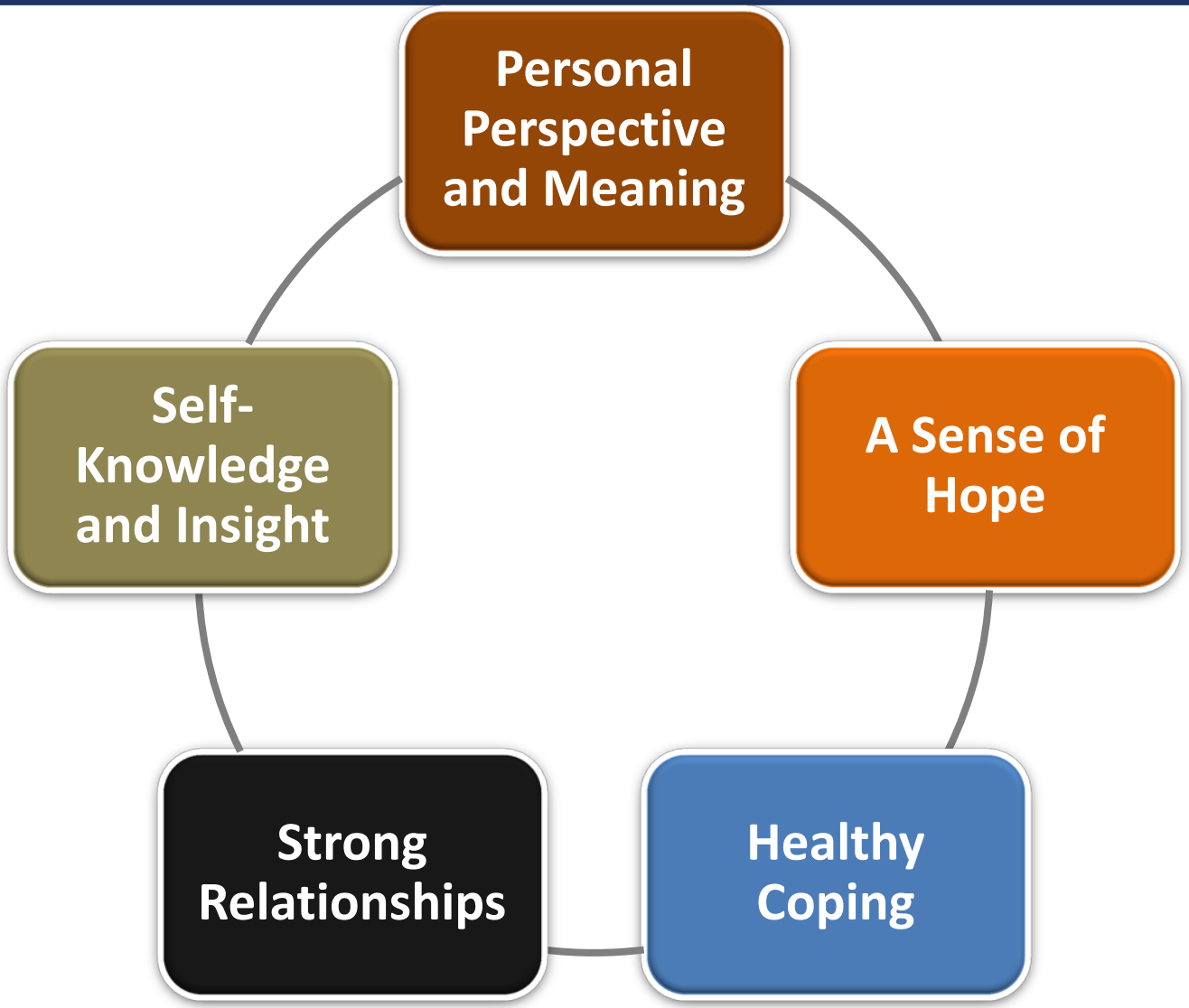

Personal Perspective and Meaning

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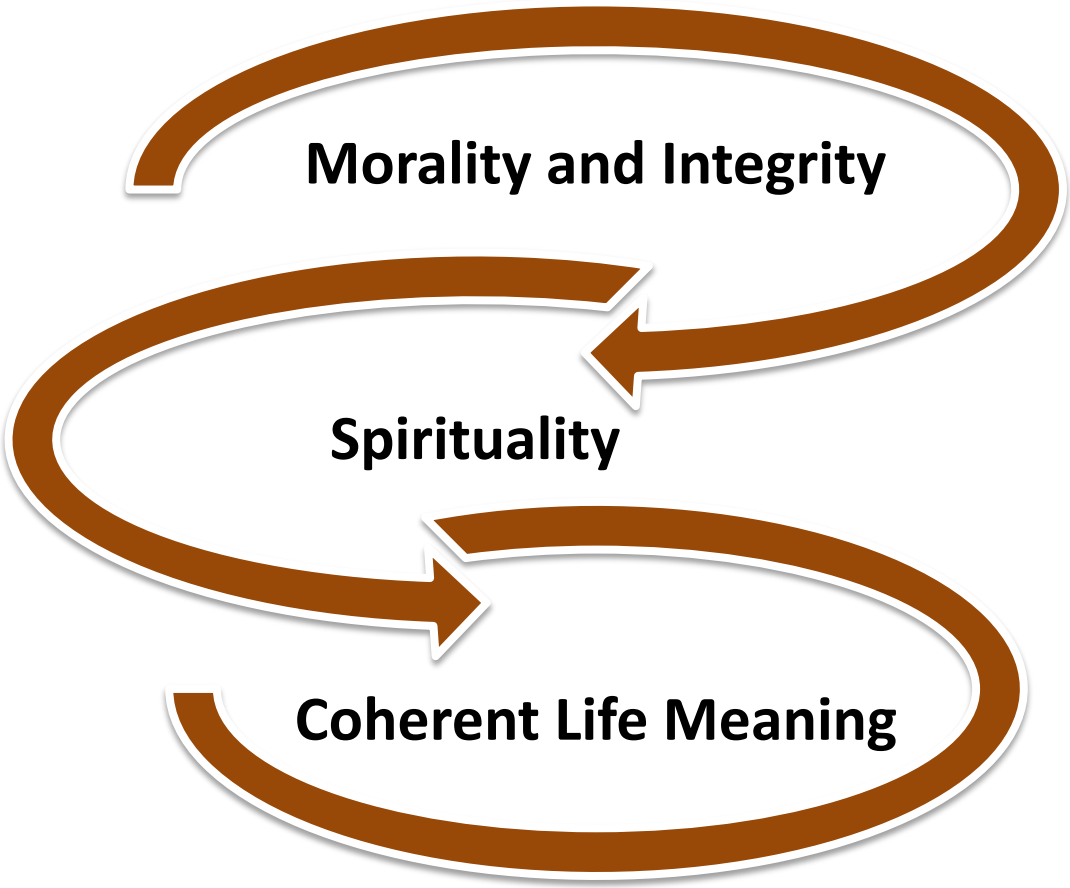
Personal Perspective and Meaning



A Sense of Hope

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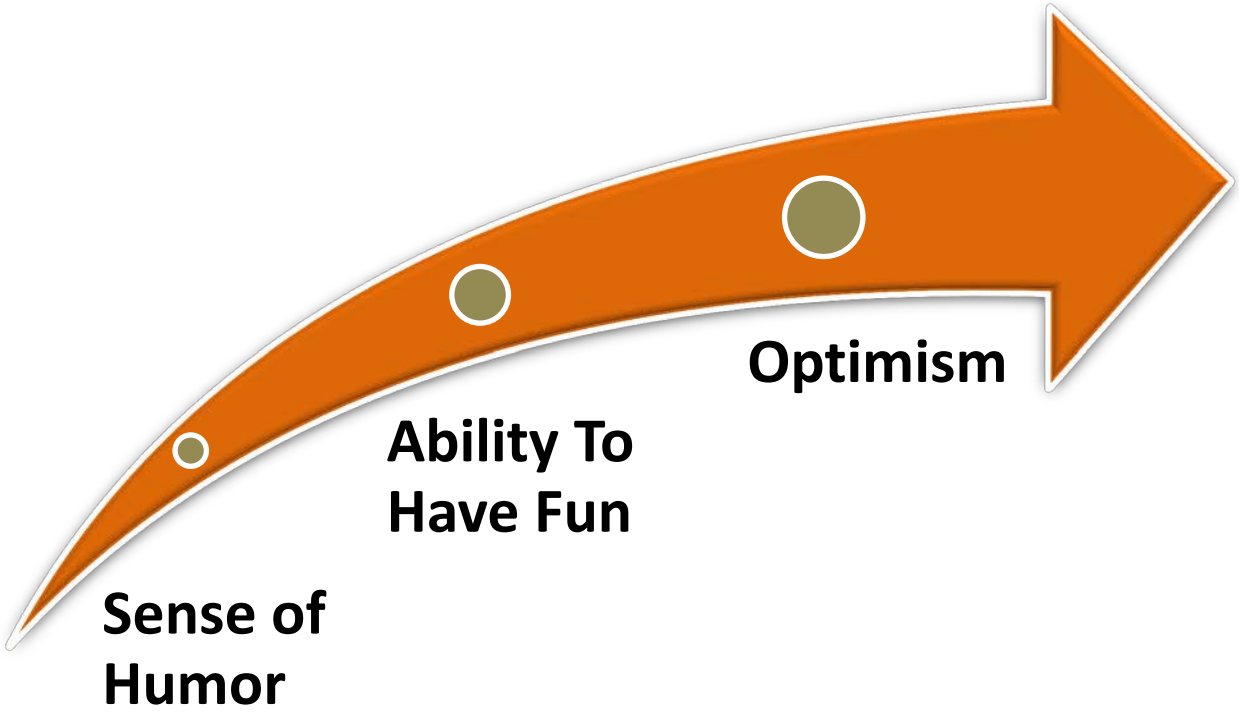
A Sense of Hope



Healthy Coping

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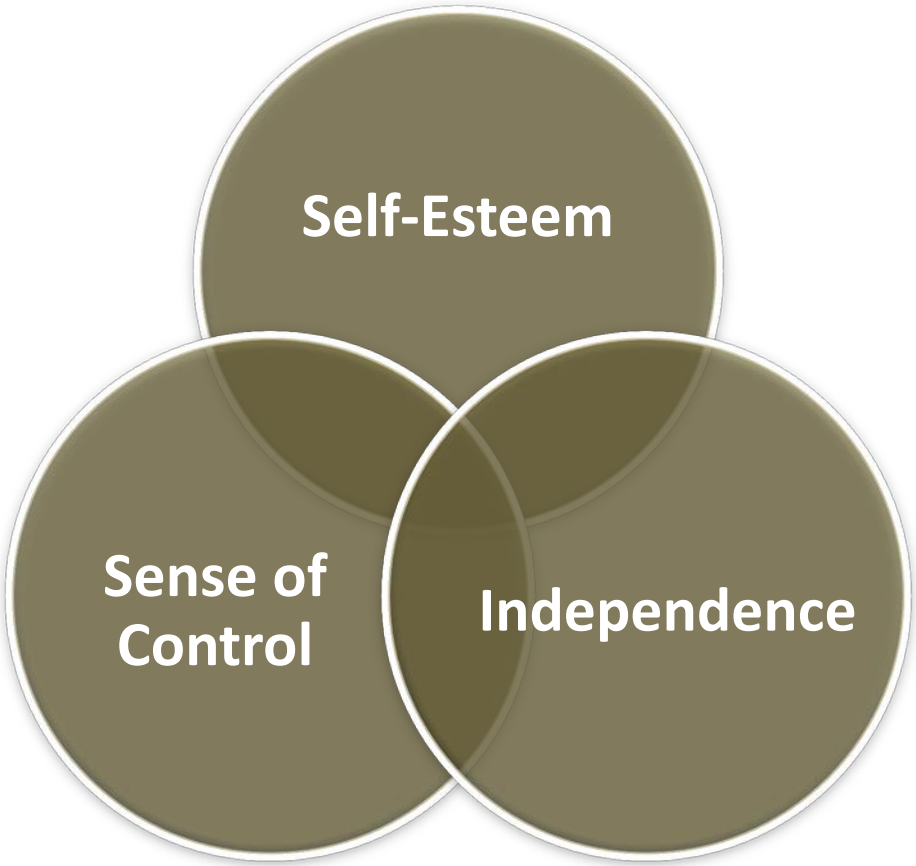
Healthy Coping

- Commitment to the Truth
- Empathic Attunement
- Intentional Practice

Strong Relationships

Self-Knowledge and Insight



Video: *Personal Reflections on Resiliency*

Your Individual Resiliency

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Reflecting on what you learned today, how would you assess your current capacity for resiliency?

Very Resilient – Resilient – Somewhat Resilient – Not Very Resilient

Review of Learning Objectives

- Identify the five core elements of resiliency.
- Describe at least one component of each element of resiliency.

End of Module 1

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Questions? Comments?