Module 1
The Five Core Elements of Resiliency
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
The Effects of This Work on You

How has this work changed you?
Building Resiliency

- 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

- Personal Perspective and Meaning
  - Self-Knowledge and Insight
  - A Sense of Hope
  - Strong Relationships
  - Healthy Coping
A Sense of Hope

Sense of Humor

Ability To Have Fun

Optimism

A Sense of Hope
Healthy Coping

- Commitment to the Truth
- Empathic Attunement
- Intentional Practice
Strong Relationships

Attachment to Others

Organizational Culture

Giving Support

Seeking Support
Self-Knowledge and Insight

Self-Esteem

Sense of Control

Independence
Video: Personal Reflections on Resiliency
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

Questions? Comments?