



Training by Request

An OVC Program

Module 1 The Five Core Elements of Resiliency



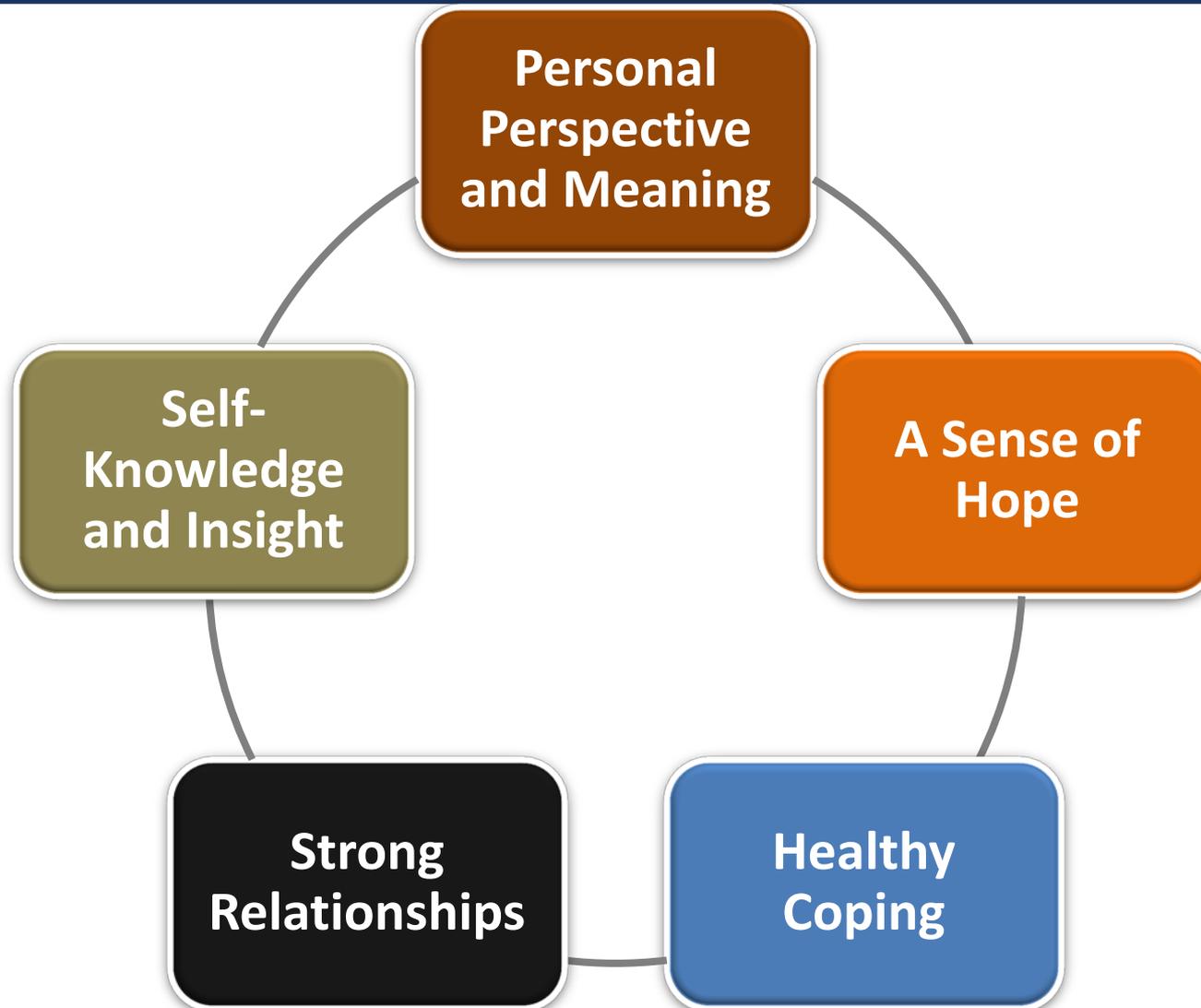
Learning Objectives

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

Video: Building Resiliency In Child Abuse Professionals

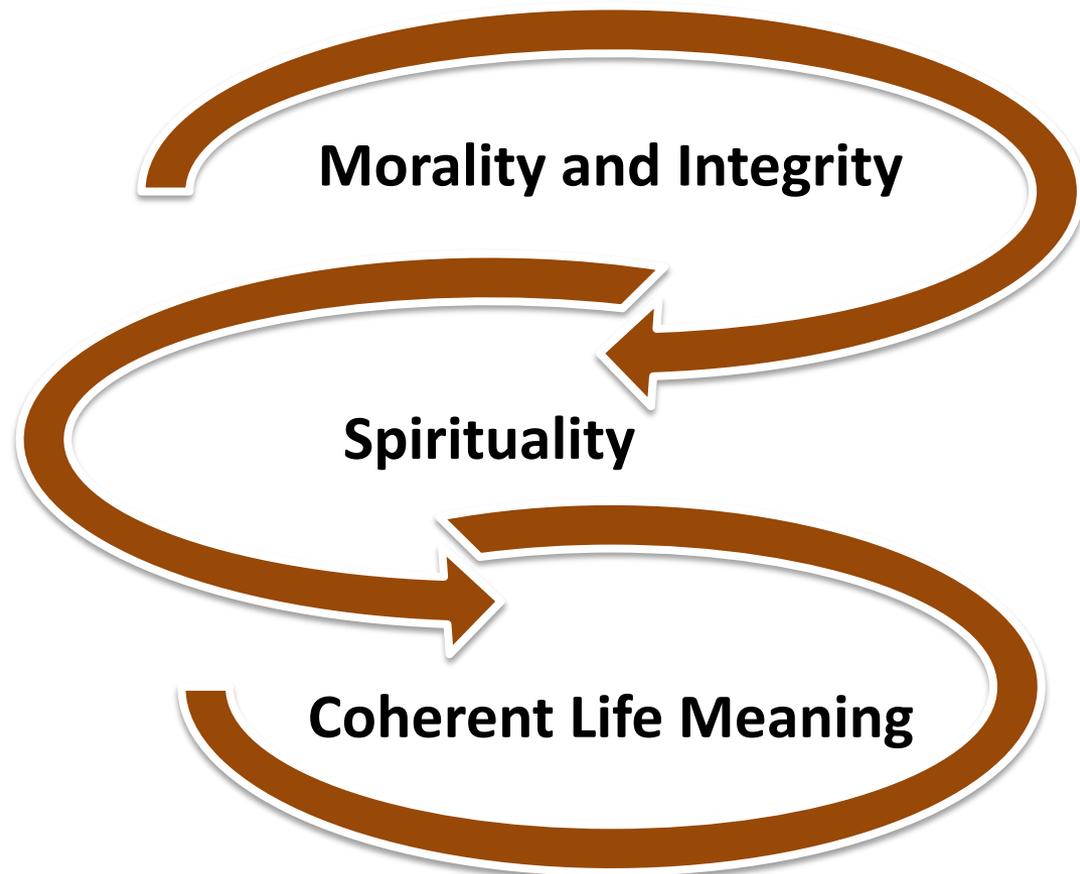
- We can address the negative impacts of our work in child abuse.
- As individuals we can increase our resiliency to build capacity in resiliency.
- First, we have to understand what resiliency is.

The Five Core Elements of Resiliency



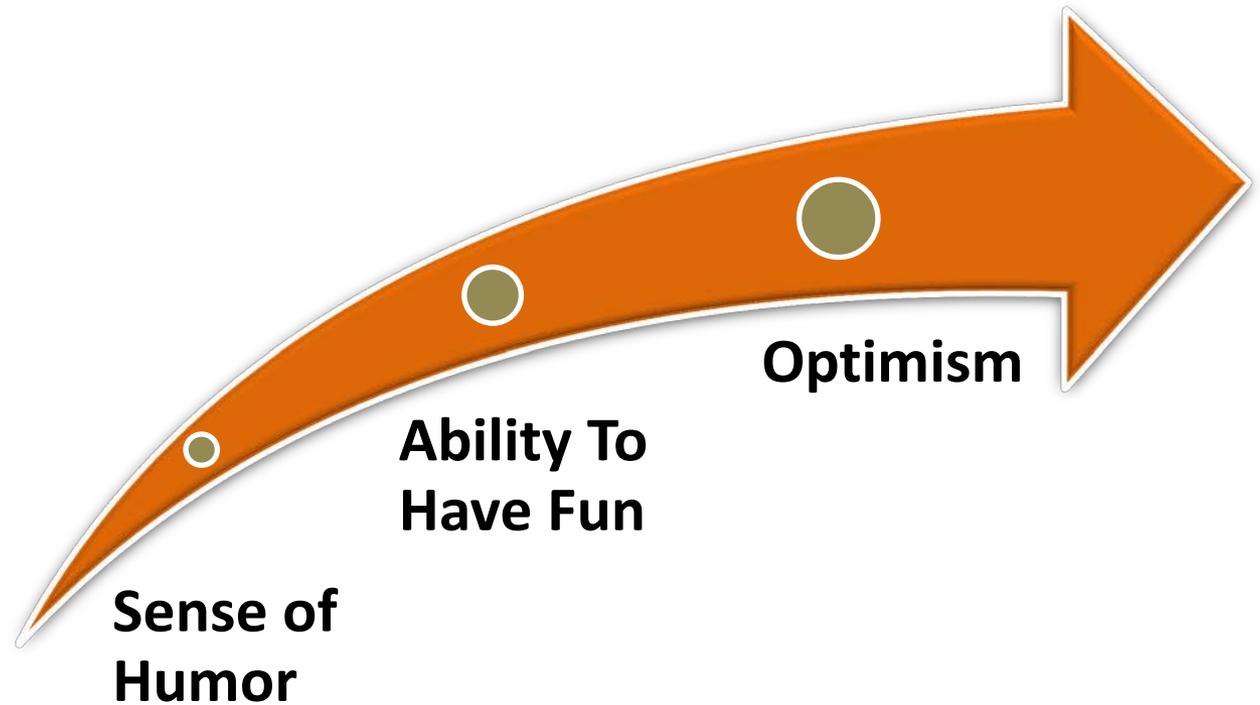
Personal Perspective and Meaning

Personal
Perspective and
Meaning



A Sense of Hope

A Sense of Hope



Healthy Coping

Healthy Coping



Commitment to the Truth



Empathic Attunement

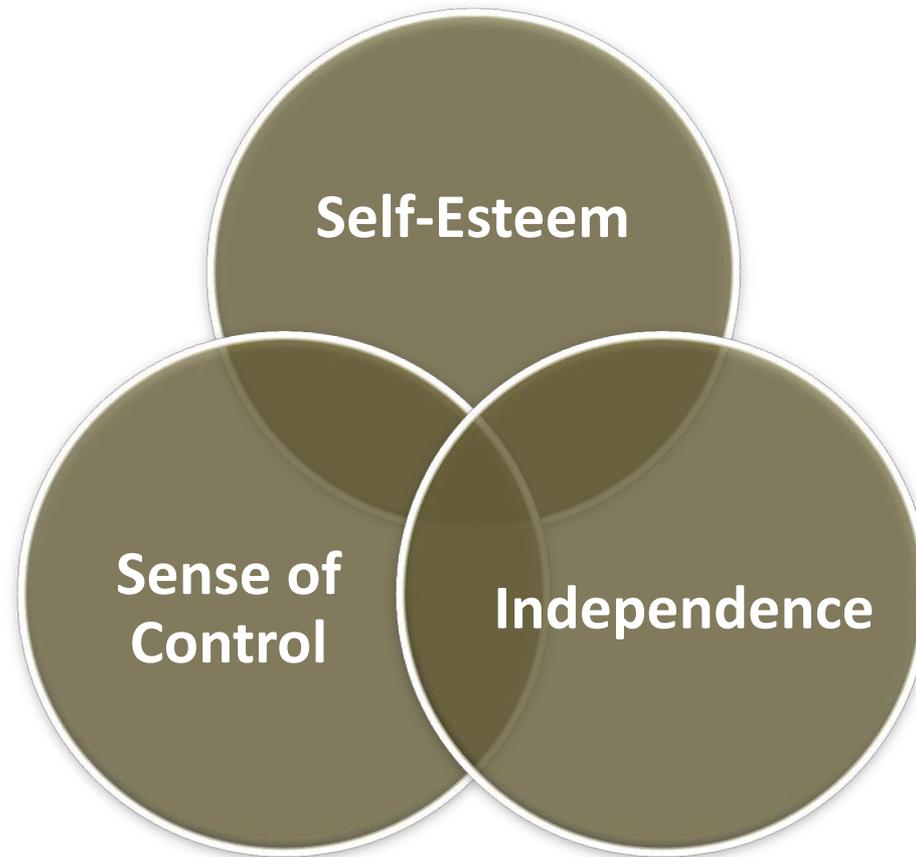


Intentional Practice

Strong Relationships



Self-Knowledge and Insight



Video: *Personal Reflections on Resiliency*

Your Individual Resiliency

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



Review of Learning Objectives

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

Questions? Comments?

