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
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
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?