Developing Resiliency in Counselors

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Welcome and Introductions

- Name
- Where are you and who are you with?
- How are you getting through these challenging times?
LET’S TAKE YOUR PULSE

ON A SCALE OF 1-10, WHERE ARE YOU RIGHT NOW ON THE STRESS SCALE?

1 NOT AT ALL STRESSED

10 STRESSED TO THE MAX

ANSWER THE POLL
What is Resilience…

https://www.youtube.com/watch?v=-UkziOoMbEs
Know thyself.

Socrates
Brief Resilience Scale (BRS)

Respond to each statement below by circling one answer per row: Strongly Disagree (1), Disagree (2) Neutral (3), Agree (4), Strongly Agree (5)

BRS 1: I tend to bounce back quickly after hard times. 1 2 3 4 5
BRS 2: I have a hard time making it through stressful events. 5 4 3 2 1
BRS 3: It does not take me long to recover from a stressful event. 1 2 3 4 5
BRS 4: It is hard for me to snap back when something bad happens. 5 4 3 2 1
BRS 5: I usually come through difficult times with little trouble. 1 2 3 4 5
BRS 6: I tend to take a long time to get over setbacks in my life. 5 4 3 2 1
Scoring: Add the value (1-5) of your responses for all six items, creating a range from 6-30. Divide the sum by the total number of questions answered (6) for your final score. Total score: _____ / 6
My score: _____ (average)

BRS Score Interpretation
1.00 - 2.99: Low resilience
3.00 - 4.30: Normal resilience
4.31 - 5.00: High resilience


You are welcome to book a consultation session with a counsellor at the Student Wellness Centre to discuss the results of your self-report and/or any questions which you might have. Please email us at care@sim.edu.sg to make an appointment.
Understanding Resilience...

The quality of recovering quickly from adversity. It is the ability to rise above or “bounce back” from difficult times.
According to the Mayo Clinic, Resilience has Benefits

• Increased life span
• Lower rates of depression
• Lower levels of distress
• Greater resistance to the common cold
• Better psychological and physical well-being
• Better cardiovascular health and reduced risk of death from cardiovascular disease
• Better coping skills during hardships and times of stress
Elements and Skills of Resilience

• **Composure** - Life offers countless scenarios that throw our equilibrium off balance. These situations can shift our thinking patterns from rational ones to reactive ones.

• **Patience** - Listening is an art that tests our patience, especially when the other person shares something we don’t want to hear or when we’d rather be the one doing the talking. Patience is a marker of resilience.

• **Optimism** - Hope is the expectation of a better tomorrow. The hopeful are happier, healthier, and live longer.

• **Gratitude** - Gratitude makes the experience a whole lot more enjoyable. An attitude of gratitude strengthens our relationships and overall well-being.

• **Acceptance** - Most of us love control, but so much of life is out of our control. You have a choice: Either get rattled by uncertainty or embrace the reality of uncertainty. (The latter will boost resilience.)

• **Kindness** - We choose to be kind — and it takes considerable willpower to do so. Physical illness, fear, losses, insecurities, and most energy-depleting experiences decrease our capacity to act kindly toward others.

• **Sense of Purpose** - Recognizing our purpose helps us focus our energy, keeps us engaged, makes it easier to be hopeful, fills us with courage, and bolsters resilience.

• **Forgiveness** - No matter how wonderful your friends and loved ones are, you will have misunderstandings and they will disappoint you. You have a choice: Fester the resulting hurt or find healing. Forgiveness frees up your brain to focus on the things that make your life meaningful and bring you joy.

• **Connection** - Loneliness doesn’t mean we don’t have people around us or we don’t have people to do things with. Loneliness is a lack of true connection to others, and it’s harmful to our minds and our bodies.
“Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.”

—Henry James
“He who has a why to live for can bear almost any how.”

—Friedrich Nietzsche
"Forgiveness is not an occasional act, it is a constant attitude."

-Martin Luther King Jr.
Optimism through Laughter is the best medicine....

https://video.search.yahoo.com/search/video?fr=mcafee&p=baby+tearing+paper+laughing#id=1&vid=f46c99f3e1cdb38c443613b0f71dd326&action=click
We have some control over our outlook
Time for a Break!
The PERMA Model of Well-Being

**Positive Emotion**
Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

**Relationships**
Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

**Accomplishment**
Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

**Engagement**
When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as 'flow'.

**Meaning**
We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

From Martin Seligman's *Flourish*, 2011
“When it comes to life the critical thing is whether you take things for granted or take them with gratitude.”

—G.K. Chesterton
Let’s Talk Protective Factors

- **Resilience**- managing stress and functioning well when faced with challenges, adversity or trauma

- **Social Connections**- positive relationships that provide emotional, informational, instrumental, and spiritual support

- **Concrete Support in Times of Need**- Access to concrete support and services that address a person's needs and help minimize stress caused by challenges

- **Knowledge of Parenting and Child Development**- Understanding development and parenting strategies that support physical, cognitive, language, social and emotional development

- **Social and Emotional Competence**- interactions that support the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.
Poll 2: Supports

Think of the biggest crisis in your life…
What is Social Support?

Social Support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network.
The Benefits of Social Support

According to the American Psychological Association:

• Research documents a direct, positive association between social relationships and mental and physical health (including lower mortality)
• Social relationships have been found to have stress-buffering effects on mental health
• Promoting lifelong good mental health
• Enhancing self-esteem
• Improves health choices
• Improves motivation
Activity: Using Values to Build Resilience

Learning to manage a challenge by connecting to what is important to you...

• Describe the challenging life event
• Identify reasons to get through the challenge
• Identify your values
• Staying in touch with values
Time for a Break!
The path forward...
#Goals
got purpose?
Devise a personal resilience plan based on existing resources (what helped you bounce back in the past)

• Part 1 - My Past Sources of Resilience
  • Recall a recent example of resilience
  • Identify supportive people
  • Identify strategies
  • Identify sagacity (the wisdom or insight that you hold onto)
  • Identify solution-seeking behaviors
  • Describe a current difficulty
  • Apply the resilience plan to the current difficulty
  • Carry out your resilience plan
  • Evaluate your resilience plan
ON A SCALE OF 1-10, WHERE ARE YOU RIGHT NOW ON THE STRESS SCALE?

LET’S TAKE YOUR PULSE

1 NOT AT ALL STRESSED

10 STRESSED TO THE MAX

ANSWER THE POLL
You can’t pour from an empty cup.
Take care of yourself first.

- Unknown
FREE RESOURCES FOR RESILIENCE

• Free public domain e-books: https://www.gutenberg.org/
• Free public domain audiobooks: https://librivox.org/
• Mindfulness mediation: https://www.headspace.com/covid-19
• Information on healthy sleep habits: https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health
• Online book clubs (www.Goodreads.com has many others!): https://www.goodreads.com/group/show/58421-2020-reading-challenge
• Online YMCA classes: https://ymca360.org/
• 10 minute audio-guided yoga: http://lararomeo.com/yoga-lala-on-alexa/
• Charity Miles app: https://charitymiles.org/; PMHW team
• Corepower Yoga on demand videos free during pandemic: https://www.corepoweryogaondemand.com/keep-up-your-practice?fbclid=IwAR06C9bvdKTKSVI4yuf9nTwj-G4xJv6iSoR6w6yODgNytNzRDvi_AU9fl0A
ACCORDING TO POSITIVEPSYCHOLOGY.COM
THE TOP TEN BOOKS ON RESILIENCE

1. *The Four Agreements* by Don Miguel Ruiz ([Amazon](https://www.amazon.com/dp/0929939349))
2. *The Untethered Soul* by Michael Singer ([Amazon](https://www.amazon.com/dp/1594771801))
3. *Rising Strong* by Brene Brown ([Amazon](https://www.amazon.com/dp/0061995936))
4. *The Five Levels of Attachment* by Don Miguel Ruiz ([Amazon](https://www.amazon.com/dp/0929939362))
CLOSING VIDEO
The Great Realisation: Tomfoolery

https://video.search.yahoo.com/search/video?fr=mcafee&p=tomas+the+great+realization+you+tube#id=1&vid=47beb55d56a362b2f054e5fe30dd771e&action=click
Takeaways...

Questions and Answers
Reflect on Good Things in Life
Thank You!
References

- What is Resilience (Slide 5) [https://www.youtube.com/watch?v=-UkziOoMbEs](https://www.youtube.com/watch?v=-UkziOoMbEs)
- According to the Mayo Clinic, Resilience has benefits (slide 8) [Positive thinking: Reduce stress by eliminating negative self-talk - Mayo Clinic](https://www.everydayhealth.com/wellness/resilience/essential-skills-that-make-you-resilient/)
- Elements and Skills of Resilience (slide 9) [https://www.everydayhealth.com/wellness/resilience/essential-skills-that-make-you-resilient/](https://www.everydayhealth.com/wellness/resilience/essential-skills-that-make-you-resilient/)
- Optimism through Laughter is the best medicine (slide 14) [https://video.search.yahoo.com/search/video?fr=mcafee&p=baby+tearing+paper+laughing#id=1&vid=f46c99f3e1c82c4436f13b0f71dd326&action=click](https://video.search.yahoo.com/search/video?fr=mcafee&p=baby+tearing+paper+laughing#id=1&vid=f46c99f3e1c82c4436f13b0f71dd326&action=click)
- We Have Some Control Over Our Outlook (slide 15) [https://greatergood.berkeley.edu/article/item/how_much_of_your_happiness_is_under_your_control](https://greatergood.berkeley.edu/article/item/how_much_of_your_happiness_is_under_your_control)
- PERMA (slide 16) [https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops](https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops)
- Activity: Using Values to Build Resilience (slide 22) [https://positivepsychology.com/what-is-resilience/](https://positivepsychology.com/what-is-resilience/)
- Activity- Create a Personal Resilience Plan (slide 26) [https://positivepsychology.com/what-is-resilience/](https://positivepsychology.com/what-is-resilience/)
- Top Ten Books on Resilience (slide 30) [How To Build Resilience With Resilience Training (+ Real Life Examples) (positivepsychology.com)](https://positivepsychology.com/what-is-resilience/)
- The Great Realisation (slide 31) [https://video.search.yahoo.com/search/video?fr=mcafee&p=tomas+the+great+realization+you+tube#id=1&vid=47beb55d56a362b2f054e5fe30dd771e&action=click](https://video.search.yahoo.com/search/video?fr=mcafee&p=tomas+the+great+realization+you+tube#id=1&vid=47beb55d56a362b2f054e5fe30dd771e&action=click)