



Unpacking Resiliency

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Objectives



Consider individual and collective understandings of Resiliency.

words
have
power

Apply a Narrative Approach to foster resilience within groups or organizations.

How Resilient Are You?

Rate yourself from 1 → 5 (1 strongly disagree; 5 = strongly agree)

- I'm usually optimistic. I see difficulties as temporary and expect to overcome them.
- Feels of anger, loss and discouragement don't last long.
- I can tolerate high levels of ambiguity and uncertainty about situations.
- I adapt quickly to new developments. I'm curious. I ask questions.
- I'm playful. I find the humor in rough situations and can laugh at myself.
- I learn valuable lessons from my experiences and from the experiences of others.
- I'm good at solving problems. I'm good at making things work well.
- I'm strong and durable. I hold up well during tough times.
- I've converted misfortune into good luck and found benefits in bad experiences.

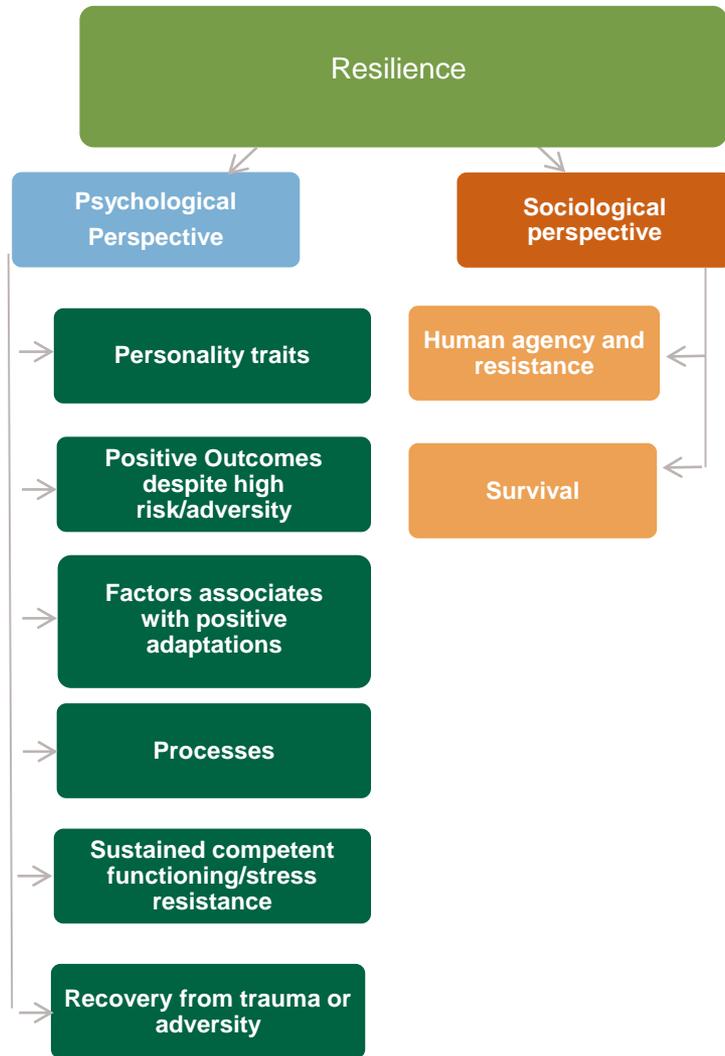
Results

Score	Level of Resilience	Meaning
> 20	Low resilience	You may have trouble handling pressure or setbacks, and may feel deeply hurt by criticism. When things don't go well, you may feel helpless and without hope. Consider seeking some professional counsel or support in developing your resiliency skills. Connect with others who share your developmental goals.
20 – 30	Some resilience	You have some valuable pro-resiliency skills but also plenty of room for improvement. Strive to strengthen the characteristics you already have and to cultivate the characteristics you lack. You may also wish to seek some outside coaching or support.
30 – 35	Adequate resilience	You are a self-motivated learner who recovers well from most challenges. Learning more about resilience, and consciously building your resiliency skills, will empower you to find more joy in life, even in the face of adversity.
35 – 45	Highly resilient	You bounce back well from life's setbacks and can thrive even under pressure. You could be of service to others who are trying to cope better with adversity.



resilience: the capacity of a system to tolerate disturbance without collapsing, to withstand shocks, to rebuild itself when necessary, and to improve itself when possible.

Clusters of approaches to understanding resilience



It is not the strongest
of the species that survive,
nor the most intelligent,
but the one most responsive
to change.

-Charles Darwin





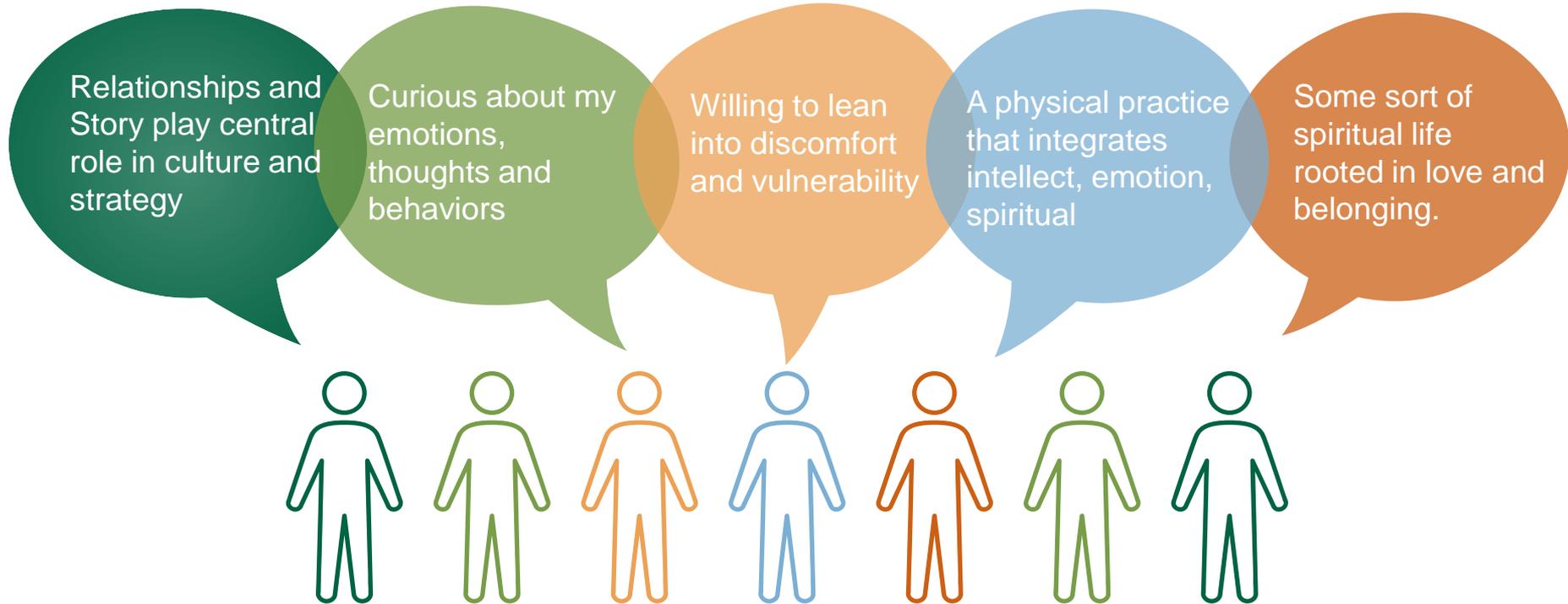
Healing Connections: On Moving from Suffering to Well-Being

Balfour Mount with Pat Boston and Robin Cohen



Resilient Leaders

Brene Brown



Power of Stories to Expand the Realm of the Possible

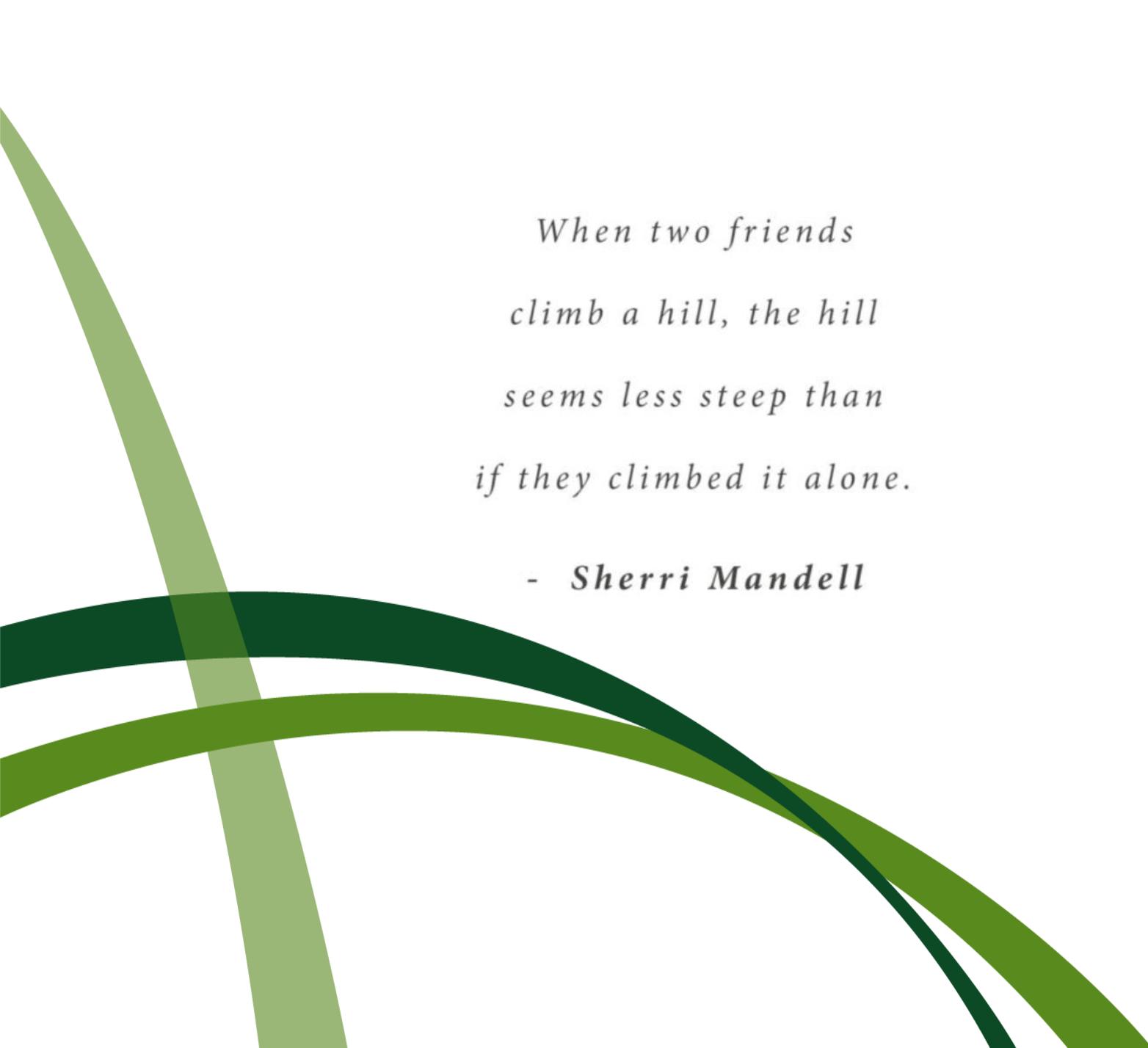
- Narrative Approaches to Therapeutic Conversations
Michael White
 - Understands stories of peoples lives as complex and varied – with dominant and subordinate stories
 - Re-authors or “thickens” stories to arrive at less pathologizing outcomes
 - Views problems as separate from people
 - Assumes people have many skills, competencies, values, beliefs and abilities that will assist them during challenging times.

Rescued Speech Poems

Co-Authoring Poetry in Narrative Therapy

Christopher Behan

- Use verbatim from the conversation
- Choice phrases/words that connect the person to others, self, nature, God
- Descriptions of the problems or challenges in addition to the way in which resistance shows up
- Open form



*When two friends
climb a hill, the hill
seems less steep than
if they climbed it alone.*

- Sherri Mandell

Body, Mind, Spirit

Deep Trust

There was just so much

Where do we start?

Didn't want any boundaries

Need was so different

Profound Impact

Lots of together visits

No internal alarms going off

Spiritually aligned

bawling: Aunt just held him

Wanted to be resting

Couldn't let go without being calm

"I want to lay down by my wife and
relax deeply"

Sat in a circle on the floor together

Shredded medications

"I like this so much better"

Period of Grace

How'd we get here?

Professional Artistry

Body – Mind – Spirit

Nurse – Social Worker – Spiritual
Caregiver

Partner: My job is to integrate them

Hospice transformed the last 2
months.

There was all this meaning.

My body will go into the ground

There was just so much

Where do we start?

Narrative Practice Exercise

In groups of two

- Decide who will author a poem and who will be interviewed about a challenge at work
- The person interviewing will use the handout provided as a guide to inquire about the subject matter and use the form to jot down words, phrases, etc..
- The person who is being interviewed will share as much or as little as they wish and “lean in” to the experience
- After 5-7 minutes, we will break from the interaction
- The author will put the phrases and words into an open forum poem – there is no structure or format – but must only contain the person’s exact words. The author could interject a few questions that remain with them as a result of the listening.

There is
a crack
in everything.
That's how
the light
gets in.

- Leonard Cohen

Resources

- Rising Strong, Brene Brown
- Awake at the Bedside: Contemplative Teachings on Palliative Care and End of Life Care, edited by Koshin Paley Ellison & Matt Weingast
- The Hidden Life of Trees, Peter Wohlleben
- Deconstructing Resilience: Myriad Conceptualizations and Interpretations Ashri Shaikh, Carol Kauppi <https://www.semanticscholar.org/paper/Deconstructing-resilience%3A-myriad-and-Shaikh-Kauppi/c58d3104db8742c5ccaa649441059bc3216bb4a2>
- The Resiliency Advantage, Al Seibert
- Rescued Speech Poems: Co-Authoring Poetry in Narrative Therapy, Christopher Behan
- The five laws of Resiliency, Monica Berg: <https://rethinklife.today/the-5-laws-of-resilience/>