

R2 Resilience Expert Training

Module 7: Introduction Four Strategies for Successful Coping

Michael Ungar, Ph.D.

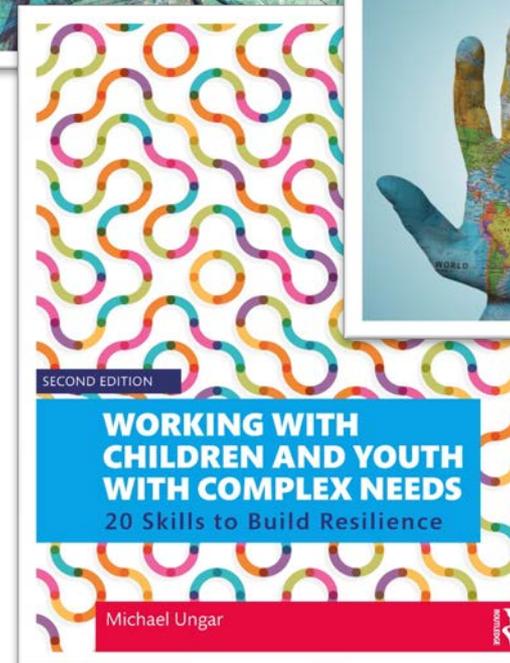
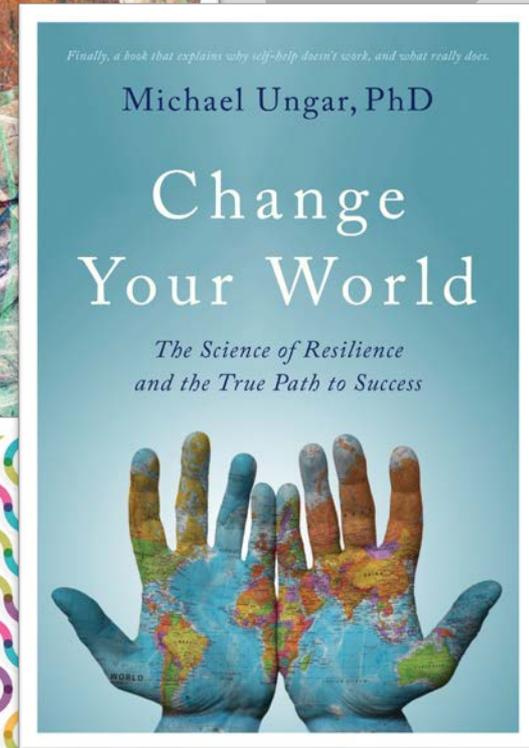
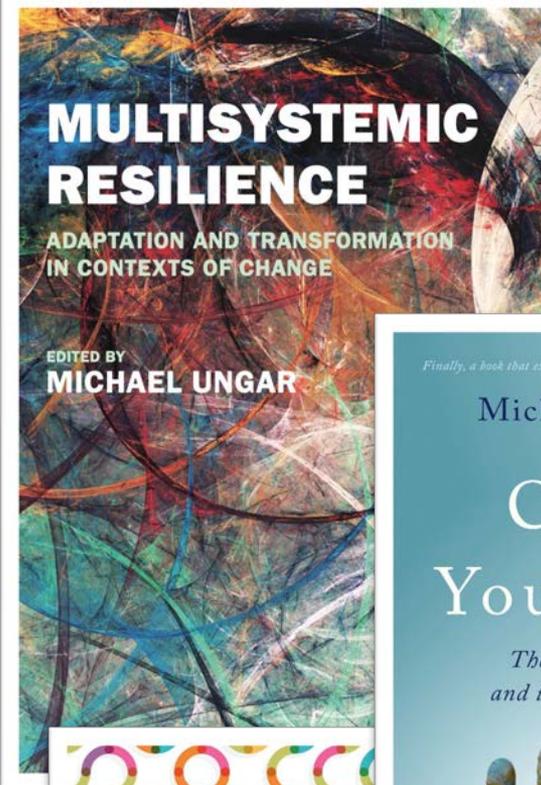
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Who we are is a negotiation with others for a powerful, accepted identity



Labels given to High-risk Youth by community/families

- 🌀 Loser
- 🌀 Charity case
- 🌀 Brat
- 🌀 Stupid
- 🌀 Victim
- 🌀 Slut
- 🌀 Drop-out
- 🌀 Thief
- 🌀 Little f—er



Labels given to High-risk Youth by professionals

- ⊕ Conduct disordered
- ⊕ Parentified
- ⊕ A.D.H.D
- ⊕ Depressed
- ⊕ Suicidal
- ⊕ Borderline
- ⊕ Antisocial
- ⊕ Bi-polar
- ⊕ Emotionally disturbed
- ⊕ Dysfunctional
- ⊕ Resistant
- ⊕ Lacking impulse control
- ⊕ Difficult



Labels High-risk Youth prefer

- Leader
- Tough
- Gang member
- Dealer
- Sexy
- Survivor
- Stud
- Street kid
- Helper
- Drinker
- Fighter





Four Strategies for Coping with Stress

1. Change yourself (if that's enough)
2. Make the best use possible of the resources you have
3. Change your world to have more resources
4. When all else fails, change what you want



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Session 7.1 #1: Change Yourself

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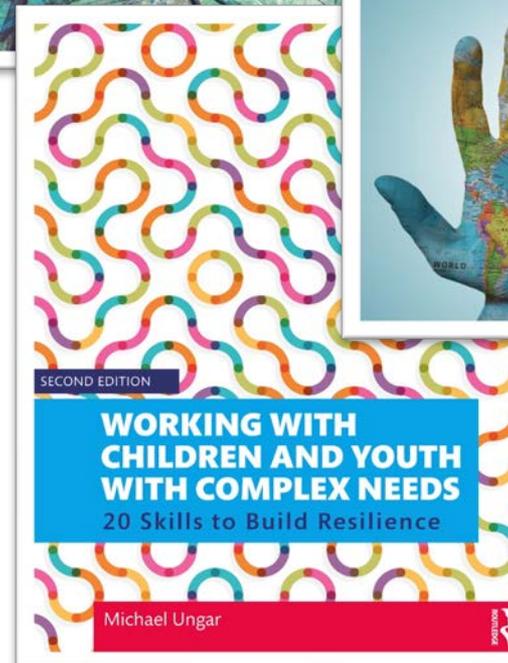
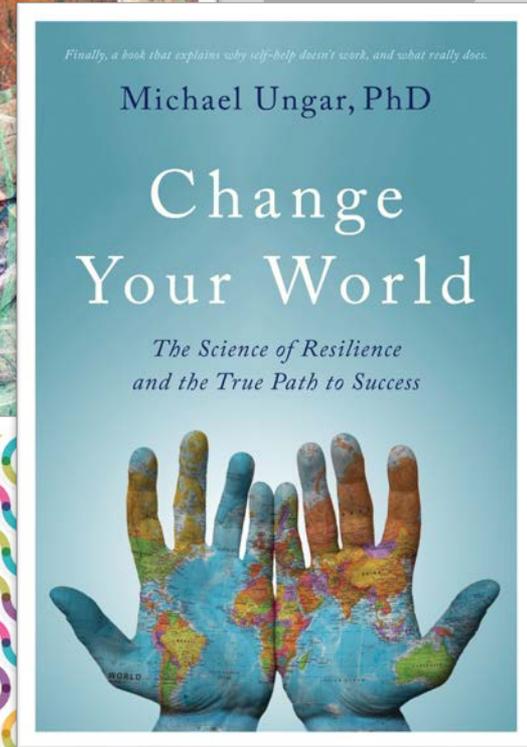
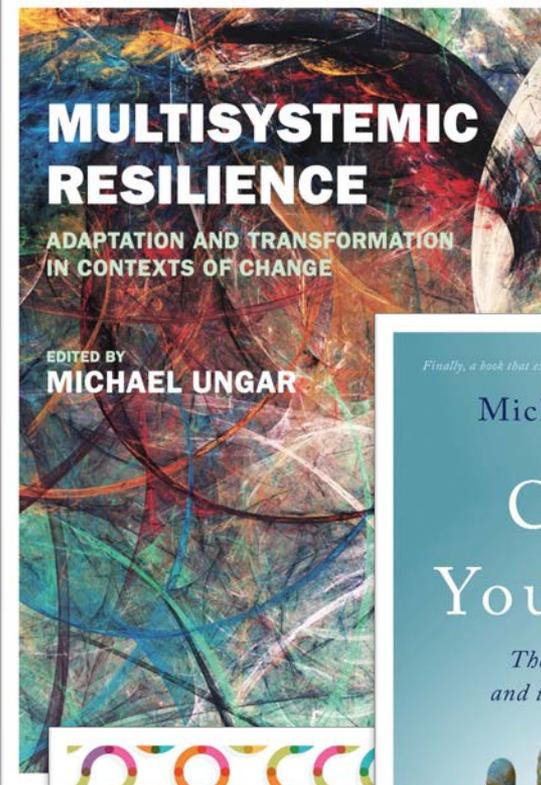
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Four Strategies for Coping with Stress

1. Change yourself—But what changes are the right ones?





Exercise: Do you have a healthy lifestyle?

- Do you eat 3 oz of chocolate per day?
- Do you exercise vigorously for 10 minutes each day?
- Do you sleep at least 7 hours each day?
- Do you have 1 (for women) or 2 (for men) drinks of alcohol a day?
- Do you have family dinners three times a week?
- Do you have sex at least once (and if possible, four) times a week?



Individual strategies for change

✚ Change cognitions

- ▣ Make accurate attributions of causality
- ▣ Avoid catastrophic thinking
- ▣ Develop the skills for self-regulation

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Session 7.2

#2: Make Use of the Resources You Have

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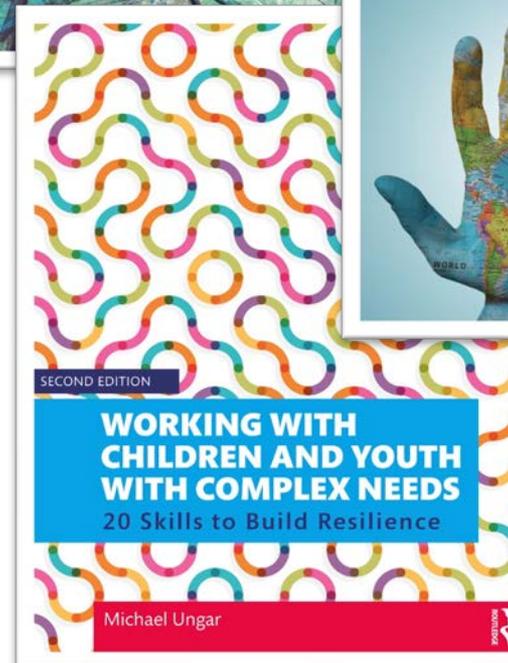
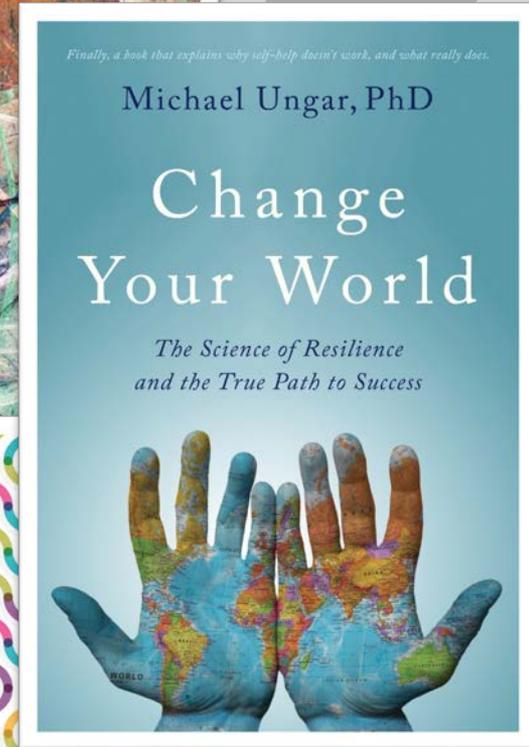
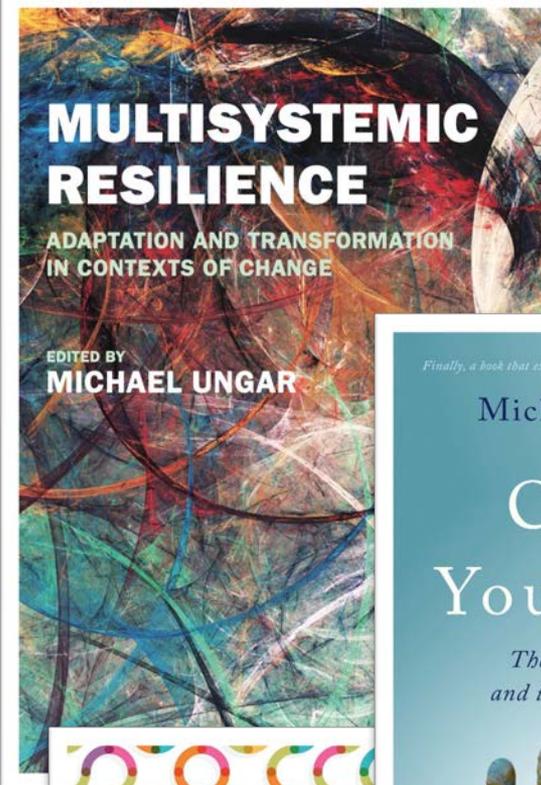
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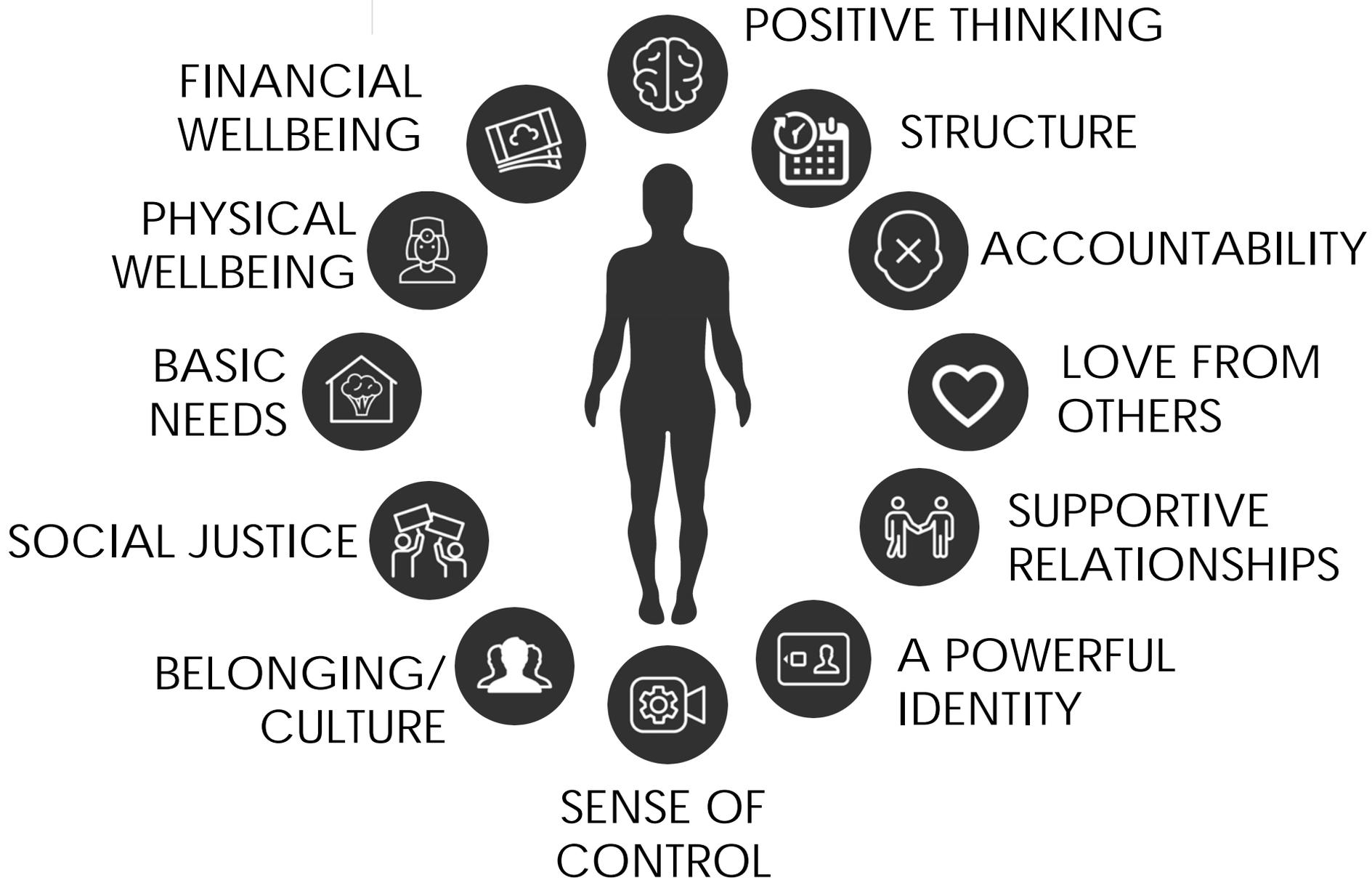
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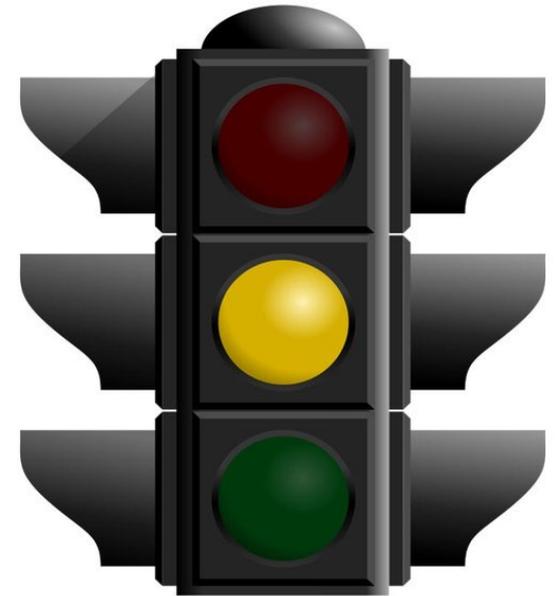






Four Strategies for Coping with Stress

1. Change yourself (if that's enough)
2. Make the best use possible of the 12 resources you have







Exercise: An ideal, resilient community

- ✦ What would an ideal community look like?
- ✦ How would different bio-psycho-social-ecological systems function in this community?
- ✦ If you have examples of communities that are succeeding, share these with your colleagues and inspire change.

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Session 7.3

#3: Develop New Resources

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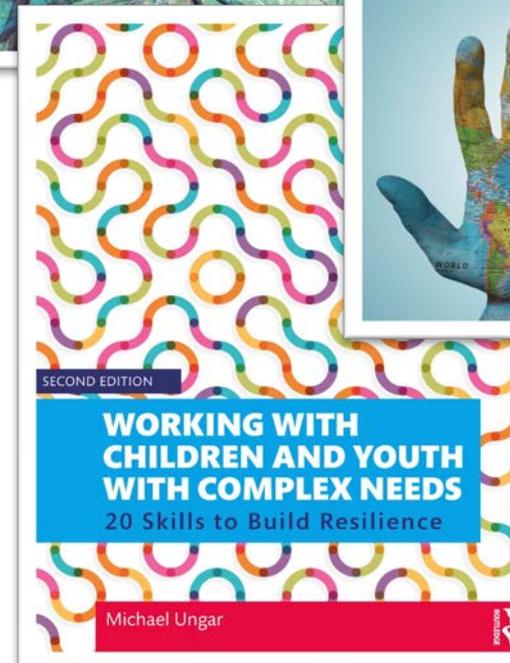
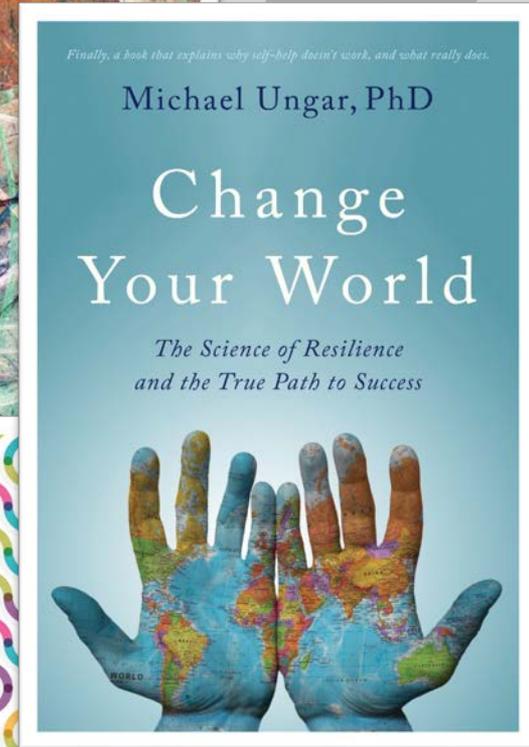
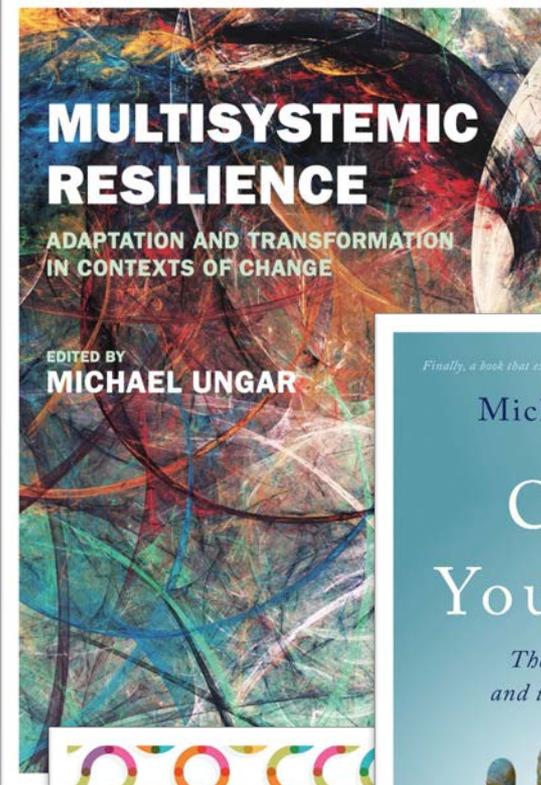
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Aquarelle, Brazil





Exercise: Solving a problem

- ✚ Consider a complicated problem facing someone you are helping.
 1. In one column, list all the risk factors that make this problem difficult to change.
 2. In a separate column, list all the possible courses of action that could solve the problem.
 3. Draw lines between the solutions and the risks, identifying which solutions are best suited to which risks.



Risk factors	<i>Connecting lines</i>	Protective factors and strategies

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Session 7.4 #4: Change Expectations

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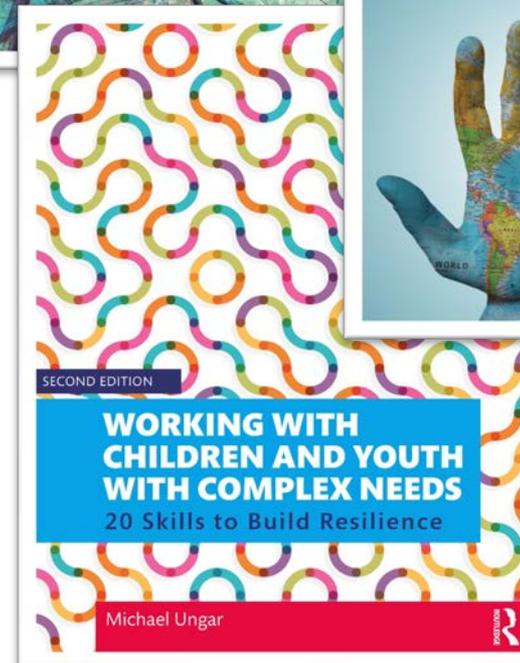
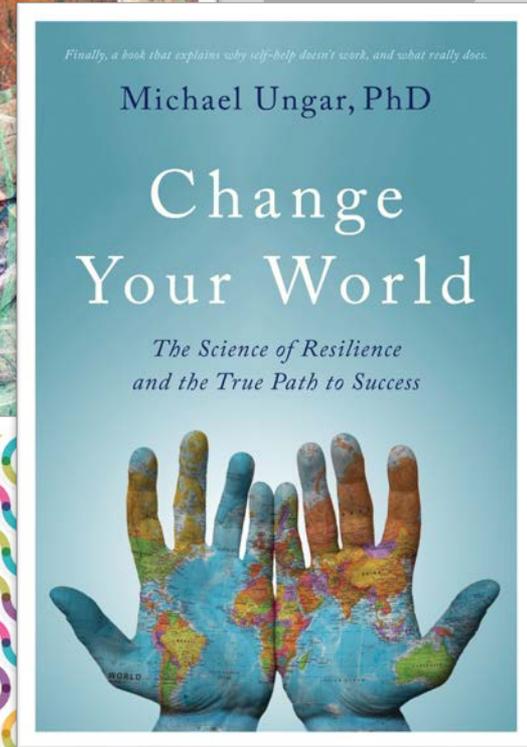
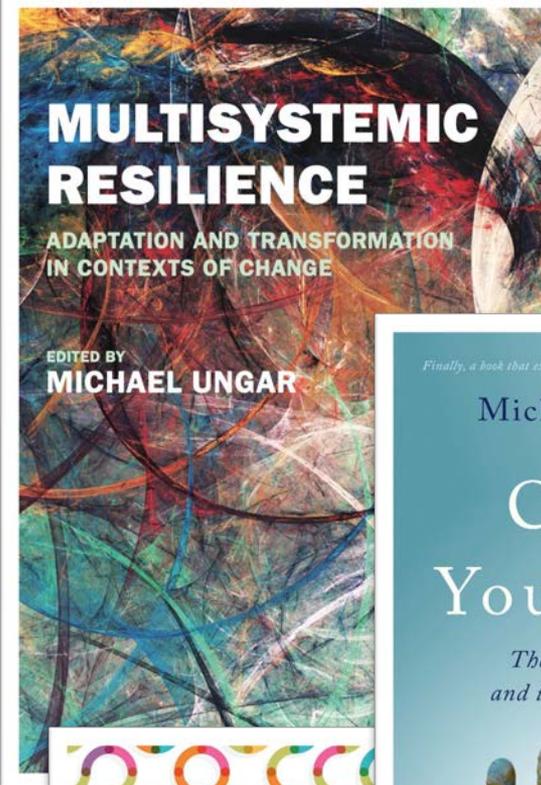
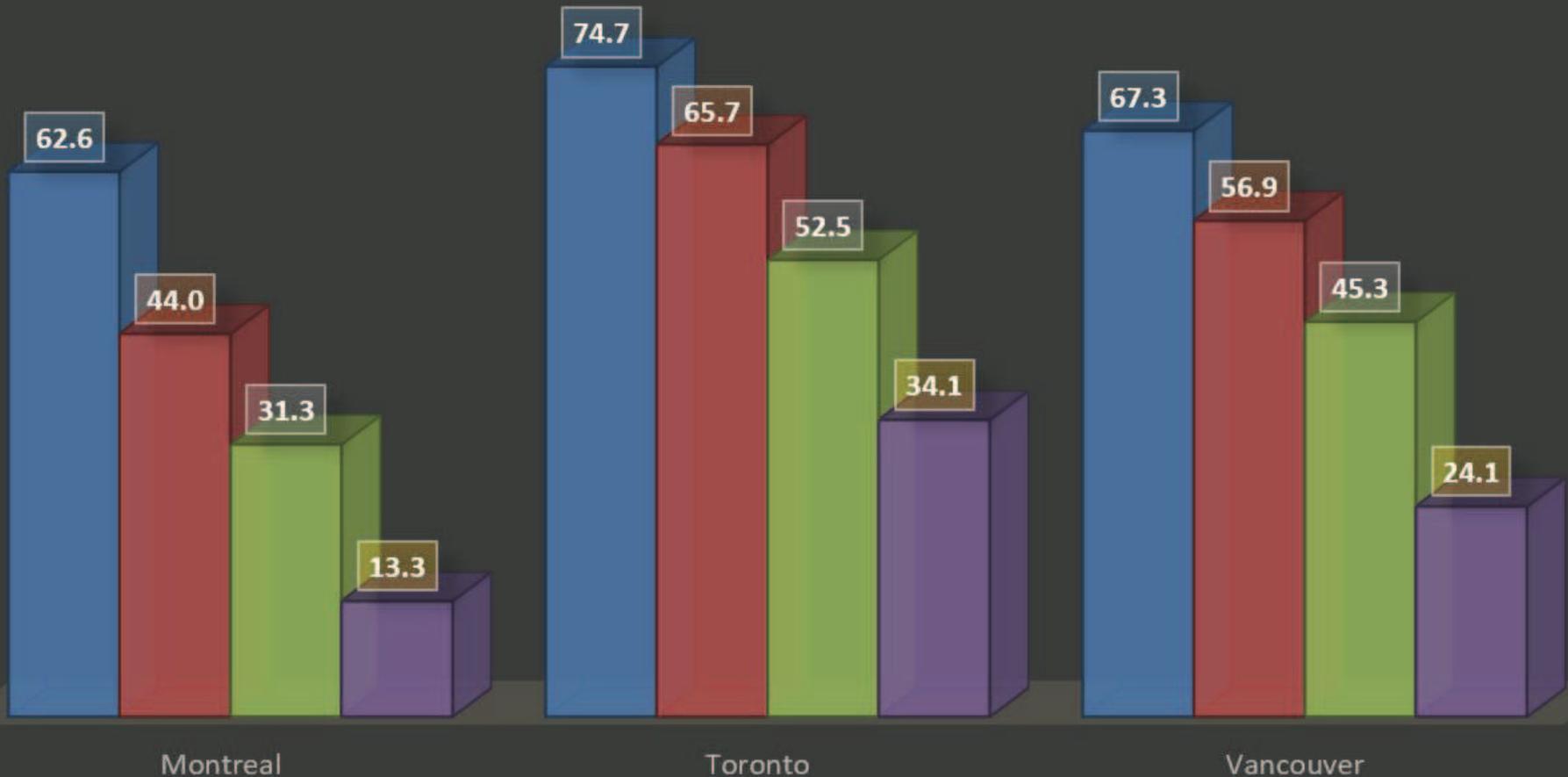


FIGURE 5: HOME OWNERSHIP, REFUGEES (%), 2011

■ 1980-1990 ■ 1991-2000 ■ 2001-2005 ■ 2006-2011



Hiebert, D. (2017). Immigrants and Refugees in the Housing Markets of Montreal, Toronto and Vancouver, 2011. *Canadian Journal of Urban Research*, 26(2), 52-78.

