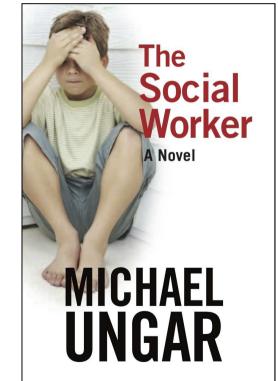
Early Childhood Education and Care: Opportunities to Nurture Resilience

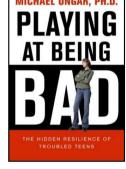
Thinker in Residence Series
Commissioner for Children
and Young People
Western Australia

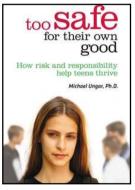
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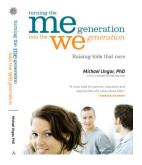
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Resilience is...

- In the context of exposure to significant adversity
- resilience is the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well being, and...
- their capacity individually and in groups to negotiate for these resources to be provided...
- on culturally meaningful ways.



When a resource is unavailable, inaccessible, or potentially harmful, children will cope as best they can with what they have.











Avoiding Burnout?

- A focus on resilience can mean less responsibility is placed on the worker to find the right solution
- Worker satisfaction:
 - Approach is explicit with regard to power, prejudice, and barriers to change
 - The personal is political (change occurs at multiple levels)
- Recognition of worker success



Vicarious Resilience (VR)

- Pilar Hernandez-Wolfe describes VR as:
 - The positive impact in domains of one's life that result from traumatic exposure
 - Hernández, P., Gangsei, D., & Engstrom, D. (2007). Vicarious resilience: A new concept in work ith those who survive trauma. *Family Process*, 46(2), 229–241.
- Our work can be a source of growth and VR



Assessing our VR (a selection of items)

- Since you began working in your current career, how often have you experienced the following:
 - I am more hopeful about people's capacity to heal and recover from traumas.
 - I am inspired by people's capacity to persevere through awful circumstances.
 - I increasingly perceive people's strengths in the face of pain and uncertainty.



Continued ...

- I am inspired when I consider the many obstacles (political persecution, racism, cultural barriers) that the people I work with had to overcome.
- I am encouraged to continue my efforts to make a difference.
- I appreciate better the opportunities I have in my life.



Continued...

I am better able to see "problems" as opportunities for growth and change after witnessing people recover.



It is always better to offer substitute ways of coping rather than trying to suppress troubling behaviours

Thank you!



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