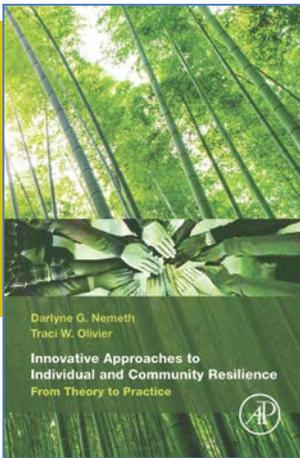


# Innovative Approaches to Individual and Community Resilience:

From Theory to Practice

*Darlyne G. Nemeth and Traci W. Olivier*



**Overview of current research on resilience and examines it from the personal, interpersonal, and community levels, and also presents practical clinical applications.**

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#### **AUDIENCE:**

This volume will be of great interest to clinical psychologists and counselors as well as social psychologists.

#### **AUTHORS:**

**Darlyne G. Nemeth, PhD**  
The Neuropsychology Center of Louisiana, LLC

**Traci W. Olivier, PsyD**  
The Neuropsychology Center of Louisiana, LLC

Resilience is a multi-faceted phenomenon—it encompasses personal, interpersonal, and community experiences. *Innovative Approaches to Individual and Community Resilience* reviews the current research, and details differing levels and approaches to resilience. On a micro-level, the book specifies how to develop appropriate coping strategies, maintain cognitive flexibility, and identify, label, and share feelings before acting upon them. On a macro-level, it defines and explores environmental resilience, social resilience, community resilience, and family resilience and how utilizing healthy family and relationship support during critical times of trauma, as well as relying upon the bond of communities and a shared experience, can increase and enhance healing. It provides practical, specific applications for use in practice, and ends with implications for future research.

#### **KEY FEATURES**

- Defines "grit," achievement, positivity, and self-control
- Addresses the spirituality component of resilience
- Connects the concepts of mindfulness, anxiety, and stress
- Reflects upon the need for resilience as a clinician, and how to achieve it

#### **TABLE OF CONTENTS**

Preface  
Prologue  
Chapter 1 – Exploring and Defining Resilience  
Chapter 2 – Researching and Measuring Resilience  
Chapter 3 – Understanding Environmental Resilience  
Chapter 4 – Understanding Human Resilience  
Chapter 5 – Becoming a Resilient Clinician  
Chapter 6 – Teaching Resilience  
Chapter 7 – Practicing Resilience  
Chapter 8 – Achieving and Maintaining Resilience  
Chapter 9 – Conclusions and Future Implications  
Epilogue



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