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Processes of Risk and Resilience: Youth and Adults, Part 2

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Section A

Intro to Resiliency

Resilience

“A construct representing positive adaptation *despite adversity*”
– Luthar and Cicchetti.

History of Resilience Research

- People who overcame situations normally associated with poor mental health and developmental outcomes
 - Poverty, socioeconomic disadvantage (Werner)
 - Children with mentally ill caregivers (Rutter)
 - Abused and neglected children (Cicchetti)
 - Children exposed to violence and war

Protective Factors and Processes

- Three sets of protective factors are thought to impact “development of resilience” in children
 - Attributes of the individual child
 - Attributes of the child’s family
 - Characteristics of the larger social environment

Source: Masten. (1991); Cicchetti and Garmezy. (1993); Rutter. (1985); Masten and Garmezy. (1985); Werner and Smith. (1992).