Resiliency Strategies Presentation

**Summary**

Resiliency in recovery is a core skill that is embedded in the treatment that is often provided to our program participants. Resilience affects not just our participants, but also ourselves and fellow team members. The COVID-19 pandemic yielded a shared opportunity that every human being experienced, which tested our ability to implement resilience in our lives. As a result, many helping professionals experienced negative setbacks, traumatic experiences, as well as an overall challenge with navigating through work and life issues. This presentation is designed to help identify those issues that are associated with trauma, or traumatic events, as well as list and develop some resiliency strategies for success. Today, we will explore ways to not only help your clients build resiliency skills, but also address ways the helping professional, or team member, can maintain mental and physical wellness despite any personal or professional setbacks. As a result, you will be able to not only repair or strengthen your ability to bounce back, but also be supportive to your participants and help model said behaviors.

**Learning Objectives**

1. Identify basis or “cause” of the need for resilience
2. Recognize the signs and symptoms of vicarious trauma
3. List screening and assessment tools that address trauma and resilience
4. Develop strategies/coping skills to build resilience

**Post Quiz**

1. Which of the following is considered a symptom of burnout? D
2. Compassion fatigue
3. Avoidance
4. Withdrawal
5. All of the above
6. True/False? Countertransference is a symptom of vicarious trauma. TRUE
7. True/False? Court team professionals do not suffer from poor resiliency and do not need to develop healthy strategies to cope with situations. FALSE
8. Which of the following is NOT considered a traumatic event? C
   1. COVID-19 pandemic
   2. Natural disaster
   3. Birthday party
   4. Domestic violence
9. What is considered to be a screening tool to assess trauma or burnout? B
   1. IRS tax return
   2. Secondary Traumatic Stress Scale (STSS)
   3. Grocery List
   4. Asking about their childhood