

Coping Resilience and Hope Building

Asia Pacific Regional Conference

Brisbane 9-11 July 2010

PROGRAM AND ABSTRACTS



BRISSBANE **I**NSTITUTE OF **S**TRENGTHS **B**ASED **P**RACTICE

**COPING RESILIENCE & HOPE BUILDING
ASIA PACIFIC REGIONAL CONFERENCE**

ABSTRACTS AND PROGRAM BOOK

Venkat Pulla (Editor)

President, Brisbane Institute of Strengths Based Practice

BROADLY DEFINED SUBJECTS:

Social Sciences, Human Services, Psychology, Allied Health, Counseling,
Community Engagement, Trauma, Coping, Resilience and Hope Building

CONFERENCE ORGANISATION:

Brisbane Institute of Strengths Based Practice

www.strengthsbasedpractice.com.au

School of Human Services and Social Work, Griffith University

<http://www.griffith.edu.au/health/school-human-services-social-work>

COPYRIGHT: for the Abstracts Book

Authors in this book may use their materials anywhere in any form for
presenting and publishing

DESIGN AND DTP:

Liberopublishing, Brisbane

www.liberopublishing.com

PRINTERS:

Astrocall Pty Ltd

9 Monsterrat Place, Forest Lake, Q 4078

www.astrocall.com.au

PUBLISHER:

Brisbane Institute of Strengths Based Practice

5 Mandell Close, Coopers Plains, 4208

Australia

www.strengthsbasedpractice.com.au

Month and Year of Publication: July 2010

ISBN 978-0-9802994-2-7

The Brisbane Institute of Strengths-based Practice, incorporated in 2006 is a not-for profit, organisation of professional volunteers with years of experience working in varied endeavours and human service organisations. The Institute propagates, supports and encourages strengths based human resource development and management consulting, strengths based counselling, group and community training activities and projects in the Asia Pacific region and elsewhere, through studies, visits, conferences and workshops and major training events. Its purpose is to promote individual and community development through the practice of asset-based community development, Appreciative Enquiry, Strengths-based strategies and Strengths-focussed therapies. The vision of the Brisbane Institute of Strengths Based Practice (Inc) is of a world that moves forward in peaceful collaboration. Its mission is to bring together individuals, communities and organisations from around the world to maximise their potential.
www.strengthsbasedpractice.com.au

Coping Resilience & Hope Building

PROGRAM AND ABSTRACTS

Asia Pacific Regional Conference
Brisbane 9-11 July 2010

Brisbane Institute of
Strengths Based Practice
&
School of Human Services &
Social Work
Griffith University



VENUE MAP	20, 21
CONFERENCE PROGRAM	22, 23, 24, 25, 26
WORKSHOPS	<input type="text"/>



THE SCHOOL OF HUMAN SERVICES AND SOCIAL WORK GRIFFITH UNIVERSITY

The School of Human Services and Social Work interdisciplinary programs provide a combination of high academic standards with real world practice ensuring our graduates possess the knowledge and skills to work in a range of human service or social work fields. Our undergraduate degrees are complemented by postgraduate programs designed to assist in further developing skills and expertise in specific areas. Human services and social work are one of Australia's fastest growing and biggest industries, and one which offers a range of rewarding and exciting possibilities for graduates. We invite the community to take up a challenge to help create a world where children are safe, nurtured and cherished, where older people and people with disabilities are valued, where people with disability can achieve gainful employment and rewarding careers, where young people find meaning in their lives, where people who are homeless can have a home, where people with addictions can get professional help and where communities work together. We see others who need help and understanding and recognise that there is an increased need for professionals to support and care for our community.

Human service professionals and social workers are concerned with improving the social, economic, personal and communal well being of people. They seek to promote social inclusion and achieve equity, social justice, interdependence and human rights for those people who are adversely affected by social and economic factors. Members of the School work collaboratively with various local and state organisations in an endeavour to not only provide advice and guidance when requested but also to participate and contribute in a very tangible way to further enhance the University's commitment to build links with members of not only our local communities but also extend our services internationally.

Human Service professionals are employed in a range of diverse settings within Australia and internationally. Federal, State and local governments, non government and community organisations, and, increasingly, commercial settings provide the context for working with individuals, families, groups and communities as well as providing opportunities for management, policy and program development, implementation and review.

The School of Human Services and Social Work appreciate the importance of quality learning and teaching and strives to provide its students with high quality placements which will facilitate optimum learning. We recognise that finding a balance between study and outside commitments is sometimes challenging and where possible we incorporate flexibility into the structure of our degrees. Earning an Australian Award for University Teaching, our popular Common Time program is just one example of Griffith's commitment to helping new students adapt to university life.

Assoc Prof Jayne Clapton
Head of School of Human Services and Social Work
Logan Campus Griffith University
University Drive
Meadowbrook Q. 4131

Ph: (07) 3382 1233; Fax: (07) 3382 1210
Email: J.Clapton@griffith.edu.au



BRISBANE INSTITUTE OF STRENGTHS BASED PRACTICE

The Brisbane Institute of Strengths Based Practice is a not-for profit, voluntary organisation comprised of professional people working in varied endeavours and human service organisations. Incorporated in Brisbane in 2006, it is an organisation of good will and all members donate their time and skills to its programmes. The Institute is a partner of the AusAID Australian Youth Ambassadors for Development (AYAD) program, amongst others. Its purpose is to promote individual and community development through the practice and promotion of various skills including, asset-based community development, appreciative enquiry, strengths-based strategies and therapies. The vision of the Brisbane Institute of Strengths Based Practice is of a world that moves forward in peaceful collaboration. Its mission is to bring together individuals, communities and organisations from around the world to maximise their potential. Its goals include:

Creating opportunities for people from diverse backgrounds to learn about strengths based practice; Creating forums where people can come together to share experiences and stories, network, be inspired, challenged, and supported and to providing opportunities for members to contribute to the development of specific communities through strengths based practice.

To achieve these aims, the Institute holds regular conferences on strengths based practice related issues and provides consulting for organisations in areas of Appreciative Enquiry, Human Resource Development and futures planning. The members of the Institute contribute their personal expertise and use their extensive professional networks to carry out particular projects. It is through such processes that the Institute built its collaborative relationships with various international teaching institutes such as the National Institute for Small Industry Extension Training (NISIET), Hyderabad, Department of Social Work, Kadambari Memorial College of Science and Management, Kathmandu, Nepal and Sri Lanka School of Social Work-National Institute of Social Development, Department of Social Welfare, Government of Sri Lanka, and NGOs in Vietnam, through our participation in nominating Australian Youth Ambassador for Development in Vietnam. Our most recent collaborations initiated activities in Malaysia, Croatia and Bosnia and Herzegovina and New Zealand. Future involvement is being discussed in South Africa, Korea, China including Hong Kong and Taiwan. Projects are undertaken jointly by pooling of resources through international volunteer collaborations. Most projects have more than one supporting partner in most countries and members and associates are asked to contribute their skills as necessary. Projects undertaken by the Institute are regularly discussed and monitored by project committees of the Institute throughout the project's life.

An associate membership of the Institute is a good beginning for those who reside in Australia. For global citizens by a friendly donation, an opportunity to become friends of the Institute is open from July 2010. Shortly half yearly e-bulletins of future programmes would be available by subscription offering reduced rates and special opportunities for participation.

Dr. Venkat Pulla

President, Brisbane Institute of Strengths based Practice.

Registered address: 5 Mandell Close, Coopers Plains, Brisbane, Queensland, 4108

www.strengthsbasedpractice.com.au, Email: dr.venkat.pulla@gmail.com

Incorporation number is IA 34493, & ABN Number is 911 46592057

INTRODUCTION TO THE CONFERENCE

The Coping, Resilience and Hope Building- Asia Pacific Regional Conference Brisbane 2010 brought together practitioners, researchers, community activists and academics working in the trans-disciplinary area of human coping with diverse challenging life circumstances. Organised as a sequel to the C&R Conference Dubrovnik 2009, presented by the Institute, the present Conference has attracted participants from South Africa, USA, Europe, New Zealand, Australia and Asia keenly aiming to advance collaboration and networking among different regions and professional fields.

Viewed from Strengths based practices (SbPs) presenters at the conference are looking at the inherent strengths of individuals, families groups and organizations. *Deploying peoples' personal strengths to aid their recovery and empowerment-* this is the crux of this conference. As the President of the Conference I particularly chose presenters that spoke of empowering alternatives to traditional methods. At the Institute, *our attention is to facilitate change by assisting to look at what has worked? What does not work? And what might work presently, making it important for those who facilitate and those desiring change to be integral to this process of change.*

Building Coping and Resilience has become the core business in human services arena. A much needed dimension of Hope Building is being considered at this conference. As helping professionals we pride ourselves with the skill sets to deal with our existence and manifestation of the state of unsatisfactoriness; suffering; stress; anxieties and tensions. Many of us are pretty good at skills to deal with these matters, and the reason for us to congregate here is to listen to each other and possibly engage in conversations about *where to from here? Beyond Dukha?*

I guess the Buddhist perspective presents a couple of important mental expressions that appear to me as being useful in influencing human behaviour. They are internalized verbalizations and visualizations. Internal verbalizations are the talks and chatters that constantly invade the human consciousness while internal visualizations are mental pictures that are reproduced in the human mind. Therapists believe that both need taming. One method of "taming" internal verbalizations is to overwhelm them and replace them with diversions including chanting, engaging in good companionships and suitable conversations. Thus the "taming" of internal visualization is to constantly hold in one's mind a higher image of himself or herself, even an imaginary higher image for the moment that one is comfortable with. With the taming of the "swinging monkey" there is a possibility to drawback to the present instead of living in the past or the future. This is not an easy task. We need a paradigm shift: *seeking solutions from outside to seeking solutions from within.* Would that *seeking solutions from within?* Is at the level of individual, group, collective or society is a matter of detail. But inward looking demands a rigorous

approach altogether. My recent visits and conversations in Tuzla and Sarajevo in Bosnia with mental health professionals confirm that a great majority of people are withdrawing into the past. I also saw, *in small numbers, people attempting to reduce their stresses and anxieties through acceptance of events as they are rather than as what they would like them to be.*

There is also another perspective that I wish to talk about today that is about our capability as helping professionals to engage in conversations that allow us to go into the cause *that lead us to the rot that is currently manifested in the world?* Let me ask this question in a different way. Are we actually perpetuating and indulging in giving coping and resilience skills to deal with the effects rather than the causes?

Last three years I have been working on these themes and pondering over the roots of our business, in human services and I started feeling that we are losing the plot. Problems appear to be more fundamental: *The gradual erosion in human values, few people's greed over many people's need, anomie and the growth of human alienation in all our civil societies are some of the main issues that we are not dealing with. We are aware that these very issues cause economic and social inequalities.* These are the problems that we need to confront. How do people live with economic, social inequality? The short answer is that they don't, not if they can help it. They walk miles, dragging their bodies and meager possessions including children in the hope of finding food and safety. They have done that for years in many parts of Africa. Or brave the seas in dingy boats to safer shores, miles away from the countries of birth.

While being compassionate may be virtuous, but practice of obligatory compassion in the face of illegitimate suffering, appears as a way out of converting societal guilt into a false responsibility and then wearing it. As helping professionals with the humanitarian obligatory response to suffering, we also need to wake up our professional responsibilities to see the truth i.e. *the ultimate cause of this suffering in the world today.* The task is in our sight. I am sure we are capable of moving centre stage not only to show how people organize themselves in the face of suffering and global inequality today, but how society might be made more just. *This involves a fundamental critique of current ideas and practices and use the opportunity to ponder over the roots of our crisis and make decisions about where to from here? To build a hopeful world.* Welcome once again. Do enjoy the conference and I hope our paths will cross again and again.

Dr.Venkat Pulla

President, Brisbane Institute of Strengths Based Practice, 10 July 2010

KEY SPEAKERS



Lorraine Peeters has devoted several years of her life to assisting Aboriginal people heal from past and present traumas. The *Marumali program* is based on a unique, original & unparalleled model of healing developed and delivered by Lorraine Peeters, a survivor of the removal policies herself. Lorraine Peeters, Winangali-Marumali Founder & Facilitator www.marumali.com.au



Jasna Zecevic, is the Director of a Non Governmental Organisation *Vive Žene*, Tuzla, Bosnia and Herzegovina. 'What is the process of healing war traumatized persons? How to we rebuild trust and social connectedness in their local communities?' These questions will be addressed by Jasna as part of her inaugural talk at the Conference Dinner Programme on Friday the July 9th 2010. www.vivezene.ba/eng/onama.htm



Dr Sarah Melinda Dobie Buila, is Assistant Professor, School Of Social Work at Southern Illinois University in Carbondale. 'How can someone who has never really experienced oppression, discrimination or prejudice truly empathize, understand and help someone who has suffered these injustices?' 'Much worse, how does the practitioner coming from a position of privilege, avoid doing further harm through insensitivity and ignorance?' Sarah raises these questions in her keynote on July 11th, 2010. <http://socialwork.siuc.edu/sbuila.htm>

Pamela Trotman and Leisha Townson, are Private Practitioners, Northern Territory, Australia. Pamela and Leisha will engage in a conversation that



describes the therapeutic approach of 'subduing the trauma dragons' by tapping into the inherent energy and wisdom of the Survivor Self which is a powerful and resilient inner resource. They describe the 'Survivor Self' as that intact part of self which exists before, during and after 'the traumatic event'. pam.trotman@bigpond.com.au
leisha.townson@hotmail.com



Julie Wilson-Hirst, MA (Psychotherapy UQ) Principal, Bodhi Tree, Centre for Developing Inner Peace and Interbeing Julie in her keynote address presents a template for 'Living Skillfully, Living Well with Compassion and hope for a world in crisis'. Julie's focus will be on mindfulness, ethical living and an understanding of our inter-dependence with all living things. www.thebodhitree.com.au



Michael D. Clark, MSW, LMSW Director, Center for Strength-Based Strategies, USA Michael will present a Tune-Up for the Helping Professions. In his talk called 'Motivation, Behavior Change and the "Return to Treatment"' Michael Says: Motivation is a state (not an unchangeable personality trait) and is a state that can be influenced! A creative approach to challenging clients. www.buildmotivation.com



Lesley Chenoweth, Professor of Social Work Griffith University Lesley focuses on hope-building and explores the fundamental question of whether it is possible to develop strategies for hope-building or if hope resides only within the spiritual realm. This is presented from the perspective of social work education. www.griffith.edu.au/health/school-human-services-social-work/staff/professor-lesley-chenoweth



Tewodros Fekadu is an artist, Community Worker and a writer. Tewodros recounts the challenges and triumphs of surviving a poverty-stricken childhood on the streets of Ethiopia. The backdrop of civil war and the boundaries of tradition stranded him between his mother's despair and his father's pride. As he struggles with loneliness and the need for love, his enduring courage brings him the loyalty of friends and mentors along the way. He will also sign his book No One's Son at the conference. <http://noonesson.com/>



Desley Hargreaves, the National Manager, Social Work Services at Centrelink presents 'An insider view of promoting resilience and hope building in times of natural disasters: the Australian bush fires, floods and droughts'. Desley has responsibility for and significant experience in the social work response to disasters. www.centrelink.gov.au



Venkat Pulla, Facilitator of this Conference is a an accredited Practitioner of Social Work, a highly committed trainer of human values and strengths based practice frameworks. He is Founder of President of the Brisbane Institute of Strengths based Practice, Formerly Head of the School of Social Work, Northern Territory University, and Senior Lecturer, College of Social Work, Osmania University, India. www.strengthbasedpractice.com.au

EXPLORING FAMILY RESILIENCE IN FAMILIES LIVING WITH ADDICTION
Dr. Bee Teng Lim, Helen Moriarty, Maria Stubbe, Sarah Bradford & Sophie Tapper



Impacts of addiction are complex and pervasive on affected families. How do families cope, living with a family member with a drug, alcohol or behaviour addictions? What characterises a resilient family? How can helping and counselling services contribute to enhance family resilience? An exploratory study, was conducted to address these questions, the findings of which suggest that addictions, regardless of the underlying problem being alcohol-, drug-, or behaviour-related, lead to widespread and ongoing problems for non-addicted family members. Common barriers were societal stigma and lack of access to helping services that deterred the affected family members as well as the addicted

family member. Four common coping strategies used by non-addicted family members were minimizing, making allowances, turning away and carrying on, all appear to short term solutions to adversity but did not imply or foster family resilience, were identified. The need for increasing the understanding of resilience among the families and the role of helping and counselling services as collaborators in identifying family strengths and resources are discussed.

Biodata: *Dr Bee Tee Lim is a post-doctoral fellow at Victoria University of Wellington, New Zealand. Bee is currently researching in the field of positive psychology and related areas of human strengths as opposed to deficits.*
Bee.Lim@vuw.ac.nz

PSYCHIATRIC PROFILING OF THE INDIAN GERIATRIC POPULATION:
IMPLICATION FOR POSSIBLE INTERVENTIONS - *Dr. Braj Bhushan*

The primary objective of this study was to explore the prevalence of psychiatric disorders among the elderly in India and to find the mediating and moderating role of different coping strategies in dealing with them. 390 subjects with an age ranging from 50-90 years ($M = 64.85$, $SD = 9.63$) participated in this study. Results indicated that the main effect of resilience and religiosity was significant, but the interaction effect did not turn out to be significant. Resilient elderly people used proactive coping technique in order to achieve anticipatory preparedness. By using preventive and strategic coping techniques they were able to handle anxiety, depression, psychoticism, fear of aging, somatization, paranoia and cognitive competence whereas those using reflective coping technique were able to handle depression, psychoticism and fear of aging only. The findings have implication for intervention programme. Of all the factors, resilience and proactive coping strategy seems more important variables for mitigating the psychiatric/ psychological issues. Resilience and proactive coping may be construed amenable to training, and hence have significance for intervention. Besides, religiosity seemed to enhance the effect of resilience in dealing with the mental health issues.



Biodata: *Braj Bhushan is Asst. Prof of Psychology at the Indian Institute of Technology Kanpur. Braj has 5 chapters in books & 25 articles, and held a Visiting Professorship at Kyushu University, Japan. His books are: Bhushan, Communication in Perspective. 2010, Amani International, Kiel-Germany, and Statistics for Social Sciences., 2007, Prentice-Hall, brajb@iitk.ac.in*

SOME EVIDENCE-BASED STRATEGIES TO BUILD ON CULTURAL STRENGTHS FOR BETTER MENTAL WELLBEING - *Elvia Ramirez and Farah Suleman*



The strengths of people arriving in Australia with and without a refugee background have been underestimated. This paper will focus on the strategies that selected cultural groups use prior and following migration as identified by a study and the implementation of community engagement and education activities. In addition, it will focus on the key components of three versions of a group program designed to build resilience in culturally and linguistically diverse (CALD) children,

adolescents and adults to learn to cope with acculturation stress. The findings of different programs implemented by the Promotion, Prevention and Early Intervention Program of the Qld Transcultural Mental Health Centre will also demonstrate how existing CALD community strengths have been enhanced by evidence-based programs. Examples of programs are: the Building Resilience in Transcultural Australians (*BRiTA Futures*), the Depression and Chronic Disease Self-Management and the Multicultural Mental Health Literacy programs that use bilingual and bicultural community mental health promoters for effective community engagement and program implementation. Biodata: *Elvia Ramirez coordinates the Mental Health Promotion, Prevention and Early Intervention program at the Qld Transcultural Mental Health Centre, and is also involved in the BRiTA Futures, Stigma Reduction and the Building on Cultural Strengths mental health literacy programs. Elvia_Ramirez@health.qld.gov.au* Biodata: *Farah Suleman has been with BRiTA Futures since 2008. Farah coordinates training, provides support to trained Group Facilitators and delivers the program in schools and community settings and deals with the marketing of BRiTA Futures. Farah_Suleman@health.qld.gov.au*

GRIEF & LOSS COUNSELLING WITH PERSONS WITH INTELLECTUAL DISABILITY - *Judith Pagan*

People with an intellectual disability have been disenfranchised of grief and bereavement due to perceptions that they do not have the capacity to grieve, understand the concept of death and form attachments in relationships with family, friends and the wider community. Research has dispelled these myths and there is increasing professional and social recognition of the value of supporting people through the normal expressions of grief, participation in bereavement rituals and cultural customs, and providing therapeutic intervention following indications of complex grief impacting on the person's behaviour and psychological and spiritual well-being.



Biodata: *Judith Pagan works in the area of Program Management in SE Qld Region, Disability Services, Department of Communities This is her 19th year of working in the public sector providing specialist disability services. Judith has physical disability from Cerebral Palsy, enjoys horse-riding & travelling and is currently completing the Master of Social Work at University of Queensland. jpagan@communities.qld.gov.au*

A MODEL FOR INTERPROFESSIONAL EDUCATION FOR HUMAN SERVICE PROFESSIONALS - *Maria Julia-Billups*



An interprofessional approach to practice in the human service professions is needed in order to effectively intervene with the challenges that social problems present to us. Human resilience promotion and hope building are better understood and applied from an interdisciplinary perspective.

This paper reports a unique approach and set of experiences in the development and implementation of a multidimensional model for the understanding, practicing, and evaluating interprofessional practice and education. The aim is to examine problems precipitating the need for interprofessional education; discuss

limited interprofessional education arrangements; methodology of an alternative model; underlying assumptions, implications, limitations, and strengths of the proposed model. Conceptual framework, contents, references, and other educational resources and techniques are presented and analyzed. Underlying values about the significance of a human-in-the-environment ecological approach serve as the foundation for the model presented.

Biodata: Maria Julia-Billups, Professor, Ohio State University has over 100 scholarly publications, including 3 books; more than 100 worldwide presentations. Actively involved in the academic, national, and international community, providing services in multiple organizations, boards, commissions and consortium. Julia.1@osu.edu

SILENT, SILENCED AND POWERLESS - RESILIENCE AND AGENCY IN RURAL GAY MEN - *Dr Ed Green*

This paper presents "*empowering alternatives*" in a cohort of marginalized individuals who are usually considered to be silent, silenced and powerless: The gay men who have chosen to stay and live their lives in rural areas. It cites a largely unreported aptitude and adeptness by men to live contented lives in areas well away from urban cosmopolitan milieu. It argues that their resilience allows them to deploy a multiplicity of actions and reflective processes that, despite their apparent subordinate position in the rural communities, continues to give them, determination to live their lives as and where they choose.



But these men's personal strengths can also be seen through other conceptual frameworks. The notions of 'agency' and 'resistance', when applied to these gay men, also shed light on their empowerment in the face of omni-present difficulties. It is the realisation of their own capacity for action to improve their lives and to live them as they wish for agency that is their springboard to resistance. This paper demonstrates that seemingly subordinate individuals can express counteractions to the hegemonic ideology, in this case represented by the 'countrymindedness' which underlay the structure of social domination in rural communities.

Biodata: Ed is Dean at the Australian College of Applied Psychology. In 2008, Ed took the Post-Doctoral Fellowship under the Australian Government's Endeavour Program. at Universitas Gadjah Mada (UGM) in Yogyakarta (Indonesia) where he researched the lived experience rural men who have sex with men and the implications of their lived experience for local HIV education programs. ed.green@acap.edu.au

WANTING TO HOPE: NEGOTIATING LOSS WHEN SOMEONE IS MISSING -
Julie Clark



Family members of long-term missing people struggle to cope with the consequences of "missingness", sometimes for decades. Many demonstrate resilience in difficult circumstances despite finding little support accessible to them, as too little is understood about the issues they face. The voices of people affected by 'missingness' are beginning to be heard and their stories of resilience to be told. From qualitative research with siblings of long term missing people, a trajectory of loss is proposed that explains common themes in efforts to negotiate loss. Notions of ambiguous loss and disenfranchised grief for people 'left behind' are discussed.

This paper discusses issues for people affected when someone goes missing and positions "missingness" as an issue that overlaps with many fields of practice, none more clearly than mental health. It challenges workers to recognise 'going missing' as a consequence of a complex set of interconnected issues including coping difficulties and to consider the risk of someone going missing in their assessment of people who may be vulnerable. It suggests the needs of family and friends, and missing people will be better met when existing services recognise the issues and shape service responses within existing services.

Biodata: Dr Julie Clark completed her PhD on the Experience of siblings of long-term missing people in 2006. She is an experienced social worker and has worked in a range of roles with children and families. She has research interests in missing people, supervision, ethics and child protection. j.clark@griffith.edu.au

EMPOWERING INDIVIDUAL INHERENT COPING AND RESILIENCE WITH
NEUROTECHNOLOGY: AN EXPERIENTIAL WORKSHOP - *Jonathan Robert Banks*

Research demonstrates that meditation, deep relaxation, mindfulness, self hypnosis etc, increase a person's coping ability, resilience and hope building, physiological healing and health. People appear to access: innate wisdom, strength, confidence, hope and reasonableness, and they begin doing things in their life that are so much more healthy and constructive without being directly coached to do so. New fields of applied behavioural neuroscience, psychophysiology and neurotechnologies such as brainwave biofeedback and brainwave entrainment are enabling people to gain the benefits of meditation with these safe, natural and easy to use tools without having to learn a technique.



When used repeatedly an accumulative effect is created that access people to their innate and natural inner strengths. There is an immediate benefit at the acute stage as well as long term benefits for ongoing recovery. These tools generate the greatest leverage to individual's inner strengths, which substantially enhances family and community recovery and hope building directly and indirectly by improving the impact of all behavioural/external interventions directed at individuals and groups at every stage. An opportunity in this workshop to sit down and see if you can fly through a virtual tunnel, race a car, make a flower blossom with just your brainwaves.

Biodata: Jonathan Robert Banks has developed leading edge personal development programs, CDs and a neurotechnology device, utilising state of the art technology for stress management/rehabilitation and peak performance. He has been Consultant for the Royal Adelaide Hospital in South Australia, BHP, SANTOS, Telstra, Australian National, and DSTO amongst others. He has worked with sporting teams and athletes including 1997 World Gold Medal Title holders. jonathan@neurotechcoaching.com.au

DEVELOPING COMMUNITY NETWORKS AND PARTNERSHIPS IN PROMOTING POSITIVE MENTAL HEALTH IN RURAL SOUTH AUSTRALIA - *Abraham Francis*



This paper is based on field practice. It presents community work experiences and reflections about how rural communities can be engaged in the process of addressing issues of mental health and specially in challenging the myths of stigma attached to mental health. The paper describes the methods used in developing community networks and partnerships in rural South Australia and analyses how these methods have supported in creating positive environment in the local communities to promote mental health. It also outlines some of the challenges and issues faced in the field.

The paper examines the strengths of rural communities by exploring the nature of existing safety net groups, and analyses the partnerships and networks that were formed during the tenure of author's employment. This is highlighted with case examples to illustrate how strength based partnership models enhance creating supportive environment in communities, under the initiative of developing Mental Health Support Groups and Mental Health Action Groups in rural South Australia. Additionally the paper examines the strengths of the evolving role of communities in promoting mental health and suggests intervention strategies and raises questions for further research in social work practice with communities.

Biodata: Abraham Francis is a social activist and an academic employed with the James Cook University. Prior to migrating to Australia he worked as a social worker and as a Lecturer in India. This paper relates to his work in South Australia.

abraham.francis@jcu.edu.au

CREATING RESILIENCE IN THE COMMUNITIES FOR CHILDREN POLICY - *Antonia Hendrick, Susan Young*

Federal government policy strategies to address childhood and family disadvantage have encouraged self-reliance and self-responsibility over the past few years with a focus on making family and child friendly communities sustainable. There is the expectation that even the most disadvantaged families and communities will be able to overcome the circumstances of structural disadvantage, poverty and other deficits such as poor health and become fully functioning citizens. Such initiatives presuppose that there exist strengths and resilience within communities and families without necessarily enacting practices within the strategies to enhance people's capacities. Action Research (AR) was an original component of the Communities for Children (C4C) Initiative and was designed to address childhood disadvantage with a focus on developing capacities in families and communities in select rural and urban regions across Australia. Although AR was not continued as a policy priority, we argue that its processes and practices can contribute to long term effectiveness, with sustainable outcomes, towards greater social justice, inclusion and overall greater standards of living for disadvantaged communities. Examples of Western Australian C4C sites, demonstrate this potential and offer suggestions for future policy direction.



Biodata: Antonia Hendrick is a Social Work Lecturer for Curtin University of Technology and is also currently in the final stages of her PhD. Antonia's interest lies in the area of community development and social policy. a.hendrick@curtin.edu.au

"IN THE SHADOWS ... ART THAT REVEALS, TRANSFORMS AND RESTORES"?

Anne Riggs



This visual presentation explores the relationship between creative arts practice and trauma, loss and grief, including the shadowy world of sexual abuse. It is an examination of what art and the artist, through collaborative creative processes, contributes to wellbeing in the aftermath of such experiences. I will speak of my recently completed PhD and the creative research projects I conducted with communities of women who had experienced trauma and loss and who carried the pain of these experiences for years afterwards. My presentation will consider how artmaking and working with an artist contributed to their capacity to live well, better communicate and function within the world reducing isolation and debilitating feelings of loneliness and depression. In discussing the processes of creativity, I will demonstrate how this empowered participants to think, behave and relate in ways that until their participation had been elusive to them, including offering hope, belief and skills for a happier future: A remarkable shift for those who constantly lived on the brink of suicide. The presentation considers how artists delve into the shadows of what hurts, disturbs and stultifies, in order to offer something back that reveals, transforms and restores.

Biodata: Anne Riggs is a visual artist with a studio practice for over twenty years and exhibit regularly. Anne also works as a community artist. The two streams of her artistic life are woven together in her recently completed PhD.
ariggs@alphalink.com.au

BUILDING CHILDREN'S RESILIENCE: EARLY INTERVENTION AND STRENGTHS PRACTICE - Angela Cowan and Leanne Toomey

Traumatic experiences such as domestic violence, grief and loss or parental mental illness can negatively impact on children's cognitive, physical, social, emotional and academic functioning (Paolucci, Genuis, & Violato, 2001). Research recommends that professionals build resiliency skills in children to help them develop protective thinking and behaviours to manage stress and trauma (Berson & Baggerley 2009). This paper overviews best practice in helping children living in adverse circumstances and presents examples of two strengths based interventions that foster resiliency in young children, engaged in a regional early intervention program. Experiences in this practice setting indicate that the interplay of children's strengths and resilience enhancing intervention strategies can empower young children experiencing stress.



Biodata: Dr Angela Cowan is a caseworker with the NSW Department of Human Services, Community Services. She was a lecturer in child development for ten years and a former primary school teacher. angela.cowan@community.nsw.com.au

Biodata: Leanne Toomey (B Soc Sc) is a caseworker with the NSW Department of Human Services, experienced in family support work; grief and self esteem programs for children and a range of parenting educational strategies.
leanne.toomey@community.nsw.com.au

CHALLENGES AND STRENGTHS OF FAMILIES ON THE MOVE IN CHINA -
Juan Chen



The scope and speed of the internal migration of over 200 million people as a result of China's rapid urbanization is unprecedented in human history. Since the late 1990s, family migrations have become more common than individual migrations, and migrants are more likely to settle permanently rather than temporarily relocate in cities. This research focuses on the challenges confronting rural migrant families residing in urban China and the strategies they adopt to meet them. From July 2008 to December 2009, our research team followed 12 migrant families who lived on the outskirts of Beijing. This paper describes their migration paths, family arrangements, and the methods they employ to confront challenges. Adopting the family strengths perspective, the study identifies the strategies employed by the migrant population to manage family life, the reliance on family networks for support, and the lack of equal access to state-provided benefits and services. The author maintains that, in addition to providing necessary family services to the migrant population and developing strength-based interventions, fundamental reforms must be enacted to abolish the urban-rural *hukou* and ensure equal distribution of benefits and access to social services.

Biodata: *Juan Chen, PhD, MSW is Assistant Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University, ssjuanc@polyu.edu.hk*

DROUGHT, INTELLECTUAL DISABILITY AND RESILIENCE IN RURAL
AUSTRALIA - *Dr Merrilyn Crichton, Professor Lesley Chenoweth*

This paper explores coping and resilience and the intersection of climate, disability and rurality. The social impact of Australia's drought is vast. In 2009 Raphael et al. found that 86.3% of people in rural and remote NSW had made profound and long term changes to their lives due to the ongoing drought. Many factors impact on people's resilience to natural disasters such as drought including gender. Unfortunately, disability is believed to have a negative impact on resilience to natural disasters such as drought (Fjord and Manderson, 2009; Harley et al., 2008).



Eley et al. (2009) found that in all regions of Australia, women are the most likely people to care for people with intellectual and developmental disability (also those who reported a belief that they must be prepared for long term drought Raphael et al., 2009), but in rural and remote Australia men are most likely to experience disability (Eley et al., 2009). This paper will explore the coping and resilience strategies of people who have an intellectual disability and their families who live in rural and remote areas of Australia affected by drought.

Biodata: *Merrilyn Crichton is lecturer in sociology at Charles Sturt University's Wagga Wagga campus in regional NSW (Australia). Her research interests include intellectual disability, service provision in rural and remote communities, social inclusion and rural sociology. mcrichton@csu.edu.au*

Biodata: *Lesley Chenoweth is the inaugural Professor of Social Work at Griffith University, Australia. Her research spans disability, human services, and rural communities. l.chenoweth@griiffith.edu.au*

HOW DO FAMILIES COPE WHEN THEIR CHILDREN SUFFER FROM PAEDIATRIC THALASSEMIC SYNDROMES? - Hadiati S, Zakaria S, Rahajeng UW, Mulyani R.



Family support has an important role in the survival rate of children who suffer from paediatric Thalassaemic. As part of the treatment regime, the patient needs to receive blood transfusions regularly, usually once every three months. As the child needs to undergo pathology tests prior to each blood transfusion, each treatment usually requires two working days to complete. In Indonesia, the Thalassaemic treatment is only available in certain cities, e.g. Surabaya. Families from the rural areas have to travel to the big cities and stay overnight there. They stay either with their relatives or in the hospital waiting room. In this research, the medical team investigate the role of faith in the patient's recovery and survival. The results indicate that patient's faith and recovery are correlated. The patient's mother has an important role in the recovery. The patient's mother usually is the person who manages their daily needs, and follows up the therapy procedures. The patients learn to cope with the pain caused by the disease and the treatment procedures. As the patients grow up, they also learn to support themselves.

THE PSYCHOLOGICAL EFFECTS OF LIVING IN AN ISOLATED TRADITIONAL ENVIRONMENT, WITHOUT MODERN APPLIANCES - Hadiati S, Department of Public Health and Preventative Medicine, School of Medicine, University of Airlangga, Surabaya, Indonesia

The Baduy is a traditional ethnic tribe in West Java. They lead an isolated life away from modern influences. They are not permitted to have electricity nor appliances in their households. Many children do not go to school, despite the free education provided by the Indonesian government. Modern technology was introduced very slowly. The younger generation who learned to read and write are able to run small businesses from home and communicate with the outside world. They started to use mobile phone about five years ago. All of these modern influences were introduced discreetly, away from the public eye. There are two groups in the Baduy tribe: The inner group (Baduy dalam) and the outer group (Baduy luar). The Inner group practices stronger traditional rules compared to the Outer group. How do the tribal people find living in traditional ways in the current nuclear age? What kind of challenges do they face in their day to day life, and how do they cope with them? The research team spent three days with the Baduy tribes. The results indicated that a positive attitude and a close knit social support system are parts of the positive forces in the tribes.

Biodata: *Dr. Hadiati S, works at the Department of Public Health and Preventative Medicine, School of Medicine, University of Airlangga, Surabaya, Indonesia. Zakaria S, Rahajeng UW, works for the Dept of Pharmacology, University of Airlangga, Indonesia and Mulyani R is a Registered Psychologist, Surabaya, Indonesia, nunksrh@gmail.com*

LIFE STRESS AND DEPRESSIVE MOOD IN LATE ADOLESCENCE: EXPLORING THE MODERATING EFFECTS OF SPIRITUALITY - *Yu-Te Huang, Yu-Wen Chen*



Adolescents experience tremendous life stresses and are vulnerable to depressive mood. A resilience perspective stresses the importance of identifying protective factors that could mitigate the impact of risk. Spirituality is increasingly studied in the western countries has been shown to reduce the effect of risk on individual's mental health. Related research was limited in Taiwan, where this study was conducted. This study intends to examine the contribution of parent-adolescence conflict, family economic stress, peer relationship stress, academic expectation stress to depressive mood among adolescents in Taiwan. Data was collected from self-report questionnaires

administered to 1,306 Taiwanese students from grades 10 to 12. 1,207 questionnaires with complete information were included in multiple regression analyses. Result indicates that after controlling for gender, age, and self-esteem, life stresses and spirituality were significantly associated with adolescent depressive mood. Spirituality moderated the effect of peer relationship stress on adolescent depressive mood. Findings suggest that spirituality is an important concept to help adolescents from being affected by life stressors. Helping professionals should incorporate this concept into their work with depressive adolescents.

Biodata: Mr. Huang Yu-Te is an MSW from the National Taiwan University. His practice and research interests are adolescent development, spirituality, and mental health. He spent some time in New York assisting adolescents with mental health issues.

r96330008@ntu.edu.tw

Biodata: Professor Ms. Pro. Yu-Wen Chen Department of Social Work, National Taiwan University. yuchen@ntu.edu.tw

HOW MINDSET CAN CREATE OR DISRUPT RESILIENCE AND HOPE - *Richard Hill*

The explosive outpouring of knowledge about the brain and how mindset directly affects how the brain and body function leads us to ask not only how to make things better, but also what are we making ourselves better from? Why is our resilience so sorely tested and our hope so diminished? What led us to focus on failures rather than strengths? The Winner/Loser World Theory draws from the knowledge base of Interpersonal Neurobiology, Positive Psychology, Complexity Theory and the new field of Psychosocial Genomics to describe the damaging effects of a world where personal worth and value is often based on whether arbitrary external social measures are achieved. This mindset creates a fearful cascade of activity in the brain and body that has an underlying and chronic impact on resilience, hope and confidence in personal strengths. The natural, healthy and strength based processes are readily enabled when in the positively engaged mindset of personal challenge and endeavour. A simple set of self-organising fundamentals will be shown that can shift our mindset rapidly and readily into a space where resilience, hope and personal strengths become the foundations of daily life rather than an aching need.



Biodata: *Richard Hill MA is internationally regarded in the neuroscience of psychotherapy. He is a member of the Global Association for Interpersonal Neurobiology Studies, The NeuroLeadership Institute and the International Psychosocial Genomics Research Group. He is published in magazines and journals. His latest book How the 'real world' Is Driving Us Crazy! is for the general reader.* richhill@iinet.net.au

HOPE-ORIENTED PARENTS EDUCATION (H.O.P.E.) FOR FAMILIES IN HONG KONG
Dr. Samuel M. Y. Ho, Ms. Yvonne T. C. Chak, Ms. Ip Yee Fun, & Ms. Claudia P. Y. Wong



Children's resilience in facing adversities is perhaps one of the vital strengths that need to be fostered before they enter the stage of adolescence, a period with increasing exposure to the outside world. We have developed a four-session Hope Oriented Parents Education (H.O.P.E.) program for families in Hong Kong. 94 parents and one of their children aged between 8 to 10 years old were randomly assigned to either an intervention or waitlist control group. Parents in the intervention group received the H.O.P.E. training program for four weeks. They were then asked to do hope story telling intervention with their children for another four weeks. Both parents and their children received pre- and post-training assessments on hope, happiness, and harmony. Our results showed that parents had

an increase in hope level before and after the H.O.P.E. program and this increase in hope level was maintained after 4 weeks. Children in the intervention group, but not children in the waitlist control group, tended to show an increase in both happiness and harmony levels after hope story telling by their parents. In the presentation, we shall describe our training program. This project is funded by the Hong Kong Jockey Club Charities Trust.

Biodata: Samuel M.Y. Ho, PhD is an Associate Professor of the Department of Psychology, the University of Hong Kong. He directs the Positive Psychology Laboratory of the department and is doing research on resilience, hope, and positive intervention. Dr. Ho is a consultant of positive psychology in various organizations in Hong Kong. munyin@hkucc.hku.hk

IS RESILIENCE AN APPROPRIATE CONCEPT TO ATTACH TO SCHIZOPHRENIA?
Sue Liersch

Receiving a diagnosis of schizophrenia can be regarded as a significantly adverse life event and is an indication that the person is regarded to be vulnerable, rather than resilient, if viewed using the stress-diathesis model, because they have responded to stress by becoming unwell rather than thriving. Is it possible then, for a person who has been diagnosed with schizophrenia to respond resiliently or to develop resilience in the journey with schizophrenia?



Fifteen people, who have been diagnosed with schizophrenia, and who have been identified by health professionals, or self-identified as coping resiliently with their illness, were interviewed to explore what they believe resilience is and how they believe resilience has played a role in dealing successfully with schizophrenia. Results from the study support the idea that people with schizophrenia can learn to respond resiliently to the on-going challenge of that illness. Factors involved in achieving a resilient response in the face of schizophrenia have been identified as well as a framework for understanding the interplay of those factors. The identified factors will inform development of an instrument for measuring resilience for people diagnosed with schizophrenia and also link to interventions for facilitating the growth of resilience in that context.

Biodata: Sue Liersch, Lectures in mental health nursing at the University of Wollongong, NSW, and is exploring resilience in the context of schizophrenia for her doctorate. Sue, a Churchill Fellow of 2008 also provides Police Force mental health and suicide assessment in the context of safe custody. sliersch@uow.edu.au

TITLE OF WORKSHOP: FOSTERING HOPE AND ACHIEVING YOUR GOALS

Beeto Leung and Bai Yu



According to research, hope is one of the most important character strengths in predicting happiness and depression. Moreover, accumulating evidence showed that individuals with high levels of hope tend to remain energetic and resilient even in the midst of adversity and crisis. When facing difficulties, these individuals are more capable to stay persistent in pursuing their goals, which is exactly a trait that is most desirable to our times.

In this workshop, we will share with you the construct of hope; the fundamental differences between individuals with high and low levels of hope; the practical steps and tools that you can apply on a daily basis to build up your colleagues', children's and your own hope. Specifically, we will introduce some creative reading and writing exercises on using stories as means to foster hope. Throughout these practical exercises, you will gain knowledge of your own level of hope and the relevant theory; learn the skills to apply the concepts in your daily life and build up your hope. Biodata: *Beeto Leung and Bai Yu are currently PhD candidates of the Department of Psychology, University of Hong Kong. Their research interests are posttraumatic growth, hope, character strengths and happiness. Beeto is now finishing his thesis on hope and bullying experiences in adolescents in Hong Kong and Bai Yu is finishing hers on character strengths and psychological well-being in college students in China.*
beeto@hkusua@hku.hk, yubai@hkusua@hku.hk

ASPIRE A PATHWAY TO MENTAL HEALTH INC. - *Travis Radunz, Nick McGowen*

Aspire A Pathway to Mental Health Inc. is an NGO service that is based in Southwest Victoria and state-wide in Tasmania. Whilst on the Aspire program in Tasmania participants are asked to develop an Overall Rehabilitation Goal using the Boston Model. Participants are encouraged by their support workers to build upon their strengths to achieve their goals. This in turn brings an increase in participant's motivation and hope for the future. The Tasmanian service was initiated in 2005, since November of that year Aspire has utilized the *WHO's Quality of Life (WHOQoL)* survey as a tool to quantitatively measure participant's perceived quality of life whilst being on our program. The results from WHOQoL data thus far have shown that a majority of participants have had an increase in their perceived quality of life in the areas of physical health, psychological health, social relationships and their environment. The presentation will be a brief explanation of Aspire, the Boston Model and how this contributes to the road to recovery. The conclusion will be an explanation of the WHOQoL tool in context with the Aspire program, with the statistics collected thus far from the WHOQoL survey being shown.



Biodata: *Travis Radunz graduated with a Bachelor of Social Work with Honours in 2007 and has been working in Mental Health Rehabilitation with Aspire for 2 years. He has a strong interest in social justice and the consumer rights movement.*
tradunz@aspire.org.au

Biodata: *Nick McGowen graduated with a Bachelor of Social Work in 2007. Since that time he has been working at Aspire. Nick has a passion for instilling hope in participants to see that recovery from a mental illness is not just possible but very achievable.*
nmcgowan@aspire.org.au

BUILDING COMMUNITY RESILIENCE FOR MITIGATION OF DISASTER: AN OVERVIEW - Dr. G. C. Mohanta



Building community resilience is one of the major challenges for the government, NGOs and social service organisations in the world. Resilience is the capacity of a community to survive, adapt and bounce back from a crisis or disaster. Resilience can be conceptualized along three dimensions - physical, emotional and cultural. Physical resilience refers to the ability of a city or community to rebuild its physical structure. Emotional resilience refers to the ability of individuals, families and communities to cope and heal from trauma. Cultural resilience refers to the ability of customs, traditions, languages or religions to survive and evolve. Four properties of resilience are - robustness (strength to withstand certain level of stress), rapidity (responding in a timely manner to contain loss and avoid disruption), redundancy (the extent to which elements, systems etc are substitutable), and resourcefulness (the capacity to identify problems, establish priorities and mobilize resources). To build community resilience, we should reduce the risk to individuals & communities; have in place social networks, leadership & accountability, cooperation & coordination, clearly defined mandates, communication & transparency, fairness, continuous learning, belief systems, conducive environment & lifestyle, infrastructure & support services, positive outlook, sense of purpose and diverse & innovative economy.

Bioadata: Dr. G C Mohanta is Director, Safety & Environmental Engineering and Director, Planning & Resources in Defence Research & Development Laboratory, Hyderabad, India. He has 35 years experience in Planning, Production and Human Resource Management, Safety & Environmental Engineering. mohantag@yahoo.com

ONLINE NETWORKS: EXPLORING THE RELATIVE IMPORTANCE OF PROFESSIONAL COMMUNITIES IN ENHANCING RESILIENCE - Lisa Papatraianou & Ed Carson

Research over the past decade has investigated organisational or workplace resilience to address high attrition rates of human service professionals. Previous research has concerned teachers, social workers, child protection workers and nurses, focusing on exploring the links between worker resilience; the successful navigation of workplace challenges; and workers continuing in their chosen professions. Organisational processes such as mentoring, professional development, on the job training and supervisory practices are captured in research as resilience enhancing, while informal processes, such as the knowledge gained from each other through professional communities, are not often explicitly documented. The shift in landscape of social interactions to online formats requires further research. This paper considers how formal and informal knowledge generation and transmission can be mediated by various modes of communication among workers and their contacts. In particular, it explores the permeability of professional communities by examining whether online communication encourages workers to share workplace practices with non-professionals. This paper concludes by drawing on Granovetter's theory of 'the strength of weak ties' to explore the informal consolidation processes of formal knowledge, in an effort to understand how online networks can foster worker resilience and influence worker retention.



Bioadata: Lisa Papatraianou is a PhD candidate at the School of Education, University of South Australia. Lisa currently tutors and provides research assistance. Her research interests include human resilience, teacher resilience, social aspects of technology, online research ethics and qualitative research methods. lisa.papaanou@unisa.edu.au
Bioadata: Ed Carson is Professor of Social Policy at University of South Australia.

WHAT'S HOPE GOT TO DO WITH IT: COPING, RESILIENCE AND HOPE FOR MOTHERS OF A CHILD WITH DISABILITY? - Lorelei Carpenter and elke emerald



This paper is an exploration of the theoretical grounds of resilience and hope. In our previous work with women who mother children with ADHD or ASD we found that many women are themselves disabled by their child's disability; they are isolated, marginalised and silenced (Carpenter & emerald 2009; Carpenter & Austin 2007). Yet, these women persevere in the face of the ongoing challenges of mothering a child with a disability. We now ask: is this resilience they show, or hope or is it something else again? Using a narrative inquiry methodology

we reflect on the women's experience and focus on one particular case study: Coralie speaks of resilience, hope and belief as she copes with the challenges presented through mothering her son, Adam. For Coralie, hope enables her to envision a future for her son yet she told us "It is more than hope". Her working definition of hope captures the sense that the hope has to be realistic and this introduces a deeper foundation to her resilience. We use her story to unpack the meaning of coping, resilience and hope for Coralie and reflect on resilience and hope for the many women we met. A deliberate aim of our work is to celebrate these remarkable women and give them voice.

Biodata: Dr Lorelei Carpenter teaches in special education and educational counselling at Griffith University School of Education and Professional Studies. Her recent research examines the social and political conditions of mothering, especially in the context of a child with disability. Dr Carpenter is currently examining the concept of resilience in this context. l.carpenter@griffith.edu.au

*Biodata: elke emerald teaches in research methodology and communication at Griffith University School of Education and Professional Studies. The recently published book *Stories from the Margin* with colleague, Dr Lorelei Carpenter, examines the context of mothering a child with ADHD or ASD. elke emerald formerly published as Helena Austin. e.emerald@griffith.edu.au*

BUILDING EMOTIONAL RESILIENCE BY WORKING WITH THE BODY: A BODY PSYCHOTHERAPY APPROACH TO TRAUMA RESOLUTION - *Andrea Alexander*



The field of body orientated psychotherapy has gained considerable interest over the past decade and made significant contribution to the understanding of trauma. The body is affected by trauma and has a central role in resolving the trauma. Helplessness and lack of hope are common states in the trauma victim and gaining control of their body, emotions and mind is a vital part of the healing process. This presentation examines how working with the body can be taken a step further in recovery by going beyond body awareness and fully engaging the body in the healing process. Working in this way empowers the client as they can practise the physical exercises on their own with outcomes such as feeling vibrantly alive, hopeful, confident and more joyful. A key focus is

awareness of the body's innate restorative ability and actively encouraging it to heal by using specialised trauma release exercises. Methods introduced will include examples of physical exercises that induce shaking and trembling, discharge the freeze response, and restore emotional resiliency and physical confidence. Case studies using these techniques will be discussed together with cross cultural and clinical application.

BIODATA: Andrea Alexander is a Body Psychotherapist. Andrea's interest in trauma sparked when studying Core Energetics Body Psychotherapy ten years ago, and it has since become a passion. She has attended workshops internationally, exploring the latest trauma resolution techniques. andreaalexander@optusnet.com.au

THE IMPORTANCE OF HOPE IN COPING WITH CATASTROPHIC INJURY - *Pat Dorsett*



This paper presents research findings about the role of hope in the coping process related to adjustment following catastrophic injuries such as spinal cord injury. Qualitative findings about the role of hope from the perspective of the person with spinal cord injury will be discussed. This data was collected as part of a ten year longitudinal year study of an Australian sample of 46 people who sustained spinal cord injury. Respondents were interviewed at discharge from hospital 6, 12, 24, 36, months post discharge and again at ten years post discharge. The interviews consisted of a semi structured qualitative interview focusing on the adjustment process. It was found that 73% of the participants identified hope as an essential factor that helped them following their injury. Three

main foci of hope emerged from the data set: 1.Hope for a full and complete recovery 2.Hope for a cure for spinal cord injury 3.Hope for a future life that was satisfying. For many hope continued to be important in helping them cope with the long-term consequences of their injuries. The respondents identified the importance of hope in their overall adjustment and coping process. Implications for working with people who sustain catastrophic injuries such as spinal cord injury are discussed.

Biodata: Pat is senior lecturer in the Griffith University, School of Human Services and Social Work with extensive experience in working with people with spinal cord injury. Her research interests include the links between the coping process and rehabilitation outcomes for people with severe acquired disability. P.dorsett@griffith.edu.au

RECOVERY AND EMPOWERMENT: LETTING THE BODY LEAD - Karen Fagerstrom



Experiences that generate hope and counter helplessness contribute to recovery from trauma. In coping with hardship, trauma and loss, people benefit when they can be active or take action to help restore their sense of personal agency and effectiveness. Activities that provide immediate, noticeable positive effects in sense of wellbeing and that promote restoration and recovery of "self" counteract the sense of powerlessness identified with trauma. What kinds of programs help people to be active players in their own recovery, calling on their own strengths and capacities in the service of repairing damage and building a preferred future?

There is growing interest in therapeutic programs featuring physical activities that are recreational and skill building. Yoga programs serve a spectrum from war veterans to domestic abuse victims. Skiing, hiking and biking programs are developed for soldiers recovering from traumatic injuries (both physical and emotional) as well as for underserved, disadvantaged or troubled youth. Surveying a range of such programs, I will consider underlying rationale for these as well as cross cultural issues relating to adaptability to many settings. I will explore evidence that such programs aid significantly in recovery from trauma and discuss these programs as examples of "strengths oriented" strategies.

Biodata: Dr. Karen Fagerstrom, psychologist from Berkeley, California, has specialized in working with divorcing families. Additionally, working internationally with an INGO, she developed and directed peacebuilding summer camp programs for children of diverse ethnic and religious backgrounds in the war-torn Balkans. kfagerstrom@gmail.com

PSYCHOLOGICAL STRENGTHS AND HEALTH OF PEOPLE OVER 65 YEARS LIVING IN THE COMMUNITY - Coralie Graham

The potential for spiraling health care costs of the ageing baby boomer cohort has provided impetus for research into this group. Overseas research indicates a positive association between a number of psychological strengths and health. The current triangulated 2 Phase study investigates the psychological strengths that older adults use to maintain their health and quality of life. This methodology provided a deeper insight into the concepts and cross validation of results. The analysis of the interviews of 10 older adults in Phase 1 found that adaptability, positive outlook, social connectedness, and spirituality, in addition to receipt of support services were important to maintaining health, quality of life and the ability for over 65 to remain independent in their own home and community. The quantitative Phase 2 of this study investigated the degree of relationship between resilience, optimism and health and surveyed 620 older adults by mail. Data analysis using multiple regression, identified resilience as a predictor of better self reported mental and physical health. Research indicates that multiple strengths are able to be enhanced with minimal intervention, and their positive relationship with health status, the potential for flow on financial savings in the promotion of health and satisfaction is huge.



Biodata: Coralie Graham, Lecturer, is a Registered Nurse and Registered Psychologist, by training undertaking her PhD at the University of Southern Queensland, Toowoomba, Queensland. Coralie combines her interest in health of older adults and positive psychology. grahamco@usq.edu.au

I'VE STOPPED WAITING: MOVING FORWARD AFTER ESTRANGEMENT FROM AN ADULT CHILD - *Kylie Agllias*



The experience of being “cut-off” or estranged from an adult-child can be devastating. It is characterised by loss of emotional intimacy, lack of contact, and the relationship being viewed as unsatisfactory. It is an ambiguous loss because the adult-child is physically absent, but also psychologically or emotionally present in the older parent's life. It is a loss that is rarely recognised by others, and there are no social rituals to mark the grief associated with it. Ambiguous loss and disenfranchised grief are powerful barriers to coping and grieving.

This paper will report on findings from an interpretive phenomenological study with twenty-six participants aged over 60 years, who were estranged from an adult-child. Participants stated

that the effects of estrangement never fully dissipated, but over time most had started to accept their inability to change the situation. They spoke about a number of strategies that helped them to live a good life and to deal with the absence of their child (and in many cases grandchildren). These included; establishing boundaries, minimising triggers for pain, keeping busy, and nurturing relationships with special people.

Biodata: *Kylie Agllias is a social work lecturer and doctoral candidate at the University of Newcastle, School of Humanities and Social Sciences, Australia. Her doctoral topic is the experience of family estrangement in later life. Kylie.Agllias@newcastle.edu.au*

COMMUNITY DESIGNED ICT'S FOR BUILDING RESILIENCE: THE GRANITENET PROJECT. *Kath McLachlan and Christine King*

Rural communities, such as Stanthorpe in SW Queensland have faced challenges on social, environmental, cultural and economic fronts, and found the means to “bounce back” from adversity. From 2003–2006 “A Stanthorpe study” was conducted by a collaborative research team (Hegney, Ross, Baker, Rogers-Clark, King, Buikstra et al. 2008), which identified personal and community resilience factors that enhance psychological wellness. This paper explores the occurrence of these eleven identified factors in

relation to another collaborative participatory action research project that began in 2006, that aims to build capacity and strengthen resilience through the use of ICT. The GraniteNet project is a “grass roots” initiative that has used “insider” and “outsider” expertise to create the vision of “A sustainable community designed, owned and managed portal, www.granitenet.com.au that will support Stanthorpe's development as a learning community.” Lifelong learning principles underpin the portal concept, enhancing community connectedness through a user friendly interface and content management system.

Biodata: *Kathryn McLachlan is a Community Development Worker in Stanthorpe, a small rural town in S/W Queensland, and a PhD candidate with the University of Queensland. Kath has been involved with the re-development of GraniteNet, a community website portal, www.granitenet.com.au caskath@halenet.com.au*

Biodata: *Dr Christine King is a Senior Lecturer at the University of Queensland, specializing in participatory RD&E in agriculture and resource management. She has worked on ACIAR / AusAID projects in Cambodia, India and The Pacific Islands, leading teams of experts. christine.king@uq.edu.au*



THE STRENGTHS AND RESILIENCE OF POVERTY STRICKEN RURAL FAMILIES AND HOW THEY SURVIVE IN SOUTH AFRICA - *Dr. Mecuitio Motshedi*



Black families in South Africa face seemingly endless challenges, and for many years they had no resources, knowledge, skills and competence to call on in times of distress. Although these families had nothing, they survived and somehow had capacities that they used for striving towards their aspirations, the solution of their problems, meeting of their needs and the enhancement of the quality of their lives. Although the previous political system in South Africa had a dramatic impact on family life, particularly among Black South Africans, families have survived. They have taken initiatives, summoned up resources and coped. Looking at families from a

strength perspective the social worker will spend little time to understand what caused the problem and focus on uncovering their strengths. These strengths include survivor's pride, hope for the future, ability to understand another's needs and perspectives, the ability to identify and make choices about individual and family goals. This presentation will focus on the strengths of families in a deep rural area in South Africa where there are no resources and where most of them live in poverty but have survived all these years.

Biodata: *Dr. Mecuitio Motshedi is lecturer and Head, Department of Social Work at the North West University, South Africa. Meruitio's doctoral work has focused on poverty-stricken rural families and how they survive. Mosimanegape.Motshedi@nwu.ac.za*

COMMUNITY-IN-SCHOOL, SCHOOL-IN-COMMUNITY, A Case Study - *Mark Davidson*

Intentionally building community within a school and developing a school's interconnectedness within the local community opens both challenges and opportunities to the concept of 'school community'. The presentation will explore how the St. Paul's School community seeks to 'do things differently' rather than 'doing different things'. The two separate but complementary full time roles of the community development worker and the cultural development worker, their practice frameworks and principles, contribute new perspectives within the education context. Since establishment in 2006, St. Paul's School Community Partnerships has gradually and intentionally integrated within the daily life of the school community. Today, as an embedded program, Community Partnerships is an integral component of a whole school focus on strengths-based practice, seeking to build shared, sustainable community of difference. The holistic approach seeks to collaboratively build a positive learning environment and welcoming learning community, which incorporates: A shared school leadership model; Building a shared, sustainable community of difference; Cultural development within a learning context; A Behaviour Learning model combined with School-wide Positive Behaviour Support (SWPBS); Various strategies and programs for resilience and coping skills development and Staff support and peer mentoring strategies. The St. Paul's school community seeks to work with disconnection, by developing community, belonging, and shared ownership. Through discovering and highlighting the unique stories, strengths, cultures, resources, insights and experiences that exist individually and collectively, people have permission, voice, and power to address social isolation and injustices, and confidently engage as valued members in their community.



Biodata: *Mark Davidson, a Community Development Worker, and Scott Charles, a School Cultural Development Worker represent the St. Paul's School Community Partnerships program. Mark and Scott are both part of the school leadership team and seek to work collaboratively with school staff, students, families, local community and local agencies. mdavidson@bne.catholic.edu.au*

BRINGING HOPE TO DISPLACED COMMUNITIES IN NORTHERN THAILAND -
Photchanat Intaramanon and Jon Oxford



The village of Huai Wad was established six and a half years ago when Lahu people from four separate clusters were relocated to where the village now stands. Internally Displaced Persons (IDPs) face many challenges for survival and Huai Wad is no exception. Their greatest challenge was to ensure an adequate water supply through the dry season which lasts six months in this region of Thailand. For five years the community struggled with this problem which seemed impossible to solve within

the meagre resources. This paper will describe how the efforts of a small group of Thai and Australian volunteers combined with other partners brought hope to this IDP community in the North of Thailand through small scale projects.

Biodata: Intaramanon Photchanat is a lecturer at the Chiang Rai College of Agriculture and Technology as well as lecturing at the Rajabhat Chiang Rai University in Human Rights. Photchanat is also the Sub Commissioner on Ethnic Issues for the National Human Rights Commission of Thailand and Director of the Centre for Sustainable Communities. <http://muaykae.ning.com>, <http://muaykae.blogspot.com>

Biodata: Jon Oxford is Director of the Technical Education and branch, within the Department of Transport and Main Roads, Queensland Innovation Government.. Jon is also the Program Director for the Centre for Sustainable Communities Thailand. jon.c.oxford@tmr.qld.gov.au

BUILDING YOUNG PEOPLE'S RESILIENCE IN A POVERTY-STRIKEN
COMMUNITY: A STRENGTHS-BASED APPROACH - *Nompumelelo Thabethe*

In South Africa, recent statistics indicate that unemployment remains a formidable challenge, particularly among young people. This paper presents findings of a project that engenders resilience in young people through job creation in a rural community. The study methodology adopted a qualitative design using observations, documentary analysis and in-depth individual interviews with a sample of 23 respondents in six micro-credit projects. The findings demonstrate how young people use their skills and knowledge to integrate social and economic objectives to ultimately build resilience and hope in a community with a high rate of unemployment. Three of the projects are currently achieving their desired goals, while the other three encounter constraints that are beyond their control such as lack of markets and electricity shortages. Despite the challenges, evidence suggests that when people build on existing strengths and resources available in the community, there is greater social cohesion and cooperation among members, thus aligning identity, purpose and action in people. Moreover, the results reveal that no matter how modest the economic benefits are, they nevertheless act as a catalyst for building resilience in marginalised contexts, thus building hope in a society organised around work.



Biodata: Nompumelelo Thabethe is a lecturer in the Department of Community Development, University of KwaZulu-Natal. She started as a high school teacher in 1993 and later worked in development sector for over 10 years. She holds a qualifications in psychology, education and a Masters degree in Adult Education. Thabethe@ukzn.ac.za

USING SOCIAL MEDIA TO REBUILD SOCIAL RESILIENCE AMONG LARGE DISPERSED POPULATIONS: THE CHALLENGE OF CLIMATE CHANGE IN RURAL AUSTRALIA - Terry Reilly



Australian Governments must find new policy tools to more directly manage the social and economic effects of climate change on the vast and dispersed rural populations. This paper outlines one such experiment in southern NSW *Squawk.com* a social network designed to assist local communities rebuild key components of social resilience such as "leadership" while helping stem the social health demands on health and welfare organizations. In the first section the paper outlines the decline in social resilience in these communities, especially the loss of local leadership. The second section of the paper reviews the shortcomings of the dominant *Disaster Recovery Model* adopted by all the governments (and the communities). The third section examines

the evolution of *Squawk.com* which will go live February this year. The paper describes how *Squawk* is to rebuild "leadership" by developing *Communities of Interest* (among farmers, Women, Young people, Aborigines, government workers, commercial & professional groups) across the region using social media tools; and by Providing the community and service agencies with a point of engagement to create and share ideas about renewal

Biodata: *Dr Terry Reilly is a partner with Galbraith and Co. with responsibility for the Social Media and the Sustainability Practices. With KPMG Singapore and KPMG Australia, he worked with Governments across the region to improve the delivery of Social Policy programs. terry.reilly@galbraithco.com | www.galbraithco.com*

BEYOND THE BARRIERS: USING AN ASSETS BASED APPROACH IN SUPPORTING COMMUNITIES TO SUPPORT THEMSELVES - Dee Brooks

This paper will discuss and explore the innovative practical experience and community research being undertaken through the ABCD Asia Pacific Network and the Family Action Centre, University of Newcastle. Asset Based Community Development (ABCD) is a process of utilising the existing assets of communities and individuals to ensure an inclusive society regardless of age, culture, economic status, location and physical ability. The process of ABCD provides key elements and principles to guide the way forward to help ourselves and others discover and mobilise community strengths. Dee Brooks from the Family Action Centre will discuss the various methods of how ABCD has been successfully utilised when working with transient communities living on caravan parks in the Hunter Valley. She will highlight how it is possible to use an asset and strengths-based approach to assist with disaster management planning and domestic and family violence issues. This paper will examine the benefits of participatory leadership and the role of ABCD in supporting communities. It will explore how through this approach, residents can utilise their own skills and abilities to be empowered and ultimately transform their lives!



Biodata: *Dee Brooks is a passionate community worker with the Family Action Centre, University of Newcastle who believes everyone has gifts and abilities to share. Dee's background is; youth work, community research and community development. She coordinates the B.I.G. project, working with residents of caravan parks. Dee is the Facilitator of the ABCD Asia Pacific Network, an accredited ABCD Trainer and Art of Hosting Facilitator. Dee.Brooks@newcastle.edu.au*

THE RESILIENCE DOUGHNUT: A STRENGTHS-BASED MODEL FOR BUILDING RESILIENCE IN CHILDREN AND ADOLESCENTS - *Ruth Fordyce*



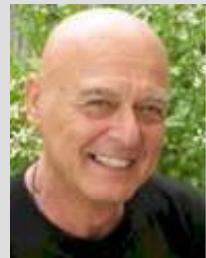
The Resilience Doughnut is a practical, strengths-based model for building resilience in children and young people. Clinical psychologist Lyn Worsley created the model after examining both Australian and international research conducted with resilient young people. Lyn Worsley is now working with the University of Sydney's school of Education and Social Work in a PhD research project examining the efficacy of the Resilience Doughnut as an educational tool and a therapeutic intervention. The Resilience Doughnut considers how to enhance internal positive beliefs which were found to be common amongst resilient young people. The Resilience Doughnut also measures seven external factors in a young person's life, including areas such as parenting, education, skills, peers and community. These seven factors each have the potential to enhance the positive beliefs within the person and thus to help the individual to develop resilience. The Resilience Doughnut focuses on identifying and working with strength factors. In particular, it is the interaction of the external protective factors that will inevitably strengthen resilience, highlight individuality and reduce the stigma of inadequacy often felt by young people in a comparative world.

The Resilience Doughnut is a clear, simple yet powerful tool that fits well within strengths-based and solution-focused work.

Biodata: Ruth Fordyce works at a private practice of psychologists in Sydney. Ruth is an Accredited Trainer in the Resilience Doughnut model developed by Lyn Worsley and has presented the Resilience Doughnut to parents, school students and practitioners across Australia. ruth@theresilencedoughnut.com.au, www.theresilencedoughnut.com.au

ART THERAPY WITH A GESTALT PERSPECTIVE - *Yaro Starak*

This presentation will examine and develop ways and means to enhance the coping and support the resilience of people's personal abilities using art therapy as a means to enhance those abilities. Art therapy is a primary form of psychological treatment used by helping professions today, and is no longer considered an adjunct to traditional methods such as talk therapy. It carefully weaves together psychotherapy with the creative art process, and can be a highly effective way to enable healing through the exploration of verbal and non-verbal expression. Through the creation of art, we will learn the resources available to work with clients to enable a wide range of emotional and psychological needs - such as people working to cope with mental and physical illnesses, disability, people who have experienced life traumas and for those who are seeking personal development and awareness.



Biodata: Yaro is a trained Gestalt Therapist from Toronto Gestalt Institute. Since 1978 he lectured at the University of Queensland. Yaro has published books, training manuals and numerous articles in several international journals in Gestalt Therapy and Group Process, on group work, Gestalt Therapy, Family Therapy, Alternative living, Men's issues and Deep Psychology. As an accredited Values & Leadership coach and founding member of GANZ Gestalt Australia & New Zealand the accrediting body of Gestalt therapy training Institutes, Yaro offers training in Europe, Mexico and Australia, Sweden, Denmark, Germany, Estonia, Italy and Spain. <http://starak.blogspot.com/>

RESILIENCE AMONG SUDANESE IN AUSTRALIA - *Kate Murray*



In recent years, people from Sudan have comprised a large percentage of the Australian settlement program with widespread diaspora following decades of civil war in their homeland. The majority of past research on the experiences of individuals settled through humanitarian programs has largely focused on reports of post-traumatic stress disorder and pathology resulting from prior trauma. An in-depth study using qualitative and quantitative methods was completed in 2007 to examine the individual and community experiences of Sudanese in southeast Queensland and to explore experiences of adaptation, life satisfaction, and well-being over and above the experiences of adversity and pathology. A

total of 90 Sudanese adults participated in the project with the principal aim of examining the impact of individual experience, community context and programming on the resettlement experience. The presentation will reflect on key themes highlighted from the research and developed in conjunction with ongoing collaboration with the Sudanese community. Key themes include the role of social ties, basic skills, and opportunities for advancement within Australian society as essential components for successful adaptation. Discussion of positive and negative factors in settlement and recommendations for future advancements in settlement practices will be provided.

Biodata: Kate Murray a PhD in Clinical Psychology from Arizona State University. Her research focuses on culturally appropriate health and mental health interventions for racial and ethnic minority groups. Her work emphasizes issues related to acculturation with recent migrants and the intersection of mental and physical health.
kmurray@projects.sdsu.edu

RESILIENCE AND COMPASSION SATISFACTION IN CLINICIANS EXPOSED TO THE 9/11 DISASTER - *Carol Tosone*

This paper presents the results of a survey exploring the long-term impact of 9/11 on clinicians practicing and/or residing in New York City. The focus of the study was to determine what variables are associated with clinician resiliency and professional satisfaction. A total of 481 members of the National Association of Social Work Manhattan Chapter (38% response rate) replied to the mail survey. Resiliency was measured by the Connor-Davidson Resiliency Scale and compassion satisfaction was measured by the subscale of the Professional Quality of Life Scale. Both resiliency and compassion satisfaction were associated with increased age, secure attachment, lower rates of posttraumatic stress disorder, a history of personal trauma, and advanced institute training. In response to an open-ended question regarding their 9/11 experiences, clinicians reported themes of professional posttraumatic growth, such as having greater therapeutic intimacy with patients, a renewed appreciation for their chosen profession, and a greater ability to balance personal and career demands.



Biodata: Carol Tosone, Ph.D. is Associate Professor at New York University School of Social Work and recipient of the New York University Distinguished Teaching Award. She is Editor-in-Chief of the Clinical Social Work Journal and serves on the editorial boards of several professional journals. carol.tosone@nyu.edu

RESILIENCE AND HEALTH IN HOMELESS FAMILIES WITH ACCOMPANYING CHILDREN - *Meredith Nirui*



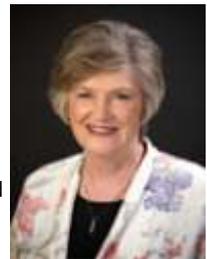
The significance of homelessness is well acknowledged in the world. Of approximately 100,000 homeless people in Australia, families comprised a total of 23,000 people, including 9,543 parents and 13,401 children. This figure rose by 17% on the census night 2006 (ABS, 2008). Although homelessness is associated with a range of health and psychosocial problems, not all homeless persons experience severe problems. The main aim of this qualitative study is to examine factors that protect health and well being of this sub population of the homeless, using Antonovsky's orientation to life hypothesis. Results of in-depth interviews and focus group discussions suggest some homeless mothers were more resilient and

viewed life in a meaningful and positive way. Factors such as religion/spirituality, community network, family support, employability and past history of addiction were common denominators in those who exhibited stronger coping skills. Recommendations such as engaging and encouraging homeless mothers to take part in activities regulated and organised by the shelters, childminding facilities for mothers to attend courses to prepare for future employment, targeted programs for homeless children attending schools and provision of appropriate and accessible and affordable health programs seem to be appropriate in enhancing women's coping mechanisms.

Biodata: Meredith is a public health professional with a diverse educational background. She worked as a clinician, academic, policy analyst, health outcomes coordinator and researcher. She is currently employed as the Manager of Research, SESIPHU. Her areas of interest are disadvantaged population and child health.
meredith.nirui@sesiahs.health.nsw.gov.au

THE FRAGILE PUZZLE: A HEURISTIC APPROACH - *Lyn Blighton*

The Fragile Puzzle™ follows an heuristic approach in that the model actively integrates theory and practice according to the clients' need. The method assumes that: people innately seek to achieve their full potential in spiritual well-being; the pathway is often blocked by fear, false pride and ego eroding spiritual energy and resulting in loss of confidence and self-esteem; this sets up self fulfilling cycles of interaction that encourage a misuse of power resulting in a loss of love; and loss of love leads to the development of fear, false pride and egotistic thinking. The Fragile Puzzle™ provides a proforma which cuts through complex communication and builds inner strength and resilience to support the person's progress towards self-discovery and mastery over fear, false pride and ego. The process is one of maturation and skill development based on the analogy of: Strong ropes are made of weak fibres bound together- To become strong we need to recognise and accept our weaknesses and bind them in to who we are. Once we master this, all of our parts become available to us and we gain remarkable spiritual energy that we can invest into building the life we would like.



Biodata: Lynne Blighton B Soc Wk, Grad Cert ASWP has worked as a social worker in England and Australia. Her passion is to create therapeutic products to market globally. Lynne has two registered trademarks which protect her intellectual property: When families are happy their radiance reflects into society™ and The Fragile Puzzle™
blighton2@aol.com

BUILDING RESILIENCE AND HOPE THROUGH FORMAL QUALIFICATIONS FOR DEVELOPMENT FACILITATORS WORKING IN ADVERSE CONDITIONS - *Beverley Killian*



In a survey of development facilitators working primarily with children affected by HIV and AIDS, conflict, poverty and displacement in Africa, it was found that their lack of formal qualifications, combined with the lack of recognition of their efforts, was a primary source of stress. The survey also identified that many development facilitators live in extremely adverse circumstances and were direly in need of psychosocial support. So, as a step towards alleviating the stress of development facilitators and giving them hope about themselves and others, a certificate programme with the basic rationale was that if the development facilitators were to become more resilient and hopeful, this would be in turn cascade to the children, families, and communities with whom they work. The theoretical orientation programme is grounded in strengths-based practice. In the pilot phase, the programme reached nearly 500 students in seven sub-Saharan African countries. Using distance learning and group participation methodologies, the students progressed through six modules: self-development and reflective practice; human rights and child protection; child and youth development; child, family and community support; community development; and finally, a service-learning module. The programme evaluation was strongly positive both in terms of the relevance of the certificate course content, and in terms of its relevance to the different forms of adversity.

Biodata: Dr Beverley Killian, a Clinical Psychologist and Head of Child and Family Centre at the University of KwaZulu Natal was one of the initiators and academic coordinators of this programme. She has worked for many years with children exposed to risk and has developed various group programmes to enhance resilience. Killian@ukzn.ac.za

BUILDING THE RESILIENCY OF TEENAGE GIRLS AND WHAT HAPPENS WHEN THEY HAVE PURPOSE - *Ruth Knight*

Girls With A Purpose has been developed to provide a relevant life skills program for young women. The program aims to address esteem needs of young women by providing with an opportunity to develop their knowledge, resilience and self worth. Central to the program's frame of reference is the Strengths-Based philosophy. Using the strengths approach, the *Girls With A Purpose* program aims to facilitate healthy discussions and experiential learning. It provides support, guidance, and boundaries for healthy development and mental health. A recent evaluation of a program run in a Queensland State High School showed that the *Girls With A Purpose* program increased the confidence and life skills of the girls that completed the program. All of the girls felt that they more positive about their future and that the program had made a difference to their life. The program outcomes were achieved through a strengths-based approach that utilised positive reinforcement, supportive adult relationships, discussions and activities that focussed on developing social and cognitive competencies.



Biodata: Ruth is founder and Chairperson of Lifehouse Project Inc. Ruth has been awarded a Centenary Medal for her services to the homeless and is a recipient of the Outstanding Inspirational Role Model Award 2010 presented by the Women At Work Leadership Awards. Ruth is undertaking Doctor al studies in non-profits culture and change management. admin@lifehouse.org.au

PROFESSIONAL RESILIENCE AND PERSONAL SUSTAINABILITY: VITAL INGREDIENTS OF THE CONTEMPORARY WORKPLACE - *Michelle Bihary*



The strong commitment of professionals to their workplace roles can take a toll on resilience and wellbeing, and lead to burnout and stress related illness. The complexity of the 21st century workplace demands that professionals are resilient, possessing the ability to support personal sustainability, interpersonal and emotional intelligence and the capacity to participate constructively in organisational life. Professional Resilience ensures that professionals stay energised and optimistic in the presence of workplace challenges or whilst experiencing personal stress. Increasingly workplaces are looking for ways to strengthen the resilience of their workforce, as they recognise

that ignoring the sustainability of their workforce ultimately undermines the viability of the organisation.

Using a strength-based focus, this workshop provides a framework for the development of professional resilience based on current research in the areas of emotional intelligence, positive psychology, happiness and wellbeing. Contemporary wisdom drawn from the corporate fields in leadership and energy management, eastern and spiritual philosophies and mindfulness provides further evidence based and innovative ways to support professional resilience and wellbeing in the workplace. This entertaining and authentic workshop inspires participants to make a renewed commitment to their resilience and wellbeing.

Biodata: Michelle Bihary is a clinician, supervisor, trainer and consultant drawing on extensive training and 28 years experience as a Mental Health Occupational Therapist, Psychotherapist and Family Therapist. Michelle is sought after throughout Australia for her innovative programs. She is the Founder and Managing Director of The Delta Centre. m.bihary@thedeltacentre.com.au

REAL KIDS IN AN UNREAL WORLD: BUILDING RESILIENCE IN TODAY'S CHILDREN - *Maggie Dent*

Children need many essential experiences to build the competencies that will help them manage life the good, the bad and the ugly. This common sense, practical model will reassure those who work with children that what they have always known to be important in the early years of a child's education are still important! The 10 building blocks model that Maggie created in response to a state government initiative in WA to promote the understanding of how to build resilience in children has been embraced as a model of understanding what every child needs to develop resilience. The model is a strengths based model that explores the essential needs of children and shows how parents can keep strengthening their children's capacity to manage their lives and be capable regardless of culture and socio economic status. This model has been adopted by many maternal health and parenting educators because of it's simplicity and Maggie has become a huge early years advocate as a result of this model. This focuses on children from birth to 12. Based on Maggie's book *Real Kids in an Unreal World: Building Resilience and Self Esteem*



Biodata: Maggie Dent is an author, parenting and resilience educator and inspirational presenter. Maggie currently runs "Esteem Plus" that promotes the value of building personal and professional resilience especially in homes, schools and communities. Her common sense, practical approach to life and all that it brings particularly about the healthy raising of children has made her a regular on the Today Program on Channel 9. esteemplus@rainbowis.com.au

FROM BEING DEVALUED AND POWERLESS TO COPING AND RESILIENT: A PERSONAL STORY OF RECOVERY - *John Dommatt*



John Dommatt tells his own story of how as a successful young man he contracted a debilitating illness that had life defining implications. John will identify how his involvement with the formal service system resulted in him rapidly becoming powerless in his own life, and outlines his struggles to reclaim control and power over his own life. He will lead the audience through his own story which saw him enter the disability service system. He will explain how a diagnosis of Epilepsy and a misdiagnosis of Intellectual Disability resulted very quickly in a loss of his Social Roles, his Dreams, an assumption of incompetence, and rapid devalued status. As a client of a sheltered workshop and earning \$20 for a fortnights work John will discuss how

he fought to save his own life from radical medical intervention, and how through self-belief with support he made the gradual journey to re-claim his life. John's personal resilience meant that he was able to change the system that had captured him, eventually forming a service that would find him open employment. John has not only returned to work in the sector, grew to become a senior manager, and has truly moved from being a powerless service recipient to being in a position of power and authority. His story of coping and resilience will inspire the audience.

Biodata: *John Dommatt, until recently was Acting CEO Uniting Care Community Options, Victoria and recently moved to the Connecting Home- A service for the stolen generation, Victoria Australia as its Foundation CEO. john@connectinghome.org.au*

CREATING RESILIENCE WITH CHILD PROTECTION USING COMMUNITY DEVELOPMENT PRACTICES AND PRINCIPLES - *Margaret McKenzie and Susan Young*

The terms *Resilience* and *Coping* invoke experiences of disadvantage, deprivation, crisis and harm. Professional assistance or treatment for people experiencing these circumstances has tended to focus on individual or group recovery which may or may not recognise or seek to use the strengths and capacities present in the people experiencing the crises. Child abuse is a specific occurrence of crisis or harm which has attracted a recovery approach. In addition to the necessary therapeutic approaches and investigatory actions to be applied in child protection work, we maintain that developmental approaches have a vital role to play in keeping children safe. While community development has been traditionally to encourage collaborative strategies to address structural disadvantage and deprivation, it has been less used for the practice of protecting children. The principles and practices of community development have the potential for providing a framework incorporating strengths and capacities for protecting children. In this presentation we consider the role played by community development in contributing to the protection of children. This takes the strengths approach to build and support capacities in families. Using experiences from practice in several settings in Norway, Western Australia and Aoteoroa/New Zealand we outline this developmental approach to child protection.



Biodata: *Dr. Margaret McKenzie is Head of Department of Social Work and Community Development, University of Otago, New Zealand. She has published in the areas of child protection, family, welfare policy and mental health. margaret.mckenzie@otago.ac.nz*
Dr. Susan Young and Margaret McKenzie are social work educators at the University of Western Australia susan.young@uwa.edu.au

THE ROLE OF EDUCATION IN AN ACUTE ADOLESCENT MENTAL HEALTH UNIT

Tatjana Ewais & Ranji Goundar

A growing body of knowledge and evidence based practice confirms that academic education for people with severe mental illness is a necessary part of their overall rehabilitation and successful recovery.

This paper confirms that acute mental health inpatient settings can be places of learning and, with the right approach of experienced teaching staff, can offer a significant difference to young people's lives, by creating a path to further education, meaningful life and recovery. Inpatient adolescents present a range of mental health issues such as mood, anxiety, psychosis, social, intellectual deficits and trauma are some of the frequent presenting problems. A purposeful educational program seeks recovery, promotes educational achievement alongside coping. This paper describes the process outcomes within an acute mental health inpatient setting. The staff in this setting are experienced, focused, instill hope and support young people to develop their identity, role and purpose outside the parameters of their mental illness. For most adolescent inpatients during their short stay, the focus is also on return to community and assistance with further education and vocation. This focus is achieved through interdisciplinary collaboration, liaison with community educators and other stakeholders and through a variety of formal and informal community integration strategies.

Biodata: *Tatjana Ewais is a Consultant Psychiatrist, at Adolescent Mental Health Unit, Logan Hospital; Senior Lecturer, Medical School, Griffith University. Dr Ewais is Fellow of The Royal Australian College of Psychiatrists (RANZCP, Melbourne)*

Tatjana_Ewais@health.qld.gov.au

Biodata: *Ranji Goundar, currently teaches Adolescent Mental Health Students in Logan Hospital. Ms. Goundar holds B.Ed and M Ed majoring in Career Guidance and Counseling, (QUT) 1997 and has her substantive teaching position in Marsden State High, Marsden. gajanang@optusnet.com.au*



ACCEPTING INNER DIVERSITY/COPIING WITH DIVERSITY - *Nebojša Manojlovi*

I was four years old when the war took place in our region 1992. I am the child from the so called "mixed marriage" and when I grow up it was hard for me to understand what this means in the context of Bosnia and Herzegovina? Where do I belong? I am supposed to be real Bosnian as I am a child of three nations. Instead, I had a feeling that I am lost and an identity was lost by the fall of Yugoslavia. Insecurity of my adolescence lingers on. My search for a new identity began, learning to cope with my past and to feel secure in the present and to move on. I took to volunteering with an NGO that was assisting the survivors after war and through that learnt to cope with the diversity inside me. In our society it is a living process that may continue for a long time. I am perhaps a representative of Bosnian youth that is looking for a meaningful life. I will be presenting our views about how we feel and how we would like our country to be. My presentation summarises youth aspirations and youth expectations.

Biodata: *Nebojša Manojlovic studies Law in Austria the Universitaet Wien, Rechtswissenschaften, in 2007, I become a volunteer in Nongovernmental organisation Vive Zene. He believes that there is a need to work with children and young generation in his country right now. nebojsa.m88@gmail.com*



FROM MEDIOCRITY TO VALUED PARTICIPATION - *Robyn Culver*



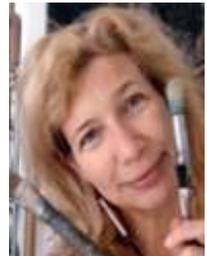
Working with individuals in a personalized way requires a focus that moves from what funds can purchase to a framework of strengths that focuses on what each individual wants for their life including their dreams and goals. While focusing on broad dreams of living an independent life, the approach involves picking up readily achievable goals such as learning how to use an iron. By supporting individuals to achieve small, easily achievable goals, individual confidence is enhanced to strive further. Community Connections Inc, a Canberra based NGO introduced the Better Practice Project as the result of a review of the Mature Carers Project, instigating

changes that enhanced agency role in the Canberra community. This paper presents outcomes of this review including a major cultural shift within the agency that resulted in staff being hired according to their value base rather than educational qualifications. As a management strategy, it is easier to broaden staff knowledge in respect of disability and its implications such as inclusion and valued participation, but is nearly impossible to develop values which are not aligned with those inherent to the work and the mission. The results of this project in the context of young people are significantly positive.

Biodata: Robyn Culver is the Executive Director of Community Connections Inc in July 2007. Robyn has worked in both the ACT and southern and Regional NSW . Robyn delivers values based training in the field of aged and disability sectors. robyn@comcons.org.au

SUPPORTING ADOLESCENT REFUGEES THROUGH MUSIC AND ART THERAPY - *Jane Griffin, Claudje Lecompte*

This session will present the HEAL Program (Home of Expressive Arts Learning). This is a school-based mental health service which offers Music and Art Therapy to adolescent refugee students. HEAL aims to provide therapeutic services, research and psychoeducation which increase the possibility of culturally diverse adolescents experiencing the good mental health necessary to participate fully in the learning experience, and to enjoy life without barriers. HEAL was established in 2004 at Milpera State High School, in Brisbane, Queensland . An Outreach Service is offered to other schools.



HEAL clients have often experienced traumatic circumstances in their refugee journey. The adolescent refugee's need for psychological support often increases along with the complexity of their circumstances. HEAL answers this need for support. Outcomes for students involved in HEAL include: Improved engagement with school; increased ability to concentrate; improved social interaction; use of creativity for self-expression; relief of trauma symptoms; enhanced subjective well-being.

Biodata: Jane Griffin is an Arts Psychotherapist and the founder of the HEAL Program. She has a background in ESL teaching, Fine Arts and Creative Arts Therapies. B.Ed, Gr. Dip. TESOL, BFA, Gr. Cert. Creative Arts Therapies, Ma. Mental Health - Art Psychotherapy, UQ School of Psychiatry, ATR. janebill@optushome.com.au Claudje is a Developmental Guidance Officer and an Art Psychotherapist. claudje@theopenstudio.com.au

MY OWN STORY OF RESILIENCE - *Duncan Williams*



Duncan Williams identifies himself as an aboriginal person. He is a diversity trainer often presenting on the rich diversity of the aboriginal heritage of this country.

He has brought together a training module that sensitises both mainstream communities in Australia, especially public servants and also the rest of the communities that are interested in genuine and respectful interaction with the aboriginal communities in Australia. In this conference Duncan is looking at his own growth and development and reflects on the nature of coping and development of resilience within himself. Duncan is a deeply human and spiritual person developed abilities to see and draw the best in others. Duncan's mother was instrumental in seeing that Duncan kept his contact with his nativity, culture and his people from his father's side. Duncan's maternal heritage is part Irish.

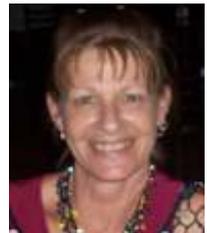
Biodata: Duncan William wrote the modules for 'Mura Ama Wakaana' cultural sensitivity training. 'Mura Ama Wakaana' literally means 'people working together'. This training package is used to sensitise public servants in Queensland about the historical and social realities of the aboriginal communities in Australia. Duncan Williams is a Senior Programme Officer in the Indigenous Employment and Training and widely trains in Queensland.. Duncan is one of the founding members of the Brisbane Institute of Strengths Based Practice. dwilliams53@bigpond.com <http://www.strengthsbasedpractice.com.au/team.htm>

FOUNDATION ART OF MANDALA WORKSHOP - *Claudje Lecompte*

Mandalas in therapy were first used in the West by Carl Jung, who found that the act of drawing mandalas had a calming and healing effect on patients while at the same time facilitating psychic integration (Henderson, 2005)

The Foundation Art of Mandala workshop offered by Claudje Lecompte, Art Psychotherapist at The Open Studio, New Farm, looks at the traditional Tibetan mandala and some of the symbolism within the architecture or design of the mandala. The dominant elements and their meanings are translated and integrated into a model that can be used as a guided meditation or mindfulness practice, either as self-therapy or with an individual client, couple, family or group. Participants will have an opportunity to use traditional Tibetan brass tools and sand to construct their own sand mandala, or if participants want to take something home, they can use paper and crayon to draw a personal mandala.

Biodata: Claudje Lecompte (BFA, Dip Teach., Grad Dip Teach Resource, M Ed Guidance & Counselling, M MH- Art Therapy. Claudje is a Developmental Guidance Officer and an Art Psychotherapist. She has a background as an art teacher and currently combines her art and counselling experience working with primary aged students and adolescent refugees at HEAL. She is also Principal Art Psychotherapist at The Open Studio-New Farm. claudje@theopenstudio.com.au www.theopenstudio.com.au



FULL SERVICE SCHOOLS: THEIR ROLE IN CONTRIBUTING TO FAMILY AND COMMUNITY RESILIENCE - *Megan Barnett and Susan Young*

Full service schools (FSS) are in their infancy in WA, although they have been prevalent in low socio-economic areas in the U.S. and the U.K over the past two decades. Their purpose is to address the educational and social deficits children experience due to disadvantaged environments through coordination of health and welfare services either on or off site. A primary school in Armadale, WA commenced a FSM three years ago and began addressing the perceived and real deficits in both the local community and the children's educational attainment. However the FSM operated from a strengths perspective for much of that time. As such this model is considered by its proponents in Armadale to contribute to the resilience of the local community and the coping strategies of its families through working with what the people can do and know rather than solely concentrating on what they lack. While not dismissing the need to attend primarily on a school's 'core' business of ensuring children are literate and numerate, the FSM regards as essential attending to the 'whole' environment which inevitably affects children's ability to learn. This paper presents characteristics of the strengths-based FSM operating in Armadale with its achievements.

Biodata: *Megan Barnett is the Principal of the Armadale school which runs the Full Service Model and a MA candidate. Dr Susan Young teaches social work at the University of Western Australia and has a long term involvement in community development.* megan.barnett@det.wa.gov.au

Biodata: *Dr. Susan Young and Margaret McKenzie are social work educators at the University of Western Australia* susan.young@uwa.edu.au

BEING LESS OF AN ALLIED HEALTH "EXPERT", MORE OF A "CHANGE AGENT": STRENGTHS BASED PRACTICE, A WHOLE OF LIFE EXPERIENCE IN AUTHENTICITY - *Gwen Liddle, Jenny Henley*

This presentation reflects on the 7 year journey of the presenters in strengths based practice in supporting families with a child with a significant global developmental delay. In previous years, we had witnessed some "success stories" of families, but struggled to support many others who experienced social isolation, depression and burn-out in the intensive parenting role involved in the care of their child. This journey began in 2003. when we received strengths based practice training. The resulting post-training self-awareness and paradigm shift of having permission to be less of an expert and more of a helper, along with specific reflective tools, improved both parent's and therapists' perceptions of hope and noticing of change/progress. This paper presents authors experience with strengths based practice as a whole-of-life practice. (permeating personal and professional life, and being important for intra-team and authentic with-client relationships). Specific strategies and specific tools used, will be examined. Co-presenting with a family with whom we worked, we will outline and demonstrate anecdotal evidence of therapeutic outcomes from families and the team. The process described is part of a forthcoming article in the *Journal of Applied Research in Intellectual Disabilities*.



Biodata: *Gwen Liddle has been working as Occupational Therapist since 2002 in Disability Services. Prior to this Gwen has been a registered primary school teacher.* gwen.liddle@communities.qld.gov.au

Biodata: *Jenny Henley is a Speech Language Pathologist by training and is Facilitator in a Family Support team in Dept of Communities, Disability and Community Care Services. Jenny also holds Post graduate qualifications in education.* Jenny.henley@communities.qld.gov.au

ENABLING MY STRENGTHS: DIAGNOSED WITH MS WHEN I WAS 13! - *Bobby Bajram*



Bobby Bajram is the youngest person in Australia ever to be diagnosed with MS at the age of 13 when he was legally blind and in a wheelchair. Bobby is now a passionate 40 year old - he is a devoted man who cares for people and is challenged to open people's minds to the possibilities available to those who are disabled. Bobby is the *Voice of The Disabled* and has been tremendously successful in writing and producing international TV documentaries including the *The MS Show* and *Behind Closed Doors*.

Together with a medical practitioner Dr John Tickell, a new website has been founded by a group of professional people who are passionate about educating disabled people and their carers about health, fitness and lifestyle possibilities.
www.possibilitiesfordisabilities.com

BUILDING WORKER RESILIENCE AND HOPE WHEN WORKING WITH PEOPLE WITH COMPLEX NEEDS - *Paige Garland*

This workshop utilises strengths-based practice to develop innovative responses to people with complex needs that are in crisis. This workshop will assist carers working with persons presenting seriously challenging behavior and/or complex medical issues. Concerns and issues around service user satisfaction with the service; successful meeting of their needs and effective management of medical conditions will be addressed. Central to this workshop is stability in the home and living conditions of the consumers of the service. Paige Garland proposes the deployment of strengths-based practice to develop flexible, innovative service responses to meet client's complex needs. She will share examples of complex casework in management from the community services sector that involves staffing and accommodation support options. The challenges of this sector and the opportunities that they offer are tabled in this workshop. This workshop is aimed at a number of professional workers that grapple with jurisdictional issues, mental health services, police, and disability service provision while responding to both the service users and their severely distressed families. The workshop is set to explore practical solutions to complex service design and management in the field of disability servicing.



Biodata: Paige Garland has 15 years of experience including management of a wide range of community services such as accommodation support, respite, early intervention, recreation and adult community-based supports. One of her agencies grew from supporting approximately 25 clients to more than 130 clients in approximately three years during her management and received external commendations for effective service delivery. Paige (B.Bus & Com., B.Arts, Dip. Teach) is Director, Plan-it Life Pty Ltd paige.garland@plan-itlife.com

Utilization of head and neck cancer care services by patients living in remote areas and dealing with a cancer diagnosis - *Dr. Tristan Allsopp*



Head and neck cancer is a disease that despite new medical therapies, still has a high mortality rate and usually causes substantial morbidity. A diagnosis such as this places significant stress on an individual's coping mechanism. Often in metropolitan areas there are numerous supportive groups including family, friends and medical agencies, all of which are utilised to a different degree by patients. In comparison, patients in rural Australia have limited access to medical services and may not have close personal supports to help deal with a life changing event.

Toowoomba Base Hospital is a rural hospital servicing an estimated population of 250,000 people in the surrounding area. Many of the patients seen in our Head and Neck unit live in these surrounding areas and up to 900 kilometres from The Toowoomba Hospital.

The isolation and rurality of many of these patients have therefore resulted in substantial difficulties in supporting these patients. Our Head and Neck Cancer Care Service has been operating for approximately 12 months, and numerous changes have been made to provide support for these patients. This presentation will look at the utilization of our cancer care service and lessons that have been learned over the past twelve months.

Biodata: Dr Tristan Allsopp, MBBS, James Cook University, has for the past two years has worked at The Toowoomba Hospital. He has completed rotations in breast cancer, head and neck cancer, lung transplant and oncology. tjallsopp@gmail.com

PRIORITY ONE: MENTAL HEALTH PROMOTION AND EARLY INTERVENTION FOR YOUNG PEOPLE A MULTIFACETED APPROACH - *Adam Lo*



The Logan-Beaudesert Child and Youth Mental Health Service, Early Intervention Unit (EIU) focuses on delivering mental health promotion, illness prevention and early intervention (MHPPEI) services to young people between the ages of 0-18. It embraces the concept of resiliency in individuals, family units and the community, through education, resource sharing, group programs and community capacity building strategies. This presentation will illustrate how the EIU, a small team recently expanded to three clinicians, delivers a host of MHPPEI initiatives across the district. A selection of past, present and future programs delivered or co-delivered by the EIU will be discussed, such as More than the Blues (a

program for young people with emerging depression), OurSpace (an initiative to support children of parents or relatives with a mental illness), the "Priority One Conference 2009" and "Unwell" (a drama performance addressing mental illness stigma in the community). The presenters hope that the presentation would be able to encourage other communities, which may not have yet been able to deliver MHPPEI initiatives, due to various reasons such as limited resources, to give it a go. It is our priority one, is it yours?

Biodata: Adam Lo as an occupational therapist at the Logan-Beaudesert Child and Youth Mental Health Service, coordinates COPMI (Children of Parents with a Mental Illness). Adam is interested art and music therapy in mental health, multicultural mental health adam.lo@health.qld.gov.au

SCOTTIE MCGUINNESS STORY OF RESILIENCE - *Scottie McGuinness*



Scottie will share the story of how he made his dream to be part of a model yacht club, and to operate his own boat independently, come true, despite the many challenges he faced as a person with a disability. For 5 years Scottie was a passive observer of a local model yacht club, until one day, when a bit of bad luck changed his life for the better. Scottie will talk about the challenges he faced, which ranged from money, to people miss-judging his abilities. Scottie will also talk about how his being part of the club has changed the perceptions of his fellow club members.

Biodata: *Scottie is in his 30s. He was born with Cerebral Palsy and he currently lives in a CRU in Box Hill Vic. Whilst unable to walk, and lacking fine motor skills in his arms and hands, Scottie is engaging conversation relates his story of a man that was just tolerated, to have become the club "celebrity", much loved by his fellow club members. Joel Hunter is his carer at Yooralla, CRU. joel.hunter@yooralla.com.au*

IS RESILIENCE A RENEWABLE RESOURCE? CASE OF MUMBAIITES AND MENDICANTS OF VARANASI - *Venkat Pulla & Sneh Bharadwaj*

The 'Love Thy Neighbor' resilience demonstrated by Mumbaiites, at least on three occasions- the dreaded bomb explosions in Mumbai trains -2006; that claimed 188 lives, the devastating floods-2007 when Mumbai halted for 6 days and the 26/11 terror attacks in the year 2008 that shook humanity globally, plots many questions- Is resilience an expression of mutual generosity, remarkable heroism in adversity and crisis? Is resilience historically a public resource of solace?



In a world that links Mumbai, Kashmir, Karachi, Madrid, Peshawar, London, Wall Street and Washington it does not appear to be a source of comfort & solace. Resilience is a public resource. But, unlike terror, it may not be indefinitely renewable. Proverbial resilience of Mumbaiites finds an echo in the otherwise nondescript narrow alleys and on the resonating bathing Ghats of Varanasi- the religious capital of India. Perennial faith of Varanasi mendicants extends beyond theorizing and speculations. These resplendent spiritually inclined ochre clad mendicants have set their hearts unerringly on a different destination i.e. Self-Realisation. They subsist on alms, lead minimalist lifestyle, and appear psychologically better dispositioned to undertake self purifying acts. The present paper looks at commonalities, concerns and the perspectives with which both offer solace and hope building.

Biodata: *Dr. Venkat Pulla is President of the Brisbane Institute of Strengths Based Practice. www.strengthsbasedpractice.com.au*

Biodata: *Sneh Bharadwaj, PhD, is a behavioral trainer that brings wisdom from Vedas into Management Science. Sneh participated in Evidence Based Practice and Resilience Conference in Penang facilitated by Venkat Pulla, and the LPPKN, Malaysia in April 2009 www.yajnaa.com*

FOCUSING ON YOUNG PEOPLES' STRENGTHS: HOW CAN THE POSITIVE PSYCHOLOGY MOVEMENT BENEFIT THE YOUTH OF TODAY? - *Megan Booth and Jane Sleeman*



"Greatness lies, not in being strong, but in the right use of strength" Henry Ward Beecher.

This is an interactive workshop that introduces people to the principles of positive psychology and gives them strategies which will enable them to help young people identify and explore their strengths. Everyone can benefit from exploring, acknowledging and sharing their strengths. Once people are aware of their strengths they can begin to use them more intentionally to help them through adversity, build successful relationships or achieve optimal performance in all aspects of their lives. So often, society focuses

on the things that are going wrong with our adolescents (including indigenous youth), rather looking at the things that are going right. However, positive psychology is concerned with building the best rather than focusing on the worst. By helping young people to focus on their strengths we are able to move people forward and help them to achieve optimal well being.

Bioadata: Megan Booth is a Secondary Visual Arts Teacher with a passion for student welfare and an interest in psychology. She is a Co-Founder of Hollyhox Positive Resources and has presented to numerous groups about youth issues and positive psychology.



Jane Sleeman has been the Co-Founder of Hollyhox Positive Resources, with Megan Booth. It is with great sadness that we must inform you that Jane Sleeman passed away on the 30th of April, 2010.

She was diagnosed with a brain tumour in August last year and due to this reason Jane could not go to the First Global Conference on Coping and Resilience held in Dubrovnik, Croatia, in October 2009. Her friend, colleague and business partner Megan Booth, presented their paper alone at Dubrovnik.

Between late last year and now Jane's initial tumour was successfully removed and she continued her treatments and also began working and presenting since December, 2009. Jane was doing really well and had great quality of life until the beginning of April 2010 when her cancer returned aggressively in her brain & spine. It was a month exactly that she was in hospital as this return of her illness was unexpected and sudden. Megan Booth as a colleague is still coming to terms with Jane's death. Jane continues to inspire Megan's work and the work at Hollyhox.

COMBATING CHILD LABOR: STRENGTH BASED STRATEGIES - *Archana Jetti*



The International Labor Organization estimates that around 218 million children between the ages of 5-17 were engaged in work-related activities in the year 2004. A variety of factors influence a child's need to work, as such there is no panacea to the problem. In working towards a response to the issue, this paper argues that strategies which harness resources already in place with minimal help from external parties are sustainable in the long run, especially for non-profit organizations which are often short of resources.

A qualitative study of former child workers with in-depth interviews and observations was conducted in two villages of Rangareddy district, Andhra Pradesh, India, which showcased potential strength based strategies which brought about resilience and hope into the life of former child workers. Social networks are seen as the inherent strengths to build resilience and bring hope. Collaborations amongst a range of individuals who are connected to these children's world - such as, parents, employers, government school teachers and former-child-workers-turned-volunteers, etc. made positive and practical solutions possible for the children to disengage from paid labour and engage in schools. While education is not the exact reverse of child labor, it is surely one of the means to eradicate it.

Biodata: Archana Jetti holds Masters in Intercultural Studies and Education and is researching the concept of social capital and its applicability to poverty related issues in the Global South, for her PhD in Social Work at the University of Sydney, Australia
avoola@gmail.com

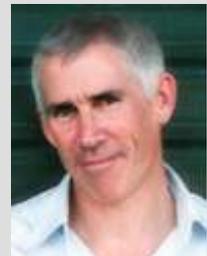
BUT REALLY, WHAT DOES NEUROSCIENCE TOGETHER WITH STRENGTH BASED PRACTICE HAVE TO OFFER TO OUR THINKING ON BUILDING RESILIENCE? - *Mark Lynch*

This workshop will explore what Neuroscience offers our thinking about supporting individuals in personal 'capacity building'. Participants will have the opportunity to consider new research and its implications for the way in which we understand how people think and react during times of change and stress. The implications for management practices and how workers are supported through challenging times will be considered, whilst utilising traditional Strength Based practice tools.

Biodata: Mark Lynch has an extensive national and international history as a trainer/consultant working in the human services sector within education and social work. Mark's practical experience includes working as a Service Manager, Social Work practitioner and counsellor. In his private practice work Mark has provided supervision to teams and individuals as well as undertaking training and organisational development work with a variety of organisations.

Mark is currently consulting on the development of practice and practice frameworks for human services organisations. In this work he is utilising extensively the research that is being gathered through emerging field of Neuroscience leadership and he is a member of the NeuroLeadership Institute.

mark@lighthouseresources.com.au



COPIING AND RESILIENCE OF SOUTH AFRICAN SOCIAL WORKERS - WORKING WITH TRAUMA - *Francine Masson*



South Africa is an extremely violent society with violent crime having reached pandemic proportions (Bruce, 2006). Although there is an established relationship between violence and trauma (Bowman, 2007), secondary trauma is often not factored into our understandings of this relationship. This research aimed to explore how social workers experience and cope with secondary trauma.

The research project was conducted in two phases; the first phase was in the form of a quantitative research design while the second stage was qualitative in nature. In the first phase seven standardized tools were distributed to 140 social workers who work with trauma victims. Included in these tools were tests to measure resilience and coping strategies. In the second stage, 20 social workers were interviewed to explore the effects of trauma, resilience, coping strategies, use of supervision and personal therapy. Qualitative interviews were analysed through thematic content analysis. A theoretical model of trauma and coping was derived from an analysis of the findings. Biodata: *Francine Masson is a lecturer in Social Work at the University of the Witwatersrand, South Africa and coordinates the Masters in Occupational Social Work. Currently she is completing her PHD which explores how social workers cope with secondary trauma. She has fifteen years experience in working in the fields of trauma and occupational social work. fran.j.masson@gmail.com*

PSYCHOLOGICAL PREPAREDNESS FOR NATURAL DISASTERS - *Hannah Zulch, Shirley Morrissey, Joseph Reser and Peter Creed*

Natural disasters are common recurrences in Australia and elsewhere in the world, with developing countries suffering in recent years from major disasters such as earthquakes, floods and tsunamis and severe storms. These natural disasters during the recent past highlight what is likely to be the norm over the next several decades, with climate change and its consequences a stark reality. Those weather-related events of particular relevance to community preparedness and adaptation initiatives in Northern Australia are cyclones and floods. While substantial disaster mitigation infrastructure, including the services of multiple agencies and professionals in times of need, exists, there remains much to be done to more fully understand and achieve disaster preparedness and resilience in individuals and communities for recurrent natural disasters. Previous research in North Queensland has provided promising findings with respect to the use of psychological preparedness interventions in fostering community preparedness. The aim of this paper is to present an overview of psychological preparedness for disaster and review the initial results of the first stage of the development and validation of a new scale i.e., the Psychological Preparedness for Disaster Threat Scale (PPDTS)



Biodata: *Hannah R. Zulch currently is completing her MPhil at Griffith University Gold Coast campus. Hannah has worked at the University of Sussex (UK), at the Disaster Research Unit of the University of Kiel (Germany). h.zulch@griffith.edu.au*

Biodata: *Dr. Shirley Morrissey is Associate Professor and Deputy Head of School of Psychology, (Gold Coast campus), Griffith University. s.morrissey@griffith.edu.au*

MANAGING FOR SOCIAL RESILIENCE: COMBINING ENVIRONMENTAL, SOCIAL AND ABORIGINAL ROLES TO ENHANCE RESILIENCE IN NORTH QUEENSLAND - Prof. Helen Ross, Michael Cuthill, Kirsten Maclean and Bradd Witt



There is little communication between the environmental management and social science bodies of literature on resilience, yet each offers insights that could enrich the other. Our research with in far north Queensland has identified six key social and institutional characteristics as helping the region and its communities to be resilient: people-place connections, knowledge, skills and learning; community networks; engaged governance; a diverse and innovative economy; and community infrastructure. We propose that environmental management, Aboriginal and social development organisations with regional responsibilities can choose to incorporate the social dimensions of resilience thinking in three ways. Their first option is to pursue existing mandates in consciousness of social characteristics, without trying to intervene although social knowledge may prompt some adaptation of existing management strategies. For instance, understanding local variations in people-place connections may influence communication strategies. A second option is to take advantage of resilience characteristics in management strategies, for instance to invoke strong people-place connections and recruit and support existing community networks towards stewardship behaviour. The third is to pursue organisational mandates in a new way that enhances social resilience simultaneously, for instance explicitly building a more diverse and innovative economy through new employment and business structures in environmental management.

Biodata: *Professor Helen Ross specializes in social science & community roles in resilience, social-ecological systems & Indigenous natural resource management. Helen in the School of Integrative Systems, the University of Queensland, Co editor Australasian Journal of Environmental Management. Helen.Ross@uq.edu.au*

RESILIENCE AND TRANSFORMATIONAL CHANGE? THE CASE- STUDY OF JAGUARIBARA: A BRAZILIAN COMMUNITY - Isabelle Amorim

Can resilience contribute to factors that transform isolated individuals into a powerful integrated group, combine their forces, and defend their common interests? This paper examines the displacement of the inhabitants of Jaguaribara, (Northeast of Brazil) and their resettlement due to construction of the dam "Castanhao". While a new city was planned by the Government to shelter the inhabitants from "Old Jaguaribara" that was overflow by the dam, the case yields consequences that arising out with the resettlement of the community, elucidating besides the impoverishment risks the protective factors that came up during the process of resistance against the construction of the dam, in the light of the concept of Resilience. In order to capture the various dimensions of this process, qualitative primary data were used as the main source: documentation made by NGO's and professionals involved during the process of resistance against the construction of the dam as well as semi-structured interviews. Therefore the case of resilience enhancement in Jaguaribara elucidates a community that perceives an adversity situation in a different way, combining forces they could enhance their capabilities and overcome the hardships, catalyze collective gains as well as articulate and defend common interests.



Biodata: *E. Isabelle Amorim is a Psychologist with a background in Psychoanalysis Theory (University Complutense of Madrid, Spain) and in Humanitarian Action (University of Groningen, Holland). Currently she is a Lecturer at Bangkok University, Thailand. iamorim@yahoo.com*

"In the Shadows ... art that reveals,
transforms and restores"? - by *Anne Riggs*



www.anneriggs.com

This little book of abstracts captures over 100 presenters interested in the central themes of Coping and Resilience and Hope Building from every walk of life around the world: A blend of practitioners, researchers, consumers, and decision makers that have made this Conference event possible. The School of Human Services and Social Work, Griffith University and the Brisbane Institute of Strengths Based Practice take great pride in offering this evidence based practice dialogue that signals directions for the future.



Associate Professor Jayne Clapton
Head of School
School of Human Services and Social Work



Dr Venkat Pulla
President
Brisbane Institute of Strengths based Practice

SUPPORTING PARTNERS



CONNECTING HOME LTD
- A service for the
Stolen Generation -
Victoria