Resiliency In Action Publications & Training
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Nan Henderson, M.S.W., Ph.D., is an internationally recognized author, trainer, and consultant on fostering human resiliency, including "building bounce back" kids, families, and organizations. Her publications on this subject are used in more than 25 countries and have been translated into Spanish and Russian. She is co-founder and President of Resiliency In Action, Inc., a training, consulting, and publishing company.

Dr. Henderson has trained and consulted in 45 U.S. States, Canada, Australia, and New Zealand. Organizations she has worked for include Big Brothers/Big Sisters; Upward Bound; the Alberta Alcohol and Drug Abuse Commission; the New Zealand Ministry of Education; Job Corps; and State Departments of Education in California, Vermont, Colorado, Maine, Texas, Pennsylvania, and New Hampshire. She has also been a trainer for hundreds of school districts, and social service and community agencies, and has also been contracted by the U.S. Military to assist them with their resiliency initiative for soldiers and families.

The former Pennsylvania Secretary of Education, Gerald Zavorchak, recommended that Dr. Henderson's resiliency model be used in every school in the state. She has been involved in a major resiliency initiative in New York City Schools. Principals in hundreds of Los Angeles Unified School District schools have studied Dr. Henderson's book, Resiliency In Schools: Making It Happen for Students and Educators.

Her experience includes several years as a youth substance abuse and other risk behavior prevention and early intervention specialist. Her work links the resiliency framework with the best in prevention and intervention with youth risk behaviors.

Dr. Henderson has served on the faculty of five colleges/universities; worked as a clinical therapist with youth, adults, and families in agencies, schools and in private practice; and directed citywide, statewide, and school districtwide youth risk behavior prevention/intervention and resiliency implementation programs.

She is the author/editor of five books, including The Resiliency Workbook: Bounce Back Stronger, Smarter, and with Real Self-Esteem. Her book Resiliency In Schools: Making It Happen for Students and Educators, published by Corwin Press is one of its all-time best-selling books. Her other books are Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities; Mentoring for Resiliency: Setting Up Programs to Move Youth from "Stressed to Success"; and Schoolwide Approaches for Fostering Resiliency, all published by Resiliency In Action.

Her articles have appeared in several national publications, including Education Digest; Hope Magazine; Principal Magazine; and Prevention Researcher. She was featured as a resiliency expert on National Public Radio's "Talk of the Nation".