The Resiliency Workbook glossary

***These terms are in bold type throughout the* Resiliency Workbook**

Authentic Self-Esteem	Feelings of self-worth/self-value based on one's actual strengths, competencies, accomplishments, and a connection to one's resilient core.
The Challenge Model	A resiliency-based alternative to the "Damage Model": Trauma may cause damage but according to Steven and Sybil Wolin, who developed this alternative, it is also experienced as a challenge that fosters the emergence of one's protective factors. The Challenge Model embodies each person's "capacity for self-repair" according to the Wolins.
Conscious	That aspect of the mind that includes everything inside current awareness, such as sensations, perceptions, memories, feelings, and fantasies.
The Damage Model	A traditional "old school" belief in psychiatry and psychology that trauma – especially in childhood- inevitably leads to lifelong psychological damage.
Emotional Intelligence	The ability to know and appropriately manage emotions, effectively handle personal relationships, and self-motivation. (Abbreviated EQ.)
Individuation	The process of becoming fully and uniquely oneself, a process of psychological differentiation from others and the collective whole.
Intuition	The act or faculty of knowing or sensing without the use of rational processes; an immediate "hunch" that turns out to be accurate.
Mirroring	Messages from one's environment that psychologists believe are internalized to create or impact one's self-concept.
Post-Traumatic Growth	Arriving at a higher level of psychological functioning after experiencing significant trauma, documented by research by Martin Seligman and his colleagues. Post Traumatic Stress Disorder may precede Post-Traumatic Growth.
Post-Traumatic Stress Disorder	Re-experiencing of a traumatic event; avoiding situations that re-stimulate reactions to the traumatic event; increased emotional and/or physical arousal connected to this re-experiencing; reactions that impair social, work, or other life functioning. (Abbreviated PTSD.)

The Resiliency Workbook glossary (continued)

Protective Factors	Internal strengths and environmental supports and opportunities that mitigate the impact of adversity and help propel people to resilient outcomes.
Resiliency	The ability to rebound, bounce-back, and transcend adversity.
The Resiliency Attitude	An attitude that embraces the concept that each person has a resilient core; the communication of the message, "What is right with you is more powerful than anything that may be wrong."
The Resiliency Wheel	A diagram developed by Nan Henderson that shows the six most powerful environmental protective factors. The Resiliency Wheel can be used by individuals, families, and organizations.
School Climate	Refers to the quality and character of school life, i.e., how students, staff, and parents experience school. It reflects norms, goals, values, interpersonal relationships, teaching and learning practices, and organizational structures.
Social and Emotional Learning	Primarily refers to K-12 training and curricula that teaches children the skills needed to handle their emotions, behaviors, relationships, and work effectively and ethically. It is a way to improve EQ.
Stages of Change Model	A model developed by researchers Carlo DiClemente and J.O. Prochaska describing the process by which people overcoming addictions and other self-defeating behaviors. It was developed from research looking at how change occurs in "natural recovery" from addictions, and has been embraced by the move away from confrontational and pathological approaches.
A Strengths Perspective	A shift away from a sole emphasis on weakness and pathology to the recognition that every person, even when struggling, also has significant strengths. A Strengths Perspective emphasizes the application of these strengths to current life challenges.
Time	In relation to resiliency, "time" is the acknowledgement that a resilient outcome is a process that may happen quickly or take months or years.
Unconscious	Aspects of the mind of which a person is not consciously aware