Resilient Therapy

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Overview

- Noble Truths
- Resilience Framework
- Adolescent Resilient Therapy Intervention
- Further Research
The Noble Truths

1. Accepting
2. Conserving
3. Commitment
4. Enlisting
Resilience Framework

1. Basics
2. Belonging
3. Learning
4. Coping
5. Core
Magic Box Model

Basics  Belonging  Learning  Coping  Self–Core
Ordinary Magic

~ Masten (2001)
Resilience does not come from rare and special qualities, but from the everyday magic of ordinary, normative, human resources in the minds, brains and bodies of children, in their families and relationships, and in their communities

~ Masten (2001: p. 235)
Resilience Factors

Protective Factor(s)

Risk Factor(s)
Generic Model of Resilience

Risk Factor → Outcome

Protective Factor
Adolescent Resilience Model (ARM)

Illness-related Risk
1. Uncertainty in Illness
2. Disease and symptom-related distress

Family Protective
3. Family Atmosphere
4. Family Support Resources

Social Protective
5. Social Integration
6. Health Care Resources

Individual Risk
7. Defensive Coping

Individual Protective
8. Positive Coping

Individual Protective: Derived Meaning
9. Derived Meaning

Outcome
10. Resilience

Outcome
11. Quality of Life

(Hasse, 2004)
Adolescent Resilient Therapy Intervention

A. Indexes for Validity & Reliability
   - Validity Index : 0.83
   - Cronbach Index : 0.93

B. Ringkasan RT–I
Further Research

- A Development for Resilience Tool based on Cross–Cultural (on–going research)
  - Three countries are involved (1) Brighton University, England, (2) Turkey (3) Universiti Malaysia Sarawak, Malaysia
  - Research Methodology: Q–Sort Methodology
  - Three research grants are approved for this project
  - Partly of Imagine Programme (2013–2017)
    - Further information on Imagine Programme, please visit to www.boingboing.co.uk
Thank you

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