

# Resilient Therapy

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# Overview

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

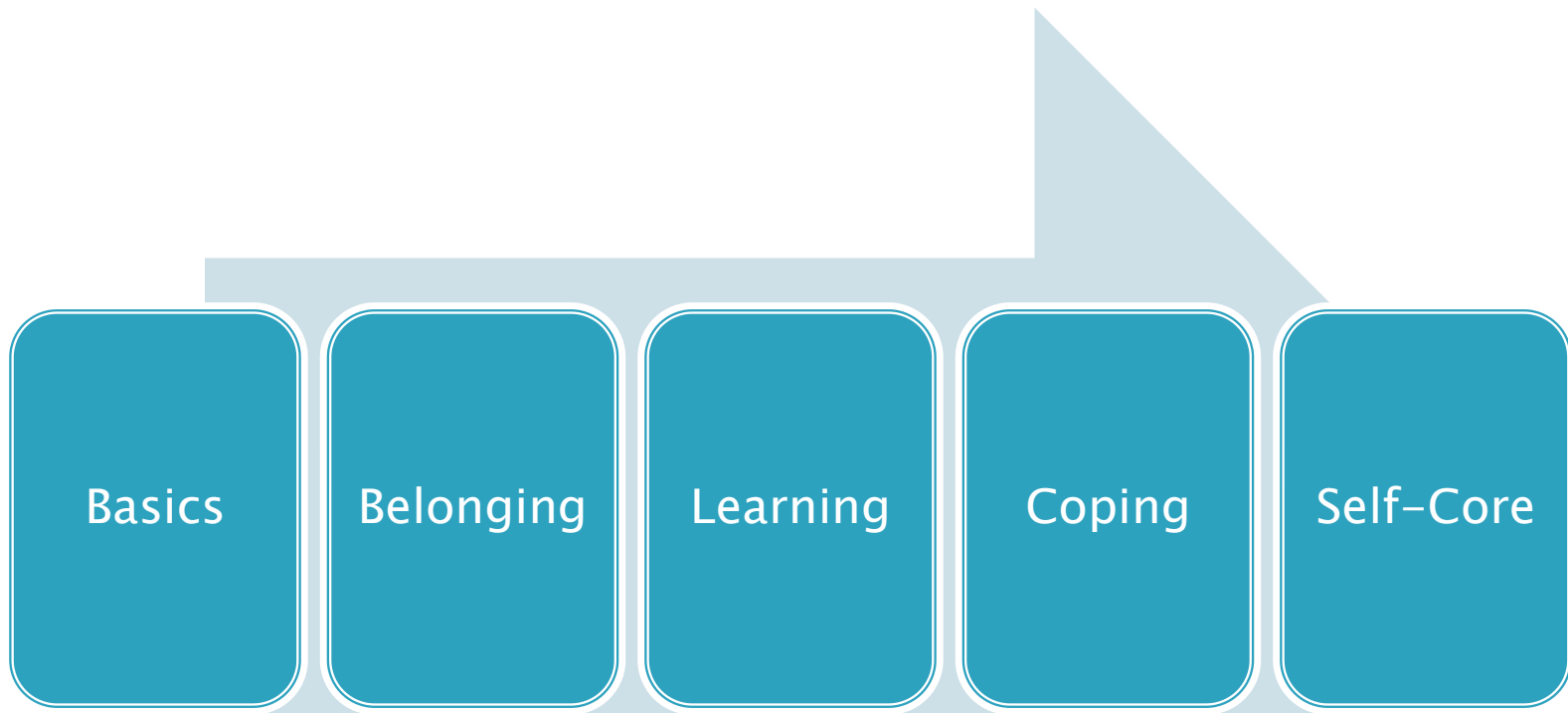
# The Noble Truths

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

# Resilience Framework

1. Basics
2. Belonging
3. Learning
4. Coping
5. Core

# Magic Box Model



# Ordinary Magic

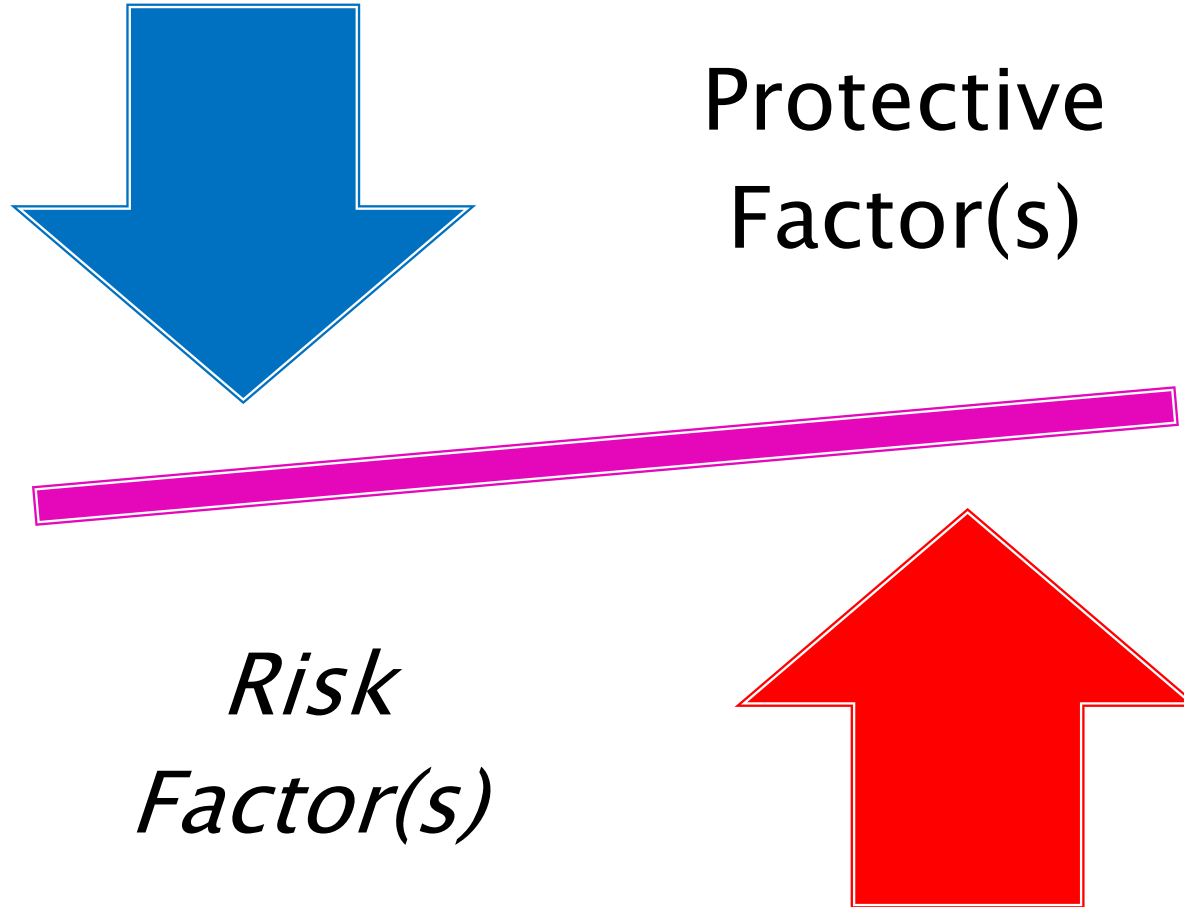


~ Masten (2001)

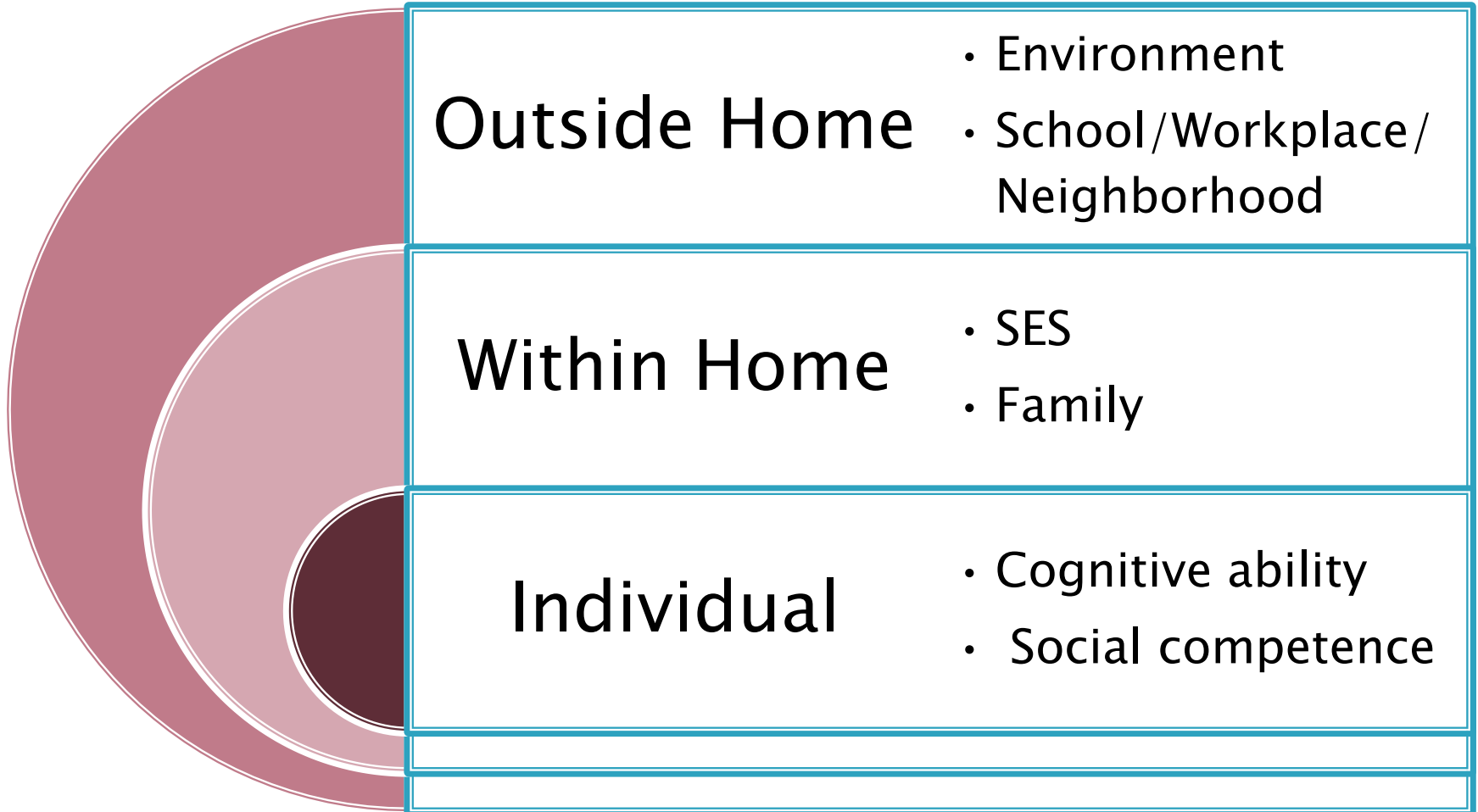
*Resilience does not come from rare and special qualities, but from the everyday magic of ordinary, normative, human resources in the minds, brains and bodies of children, in their families and relationships, and in their communities*

~ Masten (2001: p. 235)

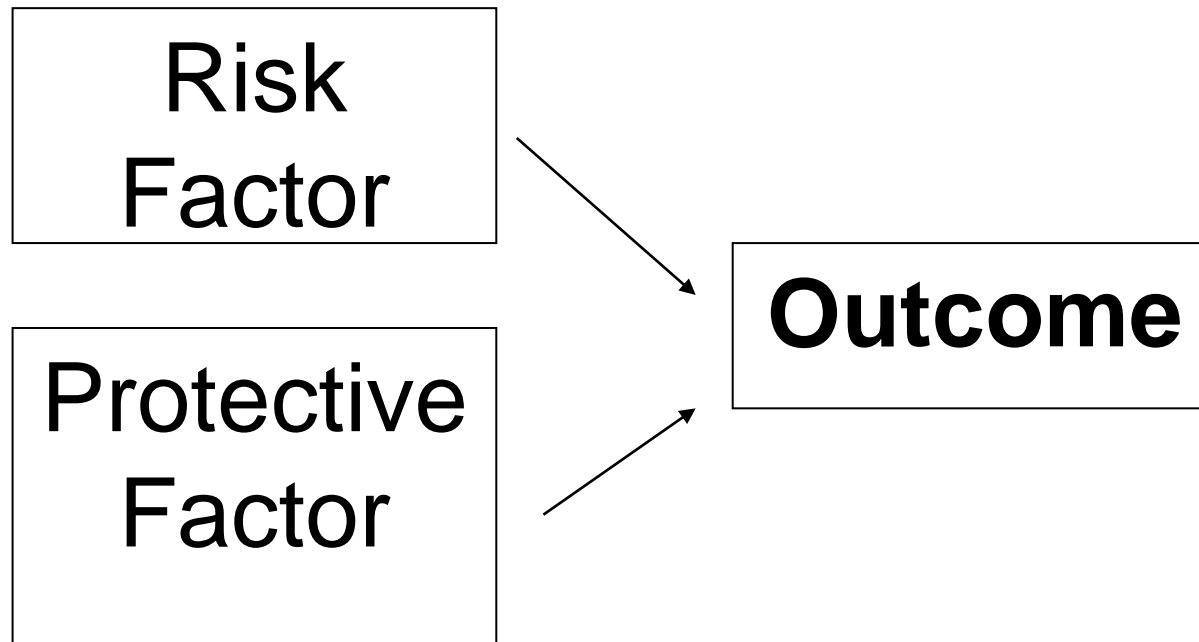
# Resilience Factors



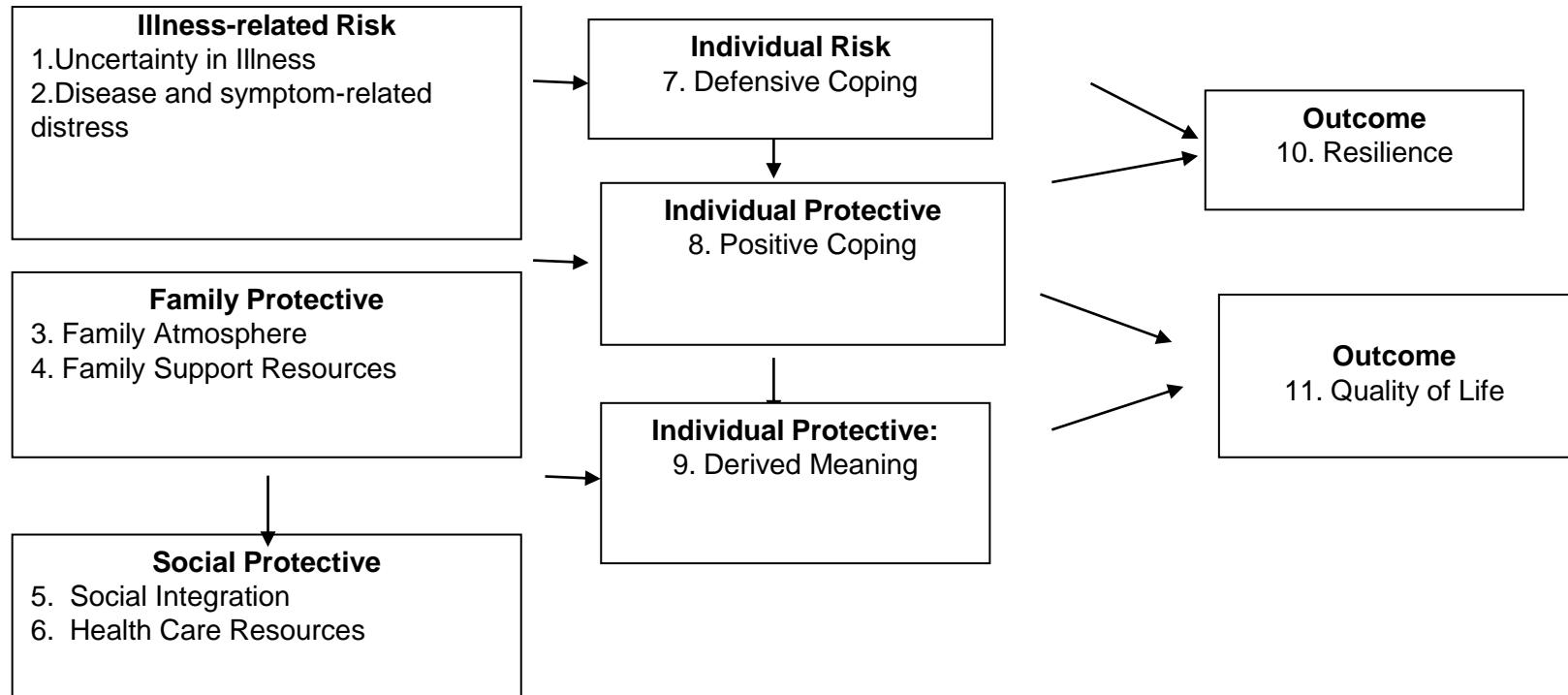




# Generic Model of Resilience



# Adolescent Resilience Model (ARM)



(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](http://www.boingboing.co.uk)

*Thank you*

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