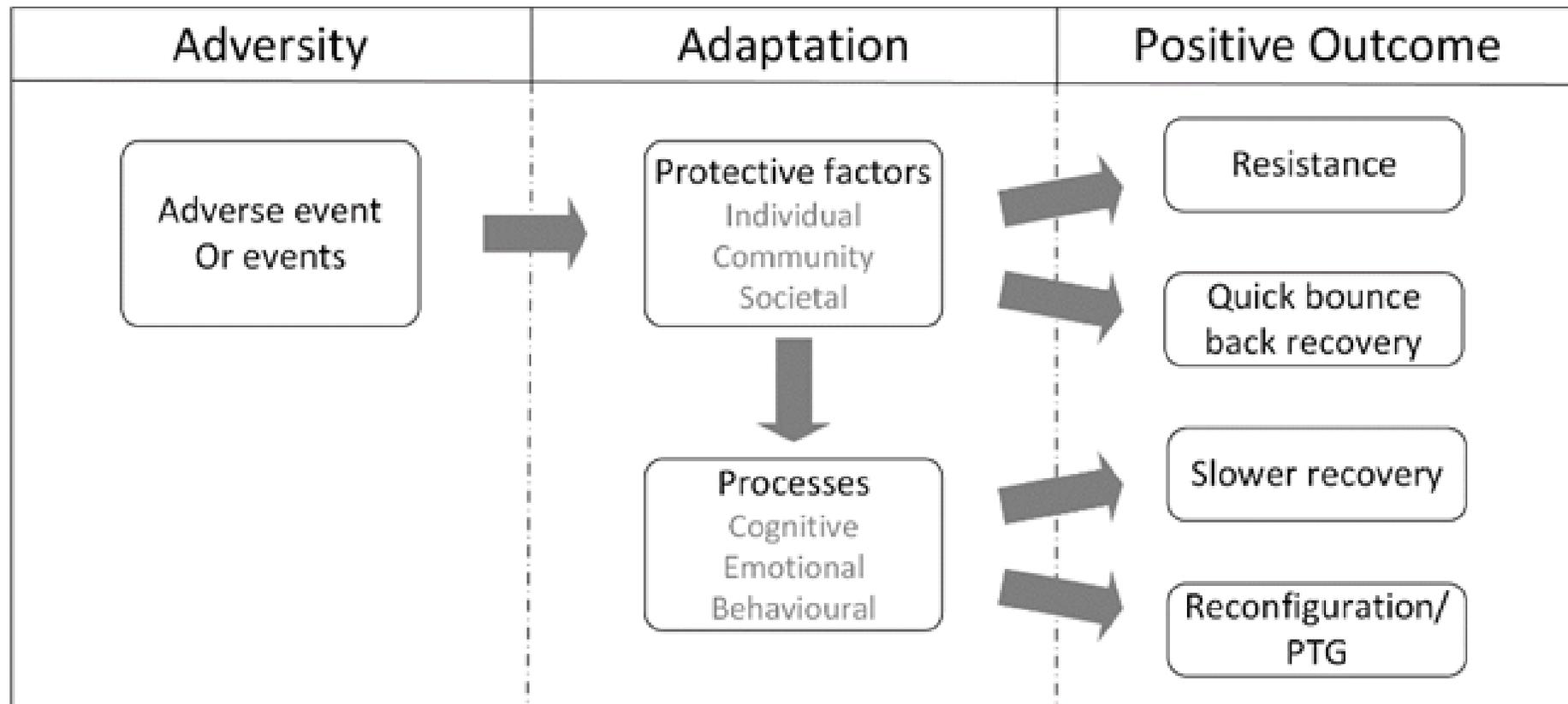




Crisis Coaching for Resilience

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Resilience: a brief overview of resilience theory



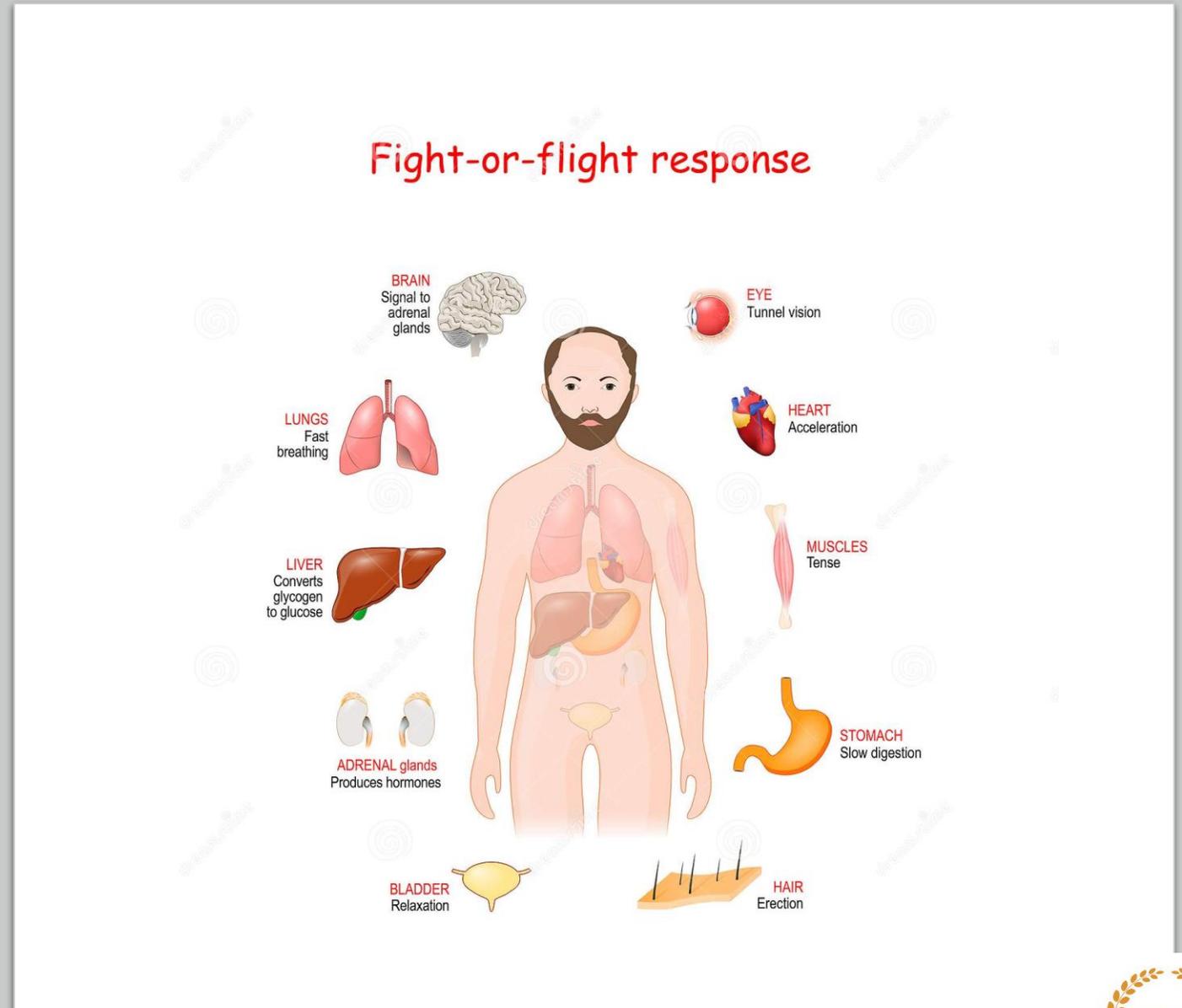


The Resilience Road map

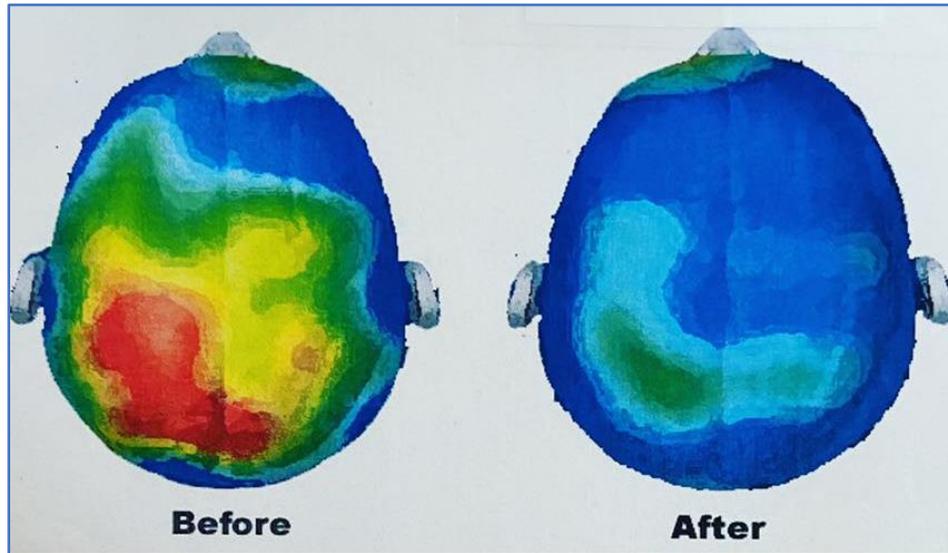
- In order to get to the place that we want to be we need to start in the place that we are
- **Awareness** – This has happened and things feel like they might be a struggle from now on.
- **Acknowledgement** – I am struggling, but it's OK to struggle
- **Acceptance** – my life has changed and I don't need to judge the change, myself or others as bad to know I didn't want it.
- **Accommodation** – my life has room for this new change
- **Adaptation** – this new change can bring gifts or opportunities to my life.

The physical effects of a loss of resilience

- People in crisis can exhibit a fight or flight response.
- This response would prevent them in engaging in a coaching conversation.
- We need to use a combination of our observations and questions to find out where our client is.
- Also, it is helpful to our client to be aware and acknowledge their struggle.



Your brain, before and after 10 minutes of mindfulness



- The heat in the back brain is gone. The body has calmed right down.
- A good mindfulness meditation to do is simple breath counting:
- Ask you client to focus on their breath and then follow this pattern:
- In 2,3,4
- Hold 2,3,4
- Out, 2,3,4
- Rest,2,3,4



Getting a measure of the problem

You need to find out what has caused the loss of resilience. Asking the client to identify the problem with a high degree of specificity. Then put each one on a post it note and then attach them to the bucket. Or if you have a bucket to put the post-its in the bucket.

Our job is not to fix these, but just to let the truth of them 'hit the air'.

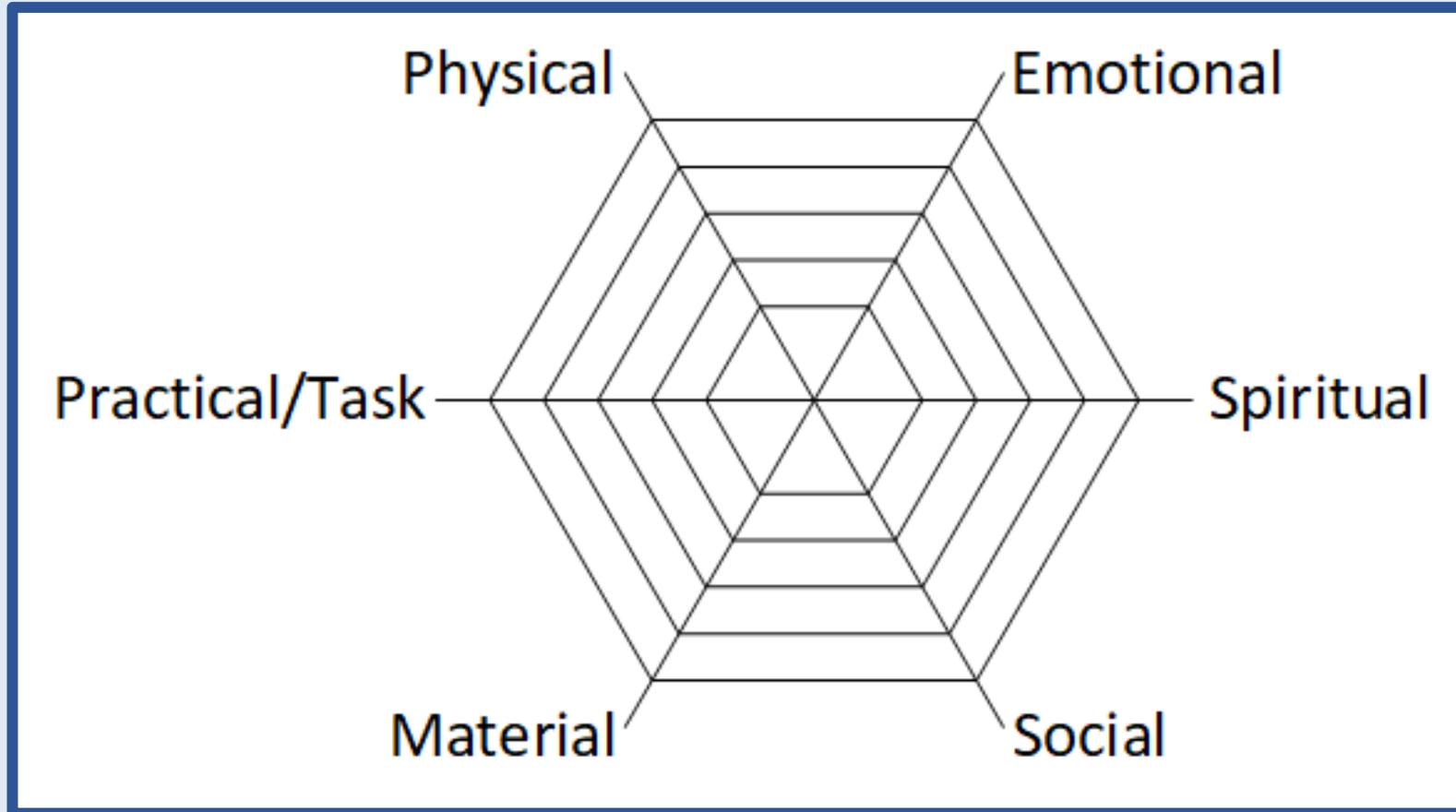
Then sort them according to whether they are within the control of the client to change them or not.



Finding perspective

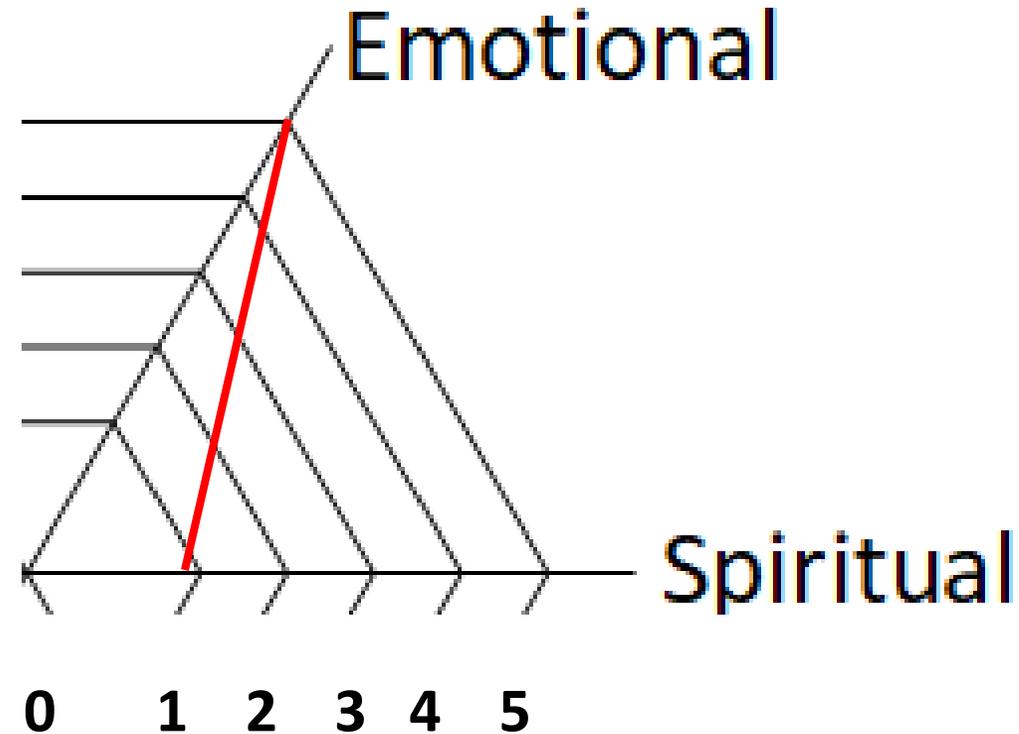
- The Positivity ratio checklist (Fredrickson, 2009)
- This activity asks the client to notice all of the different emotions that they have felt during the day and then notice the balance of positive to negative emotions. It asks which emotions have you felt and which emotions have you felt the most.
- Resilience rests on a ratio of at least 3 positive feelings to 1 negative.

Finding your resilience template



How the resilience template works

Imagine your client identifies themselves as being high in Emotional resilience then you score them a 5 on that radius but then low on Spiritual resilience you then score a 1 on that. You then connect those dots to make the template. This gives you a quick overview of the clients resilience signature. You can then match this with the 'things in my control' items from earlier. You will end up with a diagram that looks like a spiders web.





Acceptance: dropping the judgements

- Aim: My life has changed and I don't need to judge the change, myself or others as bad to know I didn't want it.
- If we want to facilitate this in our client then this means that we must not judge the client, or anyone in their story.
- How to notice judgements in ourselves:
- Noticing us wanting to 'fix' the situation is a red flag that we are judging.
- Applying 'should' or absolutes such as perfect and enough are clues.
- So how do we drop the judgement?



Dropping the judgements – a Chinese fable

Many years ago a wise peasant lived in China. He had a son who was the apple of his eye. He also was the proud owner of a fine white stallion (horse) which everyone admired. One day his horse escaped from his grounds and disappeared. The villagers came to him one by one and said: “You are such an unlucky man. It is such bad luck that your horse escaped.” The peasant responded: “Who knows. Maybe it’s bad, maybe it’s good.” The next day the stallion returned followed by 12 wild horses. The neighbours visited him again and congratulated him on his luck. Again, he just said: “Who knows. Maybe it’s good, maybe it’s bad.”

Dropping the judgements – a Chinese fable

As it happened, the next day his son was attempting to train one of the wild horses when he fell down and broke his leg. Once more everyone came with their condolences: “It’s terrible.” Again, he replied: “Who knows. Maybe it’s good, maybe it’s bad.” A few days passed and his poor son was limping around the village with his broken leg, when the emperor’s army entered the village announcing that a war was starting and they were enrolling all the young men of the village. However, they left the peasant’s son since he had a broken leg. Everyone was extremely jealous of the peasant. They talked about his sheer good luck, while the old man just muttered: “Who knows. Maybe it’s good, maybe it’s bad.”





Dropping judgements

- Creating positive chains:
- Look back on your life at an adversity that occurred. Can you see an outcome from that adversity that would not have happened that turned out to be great that would not have happened if the adversity had not occurred? Can you create a chain of events that leads from the adversity to something good?

An example:

1. My son is diagnosed with autism

2. I research ways to help him

3. I travel to America to train in a specialised therapy

4. While in America I learn about how happiness is a choice

5. I decide to go to university to study psychology

6. I study resilience so that I can teach others



Adaptation:

working with the resilience template

- The strengths based approach suggests that we can use our strengths to elevate our weaknesses. Therefore, interventions are best aimed at areas of strengths rather than targeting the weaker areas.
- Have a look back at the list of things that are problems that are within your control and then see how the areas that you identified as high scores in the resilience template can address those problems.
- Have a look at your chain of events that you created and see whether the way that you got through those events matches those items that you identified in your resilience template.



Any questions