



The Melissa Institute
For Violence Prevention and Treatment

Ninth Annual Conference

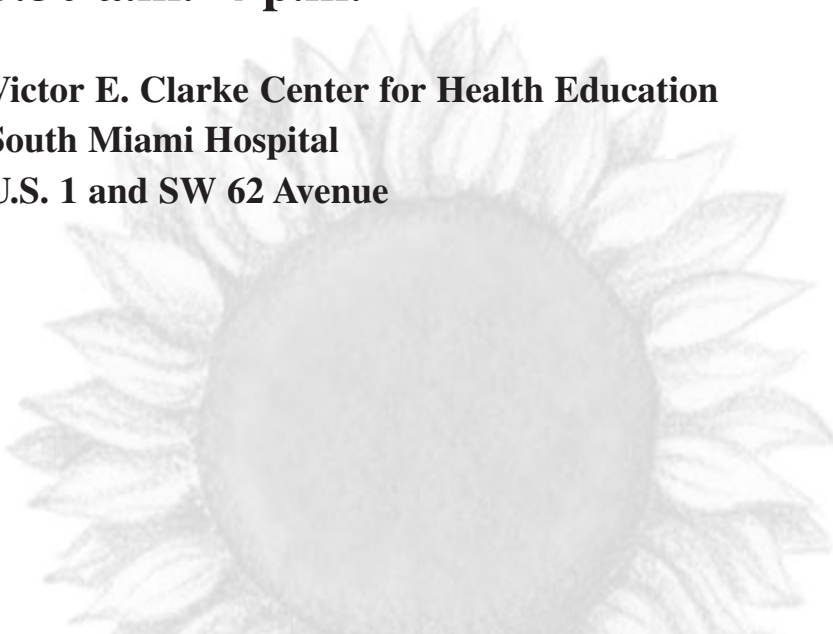
Strengthening Resilience

in Children and Adults

Thursday, May 5, 2005

8:30 a.m.- 4 p.m.

**Victor E. Clarke Center for Health Education
South Miami Hospital
U.S. 1 and SW 62 Avenue**



Ninth Annual Conference

Strengthening Resilience in Children and Adults

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Victor E. Clarke Education Center

South Miami Hospital

ABOUT THE CONFERENCE

Most individuals evidence resilience following exposure to traumatic events. Such strength is forged through crisis and adversity. A sizable minority, however, continue to experience distress and chronic difficulties. This conference will highlight the factors that differentiate people into these two groups. Further, it will examine the implications for preventive and treatment interventions.

Dr. Ann Masten is a leading expert in the area of bolstering resilience in high-risk children and multi-stressed families. She will present a plenary session and an accompanying practical workshop on ways to nurture resilience in children and families from high-risk environments. She will highlight the key characteristics of resilience in children, families and communities. In addition, she will provide participants with information that will enable them to translate research findings into practical tools. Attendees will learn to apply this information in a culturally, racially and developmentally sensitive manner.

Research has shown that children's reactions to

traumatic events are critically influenced by the reactions of significant adults in their lives. The factors that cause children to become adults who demonstrate persistent chronic stress reactions will be discussed. This will be contrasted with those factors that contribute to resilience and post-traumatic growth.

Dr. Donald Meichenbaum will discuss the variety of strength-building interventions that therapists, educators and religious and community leaders can use to nurture resilience. Participants will receive information on ways that clinical, community, school-based and spiritually based interventions can be implemented and evaluated. Specific suggestions will be presented for professionals to bolster resilience and foster self-renewal in those who work with traumatized individuals. The impact of "vicarious traumatization" will also be discussed.

In summary, the conference will highlight how studies of resilience can inform and inspire our intervention and prevention efforts. It will provide practical guidelines to forge healing and growth out of crisis, trauma and loss.

CONFERENCE HIGHLIGHTS

- Plenary sessions on resilience from a life-span perspective.
- Practical workshops on how to apply research on resilience to policy and preventive interventions for clients and helpers.
- Question-and-answer sessions and detailed handout materials.

TARGET AUDIENCE

Educators, guidance counselors, psychologists, social workers, mental health workers, marriage counselors and family therapists, social service agency personnel, judges, law enforcement officers, pediatricians, family physicians, nurses, community leaders and members of the clergy.

OBJECTIVES

Upon completion of this conference, participants should be better able to:

- Understand the concept of resilience from the life-span perspective and utilize practical ways to bolster resilience in high-risk populations.
- Implement and evaluate proven resilience-based interventions on a preventive basis, e.g., see <http://orp.uoregon.edu/index.htm>; www.apahelpcenter.org/resilience; www.nctsnet.org.
- Tailor resilience-based programs in a developmentally, culturally and racially sensitive fashion.

SCHEDULE

Thursday, May 5

- 8:00 a.m. Registration and Continental Breakfast
- 8:30 a.m. **Welcome and Opening Remarks**
Suzanne L. Keeley, Ph.D., President of The Melissa Institute
- 8:45 a.m. **Resilience in Development: The Power of Ordinary Magic**
Ann Masten, Ph.D.
(Examine the meaning of resilience and consider what makes a difference when young lives are threatened by traumatic situations.)
- 10:00 a.m. **Break**
- 10:15 a.m. **Understanding Resilience in Adults: Implications for Prevention and Interventions**
Donald Meichenbaum, Ph.D.
(Consider what distinguishes those who evidence dysfunction versus growth following traumatic experiences and how research findings can influence policies and clinical and educational practices.)
- 11:15 a.m. **Discussants**
Wendy K. Silverman, Ph.D., & Etiony Aldarondo, Ph.D.
(Community initiatives promoting resilience.)
- 11:30 a.m. **Panel Discussion and Question-and-Answer Session**
Etiony Aldarondo, Ph.D., Ann Masten, Ph.D., Donald Meichenbaum, Ph.D.,
Wendy K. Silverman, Ph.D.
- 12:00 noon **Buffet Luncheon**
- 1:00 p.m. **Changing the Odds: A Resilience Framework for Prevention and Intervention**
Ann Masten, Ph.D.
(Review the implications from resilience research for policy and practice with children and families at risk for violent and related problems. Illustrations will be drawn from programs that work with high-risk children, youth and their families and communities.)
- 2:15 p.m. **Break**
- 2:30 p.m. **Practical Ways of Bolstering Resilience in Clients and Helpers**
Donald Meichenbaum, Ph.D.
(Consider the range of therapeutic, spiritual, familial and community-based interventions to bolster resilience. Also, discuss how to bolster resilience in healthcare staff.)
- 4:00 p.m. **Adjourn**

CONFERENCE DIRECTOR

Suzanne L. Keeley, Ph.D., is President of The Melissa Institute and a psychologist in private practice. She is also affiliated with Baptist Health South Florida. Dr. Keeley has had extensive clinical experience treating victims and perpetrators of violence.

PRESENTERS

Etiony Aldarondo, Ph.D., is Associate Professor in the Department of Educational and Psychological Studies at the University of Miami. A member of the Scientific Board of The Melissa Institute, Dr. Aldarondo is also co-chair of the National Latino Alliance for the Elimination of Domestic Violence. He is an advisor to the Teen Dating Violence Prevention Initiative of the American Bar Association Steering Committee on the Unmet Legal Needs of Children, a member of the



*Etiony Aldarondo,
Ph.D.*

National Board of the Council for Contemporary Families, and research consultant to the National Institute of Justice and the Centers for Disease Control and Prevention. His publications include articles on ethnicity and wife assault and the clinical assessment of battering. He is author of *Promoting Social Justice Through Mental Health Practice* (Lawrence Erlbaum Associates, 2005). Dr. Aldarondo is co-author, with Fernando Mederos, Ed.D., of *Programs for Men Who Batter: Intervention and Prevention Strategies in a Diverse Society* (Civic Research Institute, 2002).

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus at the University of Waterloo, Ontario, Canada, and one of the founders of cognitive-behavior therapy. He has consulted and lectured worldwide on the impact of trauma and has published major clinical handbooks on *Treating Adults with Post-traumatic Stress Disorder* and *Treatment of Individuals with Anger-Control Problems and Aggressive Behaviors* (which often occur with trauma reactions). In a survey reported in *American Psychologist*, he was voted "one of the 10 most influential psychotherapists of the century." Dr. Meichenbaum is Research Director of The Melissa Institute.



Donald Meichenbaum, Ph.D.

Ann Masten, Ph.D., is a licensed psychologist and Distinguished McKnight University Professor in the Institute of Child Development at the University of Minnesota. Her research is directed at understanding resilience and the processes that promote success and prevent problems in human development. She directs the Project Competence studies of risk and resilience, which include studies of urban and farm children, refugees, war survivors, and children living in shelters because of poverty or violence. Her publications have been widely distributed to international scientists, policymakers and practitioners. Dr. Masten is frequently invited to speak and consult at the national and international level. The recipient of numerous honors and teaching awards, she is incoming president of the Developmental Division (7) of the American Psychological Association.



Ann Masten, Ph.D.

Wendy K. Silverman, Ph.D., is a professor of Psychology and Director of the Child and Family Psychosocial Research Center at Florida International University. She has authored/co-edited four books, including *Helping Children Cope with Disasters and Terrorism* with Dr. Annette La Greca. Dr. Silverman is a member of the scientific advisory board for Child and Adolescent Trauma Treatment in New York, and editor of the *Journal of Clinical Child and Adolescent Psychology*. She is also on the Scientific Board of The Melissa Institute.



Wendy K. Silverman, Ph.D.

Registration deadline is April 22, 2005. Space is limited; register early!

REGISTRATION

Ninth Annual Conference — Strengthening Resilience in Children and Adults

Thursday, May 5, 2005 ■ Victor E. Clarke Education Center, South Miami Hospital

Registration fee: \$80 \$40 (Student) *Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.*

Payment method:

Check enclosed (Make payable to The Melissa Institute.)

Purchase Order number _____ (Please mail copy of registration to guarantee reservation.)

Credit Card: American Express MasterCard Visa Discover Diners Club

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Mail to: The Melissa Institute
6250 Sunset Drive, Suite 204, Miami, FL 33143

For information, call 786-662-5210

Cancellations must be sent in writing and postmarked by April 22, 2005, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 22 will forfeit the registration fee.

CREDITS

Baptist Hospital of Miami is approved as a provider of Continuing Psychological Education by the Florida Board of Psychological Examiners, provider #PCE-7. This continuing education activity has been approved for 6.5 hours of Continuing Psychological Education credit.

This activity has been approved for 6.5 contact hours by Florida State Board of Nursing provider #FBN2321, Baptist Health South Florida Department of Education Services.

Baptist Hospital of Miami's Department of Social Work is approved as a continuing education provider for the Florida Board of Clinical Social Workers, Marriage and Family Therapy and Mental Health Counseling. Provider #BAP53, expiration 3/05. This continuing education activity has been approved for 6.5 contact hours.

Miami-Dade County Public Schools will award 6 master plan points (TEC credits).

FOR INFORMATION



The Melissa Institute

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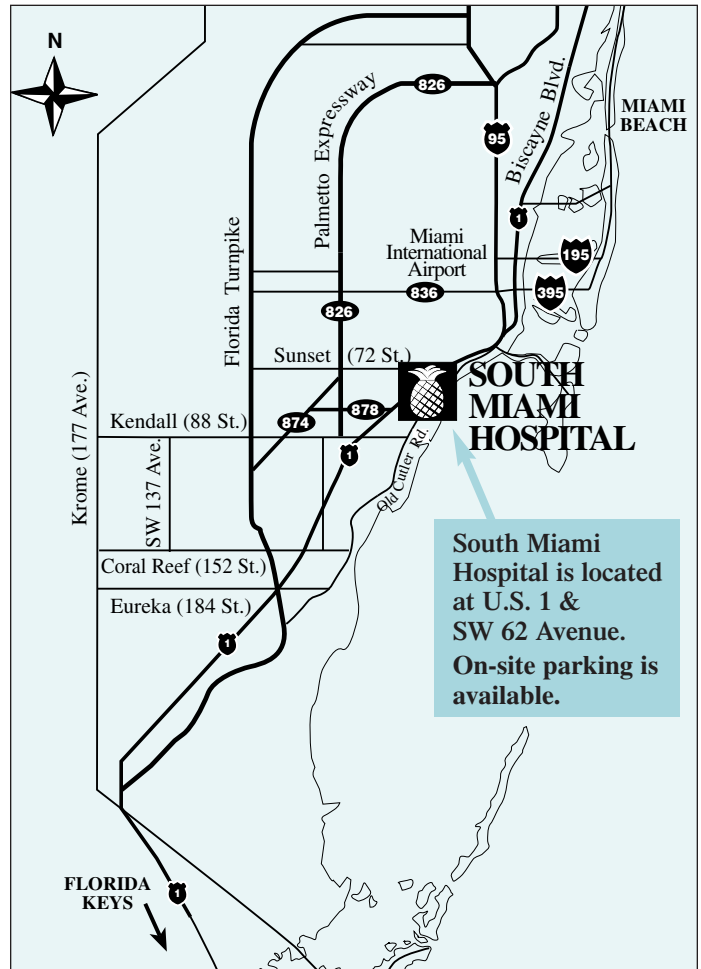
<http://www.melissainstitute.org>

<http://www.teachsafeschools.org>

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The Institute's mission is to bridge the gap between research and direct application to reduce violence and to help victims and their families.

Education • Community Service • Research Support • Consultation



The Melissa Institute

For Violence Prevention and Treatment

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