

Supporting clients to beat (or change) the odds

Many mental health and service practitioners aspire to champion their clients' resilience. Doing so is no mean feat, however, given the equi- and multi-finality that characterises pathways of positive adaptation in the face/aftermath of significant stress. In response, this half day workshop draws on clinical case studies and child/youth resilience research to grow practitioners' understanding and application of resilience theory.

This includes, supporting practitioners to

- (i) conceptualise human resilience as a process;
- (ii) recognise and assess ubiquitous resilience-enablers;
- (iii) embrace the effects of contextual dynamics on how people adapt well; and
- (iv) co-nurture positive adjustment to risks that cannot be changed.

About the workshop facilitator:



Linda Theron, D.Ed. (guidance & counselling), is an educational psychologist by training. She is a full professor in the Department of Educational Psychology / Centre for the Study of Resilience, Faculty of Education, University of Pretoria, South Africa. She is also an extraordinary professor in Optentia Research Focus Area, North-West University, South Africa. Her research (which has been locally and internationally funded) and publications focus on the resilience processes of South African young people challenged by chronic adversity and account for how sociocultural contexts shape resilience (see www.Lindatheron.org). She is lead editor of the book *Youth Resilience and Culture: Complexities and Commonalities* (Springer, 2015). She is also an associate journal editor of *Child Abuse & Neglect* (Elsevier) and of *School Psychology International* (Sage).