

Psychological resilience: A model and treatment manual based on scientific evidence

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Outline

- Resilience
- Psychological Resilience Model
- Study
- 3-PR
- Future Research

Resilience/Protective Factors

- What is resilience?
- Two definitions:

Resilience: Construct

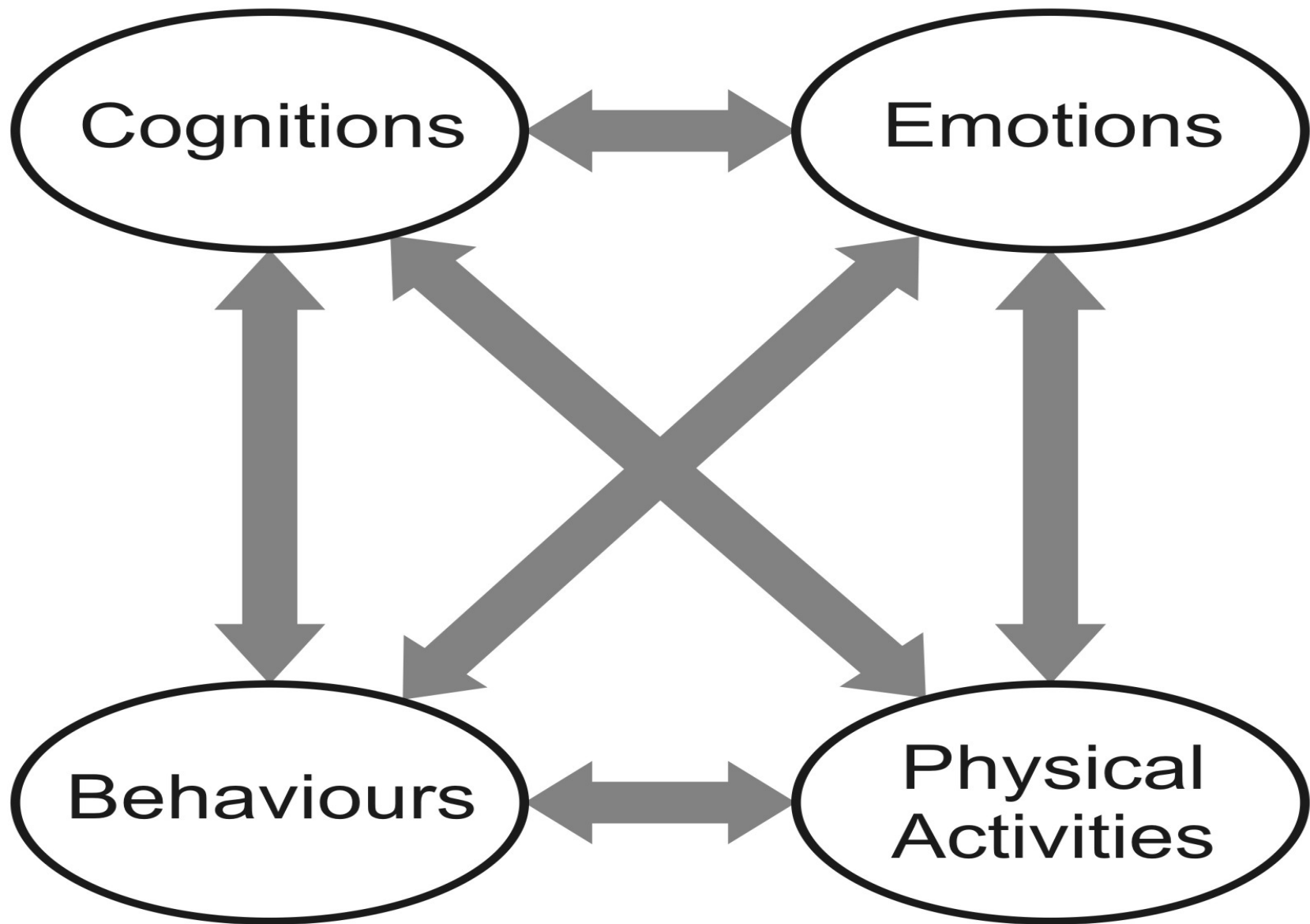
- Resilience has been defined as the ability of an individual to recover or rebound from any adverse situation.
- An alternative definition is the ability of an individual to remain psychologically robust when face with a traumatic or adverse event.

Resilience: Core Components

- Multidimensional
- Individuals can learn to be resilient
- Resilience = protective factors

Five part model of psychological resilience (5-PR)

- Model evolves from Cognitive-Behavioural Therapy.
- Model is made up of emotions, thoughts, physical reactions, and behaviours.
- These four components are then contained in an individual's environment.
- All these components interact



ENVIRONMENT

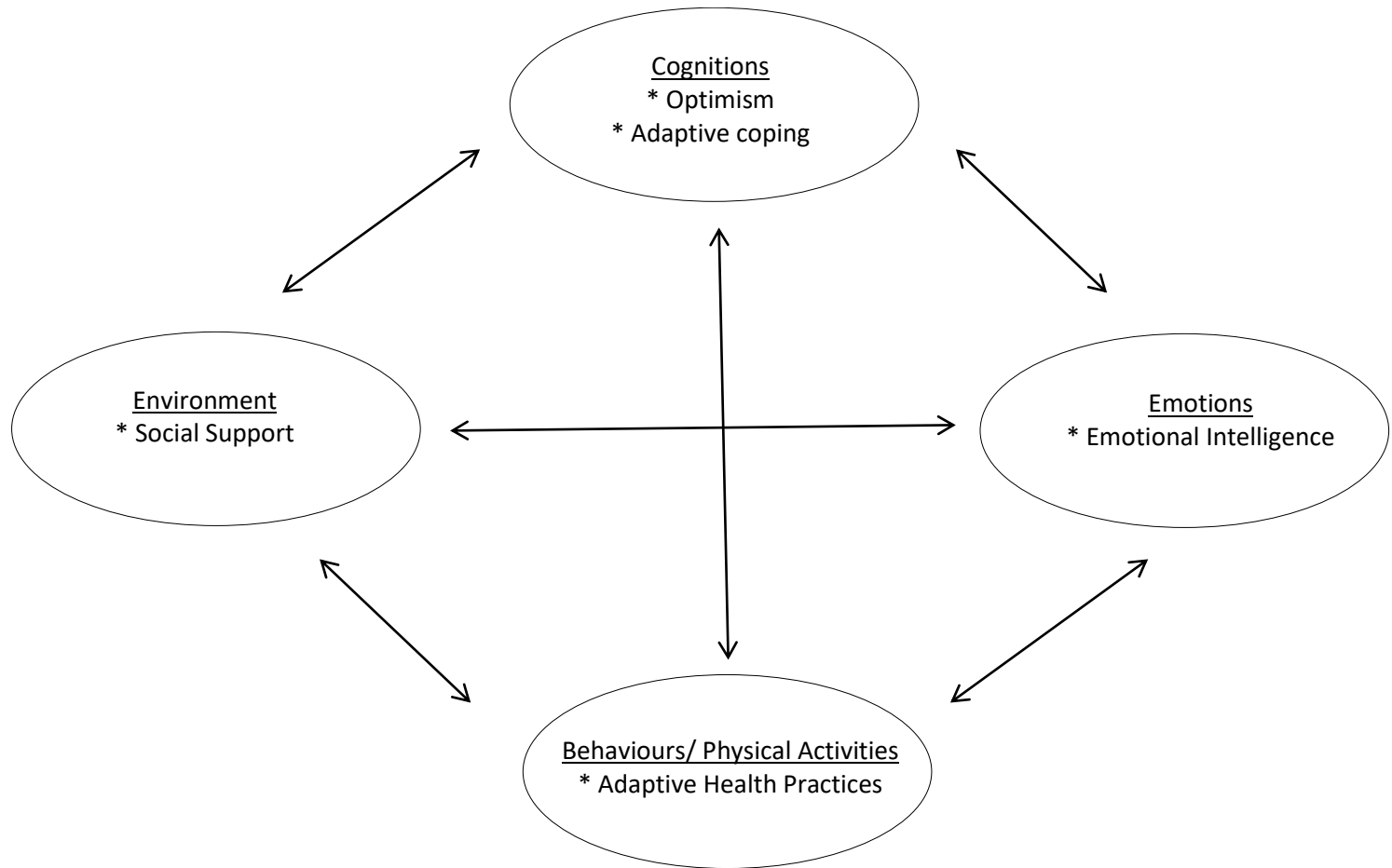


Figure 1: The five part model of psychological resilience

Study

- NZ Police
- Participants: Police recruits that were trained in 1998/1999
- Procedure
 - Time 1: 512/693
 - Time 2: 326/512
 - Time 3: ???/326

Study

- Located: 256
- Completed: 176
- Completion rate 69%

Study: PTSD

- At Step 1, the control variable of Frequency of Trauma at Time 3 was significant and accounted for 3% of the variance.
- At Step 2, the Frequency of Trauma at Time 3 became nonsignificant and the 5-PR model variables of Health Practices, Social Support from Colleagues, and Understanding Emotions accounted for 23% of the variance.

Study: Psych Distress

- At Step 1, the control variable of Frequency of Trauma at Time 3 was nonsignificant.
- At Step 2, the Frequency of Trauma at Time 3 remained nonsignificant and the 5-PR model variables of Optimism and Social Support from Colleagues accounted for 29% of the variance.

Study: Health

- At Step 1, the control variable of Frequency of Trauma at Time 3 was nonsignificant.
- At Step 2, the Frequency of Trauma at Time 3 remained nonsignificant and the 5-PR model variables of Health Practices and Adaptive Coping accounted for 24% of the variance.

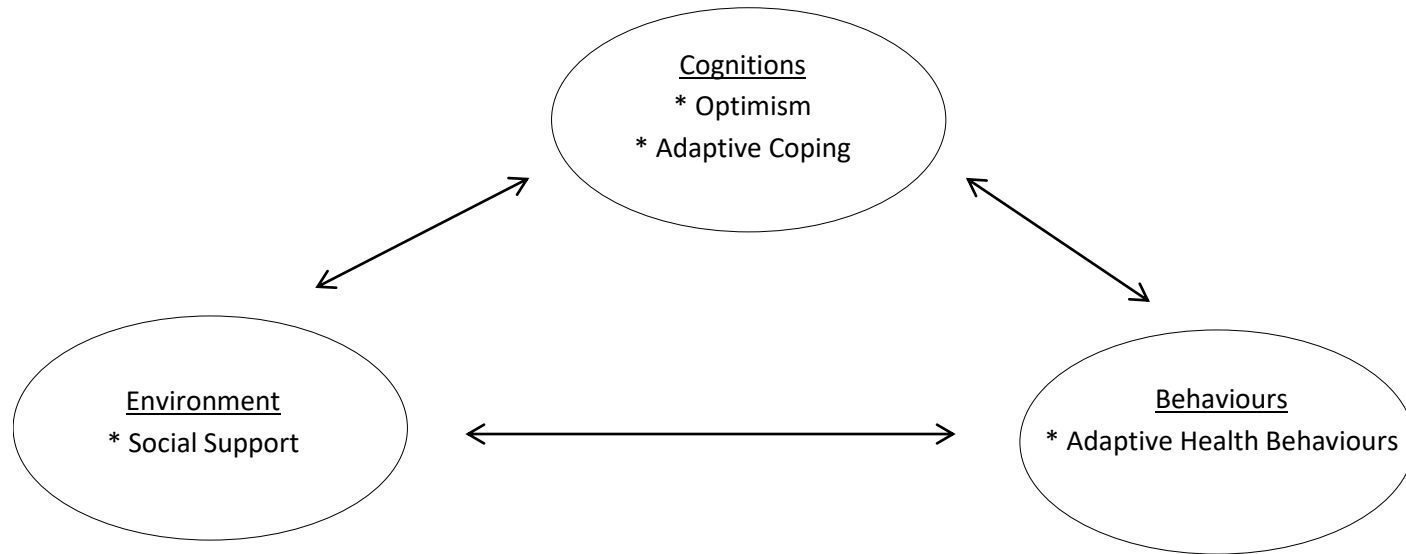


Figure 2: The three part model of psychological resilience.

Other Protective Factors

- Humour
- Self-Efficacy
- Self-Care/Adaptive Behaviours
- Personal Values

Other Protective Factors

- Religion
- Marital status
- Social economic status
- Cognitive skills
- Interpersonal skills
- Internal locus of control

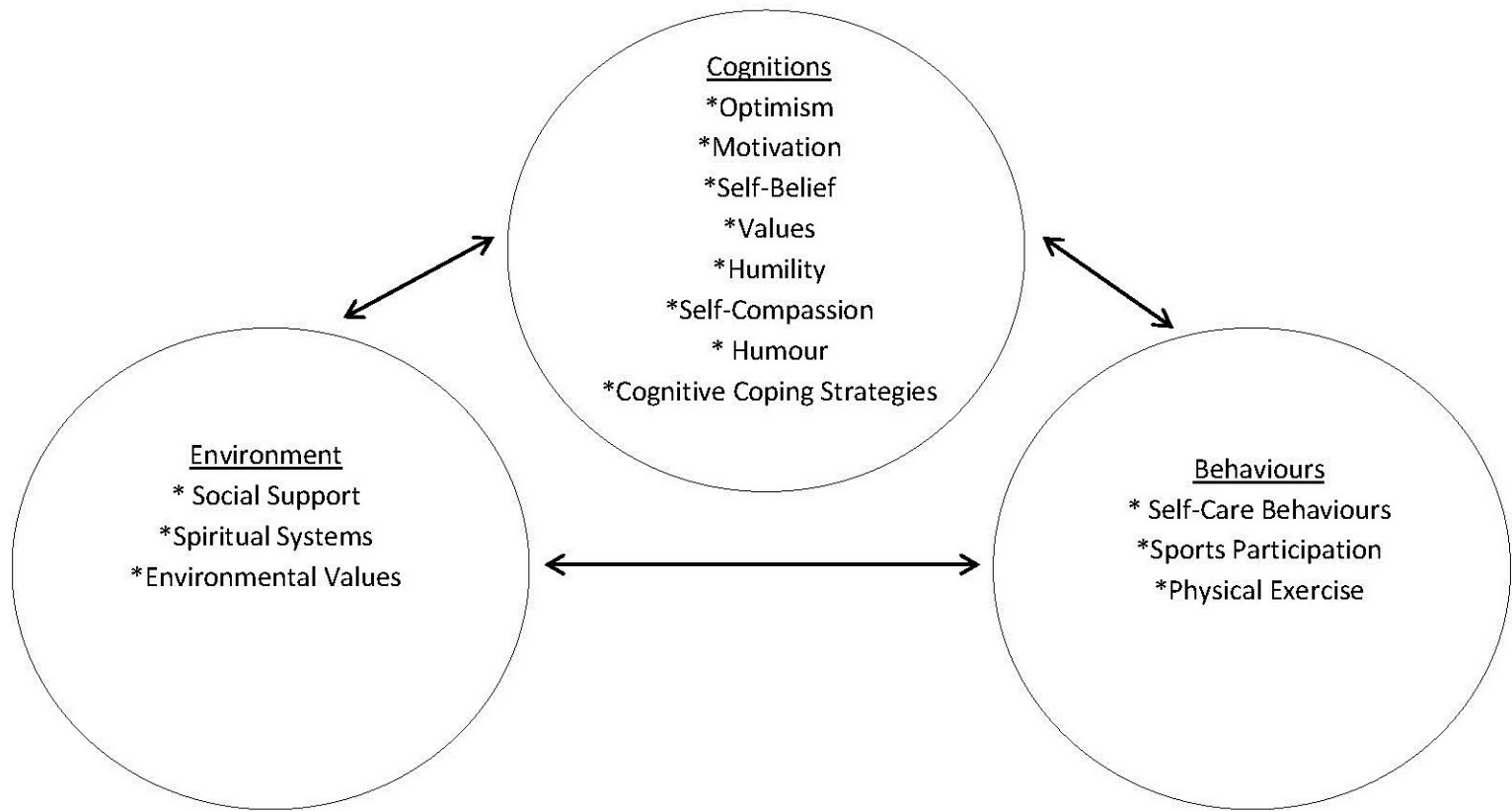


Figure 1: The three part model of psychological resilience.

Future Research

- Social Support (Colleagues, Supervisors, & Family/Friends).
- Former & Current Police Officers
- Psychological Resilience Treatment Manual (PRTM).

PRTM

- The effectiveness of the Psychological Resilience Treatment Manual (PRTM).
- PRTM consist of five modules of Coping, Self-Efficacy, Acceptance, Social Support, and Self-Care.
- A single-case (n) experimental design (SCED) with multiple baselines across the four population groups (police personnel, military personnel, university students [x2])

References

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Thank You

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