

## RESOURCES:

<https://hbr.org/2011/04/building-resilience>

<http://growthinitiative.org/research/> Abundance of information on PTG

[http://www.nytimes.com/2012/03/25/magazine/posttraumaticstresssurprisinglypositiveflipside.html?\\_r=0](http://www.nytimes.com/2012/03/25/magazine/posttraumaticstresssurprisinglypositiveflipside.html?_r=0) - article

<http://www.edutopia.org/article/resilienceresources>

<http://www.usar.army.mil/Featured/Resources/master-resilience-training/>

<https://www.resiliency.com/free-articles-resources/the-resiliency-quiz/>

<https://www.verywellmind.com/ways-to-become-more-resilient-2795063>

<https://www.barendspsychology.com/complex-ptsd/> Good information – online therapy site

<http://www.apa.org/helpcenter/road-resilience.aspx> - Resilience Guide Adults

<http://www.apa.org/helpcenter/resilience.aspx> - Resilience Guide for Parents and Teachers

<https://psychcentral.com/lib/10-tips-for-raising-resilient-kids/>

<http://www.acesconnection.com/blog/dr-seuss-resilience-and-the-science-of-hope-by-chan-hellman-phd-and-casey-gwinn-j-d> - The Importance of Hope

<https://positivepsychologyprogram.com/resilience-activities-worksheets/> for children and adults

[https://www.ted.com/talks/jane\\_mcgonigal\\_the\\_game\\_that\\_can\\_give\\_you\\_10\\_extra\\_years\\_of\\_life](https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life)

<https://sas.upen.edu/authentic happiness.com>

### Positive Psychology resources

<https://positivepsychologytoolkit.com> – subscription, ongoing new materials, activities, etc

<https://positivepsychologyprogram.com/resilience-activities-worksheets/> free workbook and activities

## Meaning Making

[https://www.researchgate.net/profile/Crystal\\_Park/publication/272955903\\_Meaning\\_spirituality\\_and\\_health\\_a\\_brief\\_introduction/links/56afa60808ae9c1968b46691/Meaning-spirituality-and-health-a-brief-introduction.pdf](https://www.researchgate.net/profile/Crystal_Park/publication/272955903_Meaning_spirituality_and_health_a_brief_introduction/links/56afa60808ae9c1968b46691/Meaning-spirituality-and-health-a-brief-introduction.pdf)

## BOOKS:

*21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self* by Zelana Montminy

*The Resilience Breakthrough: 27 Tools for Turning Adversity into Action* by Christian Moore

*Building Resilience in Children and Teens: Giving Kids Roots and Wings* by Kenneth R. Ginsburg MD FAAP

*The Resilience Workbook: Essential Skills to Recover from Stress, Trauma, and Adversity* (A New Harbinger Self-Help Workbook) by Glenn R. Schiraldi PhD

*Radical Resilience: When There's No Going Back to the Way Things Were* by Scannell PhD, Alice Updike

*Recovery from Trauma, Addiction or Both: Finding Your Best Self*, Najavits (treatmentinnovations.org)

## Resilience and Post-Traumatic Growth for Practitioners

Calhoun, Lawrence:

Post-Traumatic Growth in Clinical Growth

Handbook of Post-Traumatic Growth: Research and Practice

Tedeschi, Richard:

Post-Traumatic Growth: Positive Changes in the Aftermath of Crisis (Personality and Clinical Psychology)

Trauma and Transformation: Growing in the Aftermath of Suffering

<https://ptgi.uncc.edu/what-is-ptg/>

Upside: The New Science of Post-Traumatic Growth, Jim Rendon

What Doesn't Kill Us: The New Psychology of Post-Traumatic Growth, Stephen Joseph, PdD

## Resilience and Post-Traumatic Growth for Clients

The Post-traumatic Growth Workbook: Coming Through Trauma Wiser, Stronger and More

Resilient, Richard Tedeschi

<http://www.superbetter.com>

<https://www.youtube.com/watch?v=5t3y7EeBhxg>