

Departmental Seminar

# Everyday Processes and Mechanisms of Psychological Resilience: Concept, Measurement, and Implication

4:30 p.m. – 5:30 p.m. | December 7, 2018 (Friday)

CPD 3.28, 3/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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### Abstract

A consensus among most, if not all, existing frameworks of resilience point to the argument that everyday life is the fundamental context for resilience during trauma and chronic stress conditions. What is lacking is a comprehensive framework that theorizes stress resilience in everyday life and how people can build a resourceful context for resilience. In this talk, I will introduce a new framework for investigating everyday processes and mechanisms of psychological resilience, describe a multi-method approach for assessing daily routines, and suggest added values of the theory-driven approach for investigating adaptation across different trauma and chronic stressful conditions. The new framework, Drive to Thrive (DTT) theory, asserts that stress resilience is largely determined by the interwoven personal, social, and communal activities, procedures, routines, and practices where adaptation occurs. Principles and corollaries of the framework, followed by corresponding quantitative methods of assessment, will be presented. Ongoing projects that apply the framework to investigate adaptation in chronic medical conditions, social and political upheavals, refugee and conflict-affected settings will be discussed.

~All are Welcome~

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