Five factors of human resilience

Based upon 30 years of research and observation of human resilience, we conclude that there are five core elements which serve to create a personal culture of resilience. In this presentation, Dr. Everly will discuss his findings and highlight those findings with excerpts of interviews from cases which serve to exemplify each of the five factors. These interviews were conducted with people showing extraordinary resilience in the wake of terrorist bombings, assassination attempts, child abuse, remarkable achievements in athletics, catastrophic physical injury, and covert military operations. The putative factors of human resilience are shown to be learned factors and therefore capable of being taught to almost anyone at almost any age. Professor Everly will discuss how these same factors may be used in the workforce, athletics, academics, and even the performing arts as a competitive advantage.

Biography

George S. Everly, Jr., PhD, ABPP is an award-winning author and researcher. He holds faculty appointments at the Johns Hopkins University and at Loyola University in Maryland. He has served on the adjunct faculty of the Federal Emergency Management Agency and the FBI’s National Academy at Quantico, Virginia. Dr. Everly holds Honorary Professorships at the Universidad de Flores, Buenos Aires, Argentina and Universidad de Weiner, Lima, Peru. He was an advisor to the Hospital Authority of Hong Kong. Dr. Everly is co-founder of the International Critical Incident Stress Foundation, a non-profit United Nations-affiliated public health and safety organization. He was formerly Distinguished Visiting Professor, Universidad de Flores (Argentina), and was Senior Research Advisor, Social Development Office, Office of His Highness, the Amir of Kuwait, State of Kuwait. Prior to these appointments Dr Everly was Chief Psychologist and Director of Behavioral Medicine for the Johns Hopkins’ Homewood Hospital Center. He is the author, co-author, or editor of 20 textbooks and over 100 professional papers. Among his texts are Fostering Human Resilience (Chevron, 2013), The Resilient Leader (DiaMedica, 2010), The Resilient Child (DiaMedica, 2009, Gold Medal Winner), Integrative Crisis Intervention and Disaster Mental Health (Chevron, 2008), and Mental Health Aspects of Disasters: Public Health Preparedness and Response (Johns Hopkins, 2005).

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