3rd International Conference on

Mental Health and Human Resilience

June 21-23, 2017   London, UK

Ming-hui Li

St. John's University, USA

Resilience and coping strategies: Learning to become resilient

Problem Statement: Resilience has been in studies for about four decades. Studies of resilience have gradually switched the perspective of mental health issues from psychopathology to a positive psychology. For the past 13 years, the author has focused on studying the process by which trait resilience influences coping strategies, which are related to adaptation and mental health. The author has always been exploring better approaches to improving human resilience.

Methods: Based on resilience theories and empirical studies, the following questions were addressed in my studies: (1) Can resilience predict active coping across different cultures? (2) Can resilience predict active coping across time? (3) Can resilience mediate the effect of stress on problem-solving? (4) Can resilience moderate the effect of stress on avoidance? (5) Can resilience be learned from life experiences? (6) In the process of learning to become resilient, do stress, generalized anxiety, attachment avoidance and attachment anxiety impact the influence of life experience-learning on resilience? Data were collected in the US, China, and Taiwan, using scales that have adequate validity and reliability. Structural equation modeling and Haye's moderated mediation approach were applied to analyze data.

Findings: Resilience can predict active coping across cultures and across time. Although resilience can mediate the effect of stress on problem-solving, it cannot moderate stress's effect on avoidance. Resilience can be learned through life experiences. Life experience-learning could directly influence resilience and indirectly influence resilience via self-efficacy and self-compassion. Stress and generalized anxiety do not significantly impact the process of learning to become resilient. However, attachment avoidance and attachment anxiety can each negatively influence the process.

Conclusion: Findings suggest that mental health practitioners add a new ingredient, life experience-learning, to resilience development programs. In addition, resilience programs can be more effective when attachment anxiety and attachment avoidance are dealt with.

Biography

Ming-hui Li is a Clinician, a Researcher, and a Professor. He is a licensed Mental Health Counselor in New York State and a licensed Professional Counselor in the State of Pennsylvania. In addition, he is a National Certified Counselor and a Nationally Certified Psychologist in the USA. His clinical and research interests include stress coping and resilience development. Some of his research projects on resilience are cross-cultural studies. He has published 18 articles in national journals such as *Journal of Counseling & Development and Journal of Multicultural Counseling & Development* and in international journals such as *International Journal of Stress Management*. He has conducted 40 presentations at national conferences and 41 presentations in meetings at the local, regional or international levels.

lim@stjohns.edu

Int J Emerg Ment Health, an open access journal
ISSN: 1522-4821

Mental Health 2017
June 21-23, 2017

Volume 19, Issue 2 (Suppl)

Page 24