Resilience Resources

RESILIENCE CENTERS
Resilience Research Center; Halifax, Nova Scotia (Includes links to peer reviewed research articles, scholarly books and book chapters, as well as media articles and research reports)
http://resilienceresearch.org/
Penn Resilience Training at the Positive Psychology Center at the University of Pennsylvania,
https://ppc.sas.upenn.edu/services/penn-resilience-training
Center for Counseling and Personal Growth at Clark University,
https://www2.clarku.edu/offices/counseling/mental-health-toolbox/happiness.cfm
Center for Spirituality and Healing at the University of Minnesota,
http://www.loyola.edu/academic/pastoralcounseling/resilience-center
Resilience Center for Veterans and Families at Teachers College Columbia University,
http://www.tc.columbia.edu/resiliencecenter/
Center for Family Resilience at Ohio State University,
https://cfr.okstate.edu/
Center on the Developing Child at Harvard University (Key concept: Resilience),
http://developingchild.harvard.edu/science/key-concepts/resilience/
The Resilience Project at Stanford University,
https://undergrad.stanford.edu/resilience/learn/about-resilience-project

SCHOLARLY ARTICLES
Resilience in Children. (2006, December). *Annals of the New York Academy of Sciences*, vol. 1094. *(This entire volume (42 papers) is on resilience in children).*

POPULAR BOOKS
*The Upside of Stress: Why Stress is Good for You and How to Get Good at It* (2015) by Kelly McGonigal.

POPULAR ARTICLES


“10 traits of emotionally resilient people” by Brad Waters in Psychology Today, May 21, 2013, https://www.psychologytoday.com/blog/design-your-path/201305/10-traits-emotionally-resilient-people

EXPERTS

Psychology Today has a “Meet the Experts” page with a list of scholars who are resilience experts, https://www.psychologytoday.com/experts/topics/resilience

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