Rethinking Resilience

A Call for Interdisciplinary Collaboration to Promote Community Wellbeing!

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A Call for Interdisciplinary Collaboration!
Psychology is the study of human behavior.
Individual behavior.
Community behavior.
Systems thinking.
Social ecology.
Bronfenbrenner’s Ecological Theory

Chronosystem

Macrosystem

Exosystem

Mesosystem

Microsystem

You

Family, School, Peers

Religious Affiliation

Workplace, Neighborhood

Overarching beliefs and values

Dimension of Time

Bronfenbrenner, 1979
We behave in ways that help us survive physically and psychologically.
Resilience

• Bounce back
• Adapt
A brief history of *resilience* in psychology.
“I think resilience is the ability to bend around a situation and come back to your normal shape. I see people warp around a decision or an action. They never come back to their normal shape. I see people that fight the situation and fight it and fight it and they break. If you could bend around it and snap back, it's like being a rubber band. You just come back to your normal shape and not end up broken or bent out of shape.”

Robinson & Lowery, 2014
"If I have kindle sticks to start a fire, but, I don't have a fire starter, what am I gonna do? There's nothing; I just have a whole bunch of nice, flammable sticks, but, no fire!"

Robinson & Lowery, 2014
“In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their capacity individually and collectively to negotiate for these resources to be provided in culturally meaningful ways.”

Ungar, 2008
What does this mean to you?
Call for collaboration.
Thank you!