

## The Resilience Skill Set: Bouncing Back from Disappointment, Difficulty, even Disaster: Video Course

Linda Graham

Video Course  
CPD/CE credits: 4

Price: £115



Online video access remains available for 1 year from the date you receive the video course.

Resilience, the capacity to cope quickly, skillfully and effectively with any stress or adversity is especially needed in times of sudden transition and upheaval – when what we thought was solid ground turns to quicksand under our feet. At this stage especially, helping clients **bounce back** from the challenges and crises of their lives may also require helping them **bounce forward** to a new normal.

At this seminar with Linda Graham, we consider neuroscientific evidence and focus on **the ways in which our clients can harness the brain's processes to rewire their defensive / dysfunctional coping strategies.**

Modern neuroscience has shown how we can use the brain's innate neuroplasticity to modify coping behaviours, even when these appear to be seemingly 'stuck' or intractable. At this seminar, we will look at the tools and techniques that work best when we want our clients to:

- Reverse the impact of stress and / or trauma
- **Come out of anxiety, depression, grief, loneliness, guilt and / or shame**
- Deepen self-compassion and empathy that connects them to inner resources
- **Strengthen their resonant relationships** that foster perseverance and
- Shift their perspectives through mindful awareness

Linda helps us identify therapeutic techniques that can be applied across modalities. Specifically, we look at:

- The **use of body-based tools** to help clients reverse the impact of stress and trauma on their nervous system, returning to an inner sense of safety and equilibrium and their natural range of resilience
- Helping clients manage disruptive emotions while deepening self-compassion and empathy. We learn the process for cultivating the positive emotions that **antidote the brain's negativity bias** and shift brain functioning from contracted survival responses to openness for learning and growth
- Cultivating the self-awareness and self-appreciation that help clients heal from toxic shame, retire the inner critic, and recover their inner well-being



- Teaching the interpersonal **skills that allow clients to trust other people as refugees** and resources in difficult times
- Adapting practices of mindfulness to help clients identify dysfunctional patterns of coping and discern new choices of behavior

The seminar is experiential in format. We learn tools for guided visualisations, written reflection and empathic conversations to guide clients through the five factors requisite for growth:

- **Acceptance of Reality:** and the consequences of what has happened. We learn how we can help our clients use their brain's social engagement system to manage surges of emotions, generate a neuroception of safety, and prime the brain's plasticity-receptivity to learning
- **Resourcing with Family, Friends and Community:** helping our clients balance autonomy with intimacy; Skills of resonant relationships: reaching out for help, setting limits and boundaries, repairing ruptures, resolving conflicts and negotiating changes that allow them to navigate their world with skill, trust, and love
- **Recognizing the Positive:** in the midst of the difficult; finding the gifts in mistakes. Practices of mindful empathy and self-acceptance as an antidote to the brain's negativity bias, healing toxic shame and retiring the inner critic; Cultivating positive, pro-social emotions to shift the functioning of the brain out of contraction and reactivity to more openness and receptivity
- **Developing a Coherent Narrative:** of traumatizing events within the larger life story. Understanding the impact of attachment conditioning, including early developmental trauma on brain functioning and resilience
- **Appreciating the new life:** that emerges because of the difficulties, not just in spite of them. Assisting our clients in claiming their capacities to rewire less-than-optimal coping strategies and move towards a thriving and flourishing life.

#### About the speaker

**Linda Graham** is an experienced psychotherapist in the San Francisco Bay Area. She is the author of the forthcoming *Resilience: Powerful Practices to Bounce Back from Disappointment, Difficulty, even Disaster* (September 2018, New World Library) and *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, winner of the 2013 Books for a Better Life award and the 2014 Better Books for a Better World award. She integrates modern neuroscience, mindfulness practices, and relational psychology in her international trainings on resilience and well-being. She publishes a monthly e-newsletter and weekly *Resources for Recovering Resilience*, archived at [www.lindagraham-mft.net](http://www.lindagraham-mft.net).

© nscience UK, 2022 / 23

**There is no known commercial support for this program**

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: [customerservices@nscience.co.uk](mailto:customerservices@nscience.co.uk)

**If you have a disability, please contact us in advance of the course so we can accommodate your needs:**

[customerservices@nscience.co.uk](mailto:customerservices@nscience.co.uk)

US: +18337161044

UK/Europe:  
+44(0)2070961722

Australia:  
+1800861953



nscience UK is approved by the American Psychological Association to sponsor continuing education for psychologists. nscience UK maintains responsibility for this program and its content.