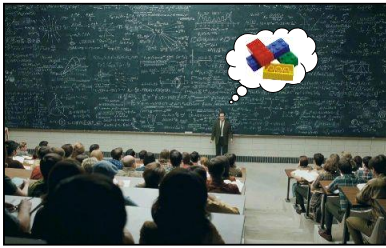


The Resilience Program

– a low cost Mentalization-based intervention Program



Presented by: Jannik Beyer, psychologist, Denmark

Jannik Beyer

Myresilience.org

The Resilience Program

is an open source kept in plain every-day language
and ready to be downloaded and used from

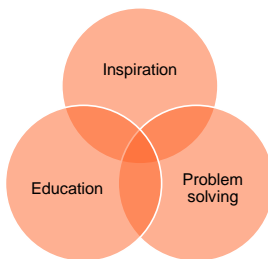
www.myresilience.org

Research in Resilience.org is initiated in:
Denmark, Greenland, UK, Italy and Greece.

Jannik Beyer

Myresilience.org

Resilience in 3 different ways



Jannik Beyer

Myresilience.org

Resilience means:

being able to handle challenges of life,
small as well as big ones –
especially when life is difficult.

Social situations
Tasks and duties
Temptations
Suffering

Jannik Beyer

Myresilience.org

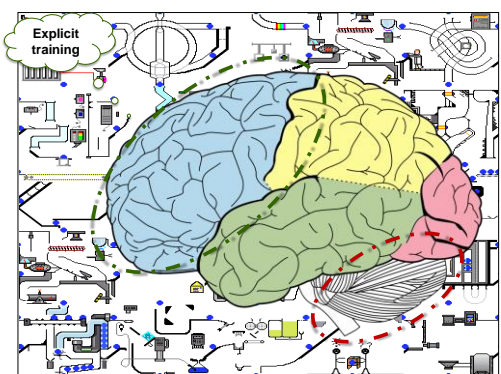
The mind and the hand



How to play a difficult hand?

Jannik Beyer

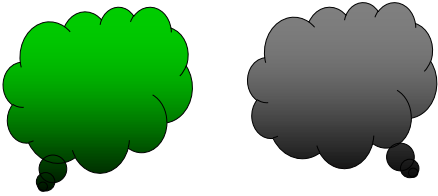
Myresilience.org



Jannik Beyer


Myresilience.org

Two kind of thoughts



Useful thoughts **Useless or even harmful thoughts**

Jannik Beyer Myresilience.org



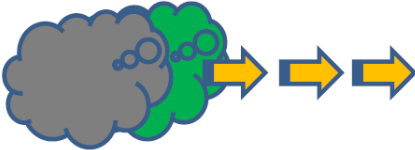
A useful thought don't have to be a happy.
Feeling scared, sad, or angry might be helpful at the right time and in the right context

Jannik Beyer Myresilience.org

... and we learn from those battles ...




Jannik Beyer Myresilience.org



Fighting to keep track of useful thoughts ...
Improves the ability to handle thoughts.
It's almost like learning to control a bike.

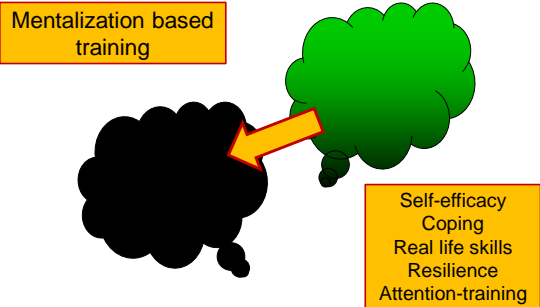
Jannik Beyer Myresilience.org

Resilience and thought battles are connected



Jannik Beyer Myresilience.org

In a more academic (but less simple) language



Mentalization based training

- Self-efficacy
- Coping
- Real life skills
- Resilience
- Attention-training

Jannik Beyer Myresilience.org

Who is thinking?

Jannik Beyer Myresilience.org

The light manager

Jannik Beyer Myresilience.org

The light manager

Who's in charge of the remote control?

Jannik Beyer Myresilience.org

The Thinking Brain and the Alarm Centre

In the centre of the brain we have the brain's Alarm Centre which checks on dangerous and uncomfortable situations.

The frontal part of our brain carries the main responsibility for thoughts and feelings concerning other people. We call it the thinking brain.

Insecurity and anger activates the Alarm Centre. This turns down the Thinking Brain - so it becomes difficult to think and to learn.

Jannik Beyer Myresilience.org

The Emergency Brain - Hazard Flashing

Jannik Beyer Myresilience.org

Appropriate challenges

Frustration

Resilience

Protection

Insecure / Alarm

Jannik Beyer Myresilience.org

Resilience and Praise



Small steps!



Realistic praise and support:

Jannik Beyer

Myresilience.org

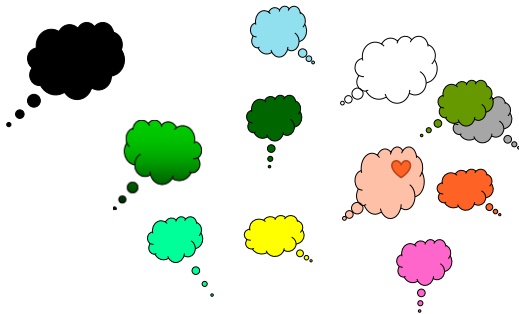
The House of Thoughts



Jannik Beyer

Myresilience.org

The Mind Party



Jannik Beyer

Myresilience.org

The Mind Train



Take a deep breath...

Slow down...

Change train at the nearest station



Jannik Beyer

Myresilience.org

Be the Boss of the Brain



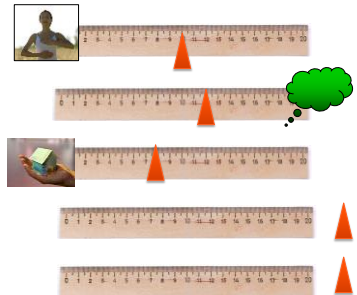
Jannik Beyer

Myresilience.org

Resilience yardstick

Aim for Resilience:
I can manage my temper while playing on the playground

Partial aim:
I can feel when my temper is raising and I can use some of the tools I have in my Resilience Toolbox.



Jannik Beyer

Myresilience.org

Fail, fail again, but fail better !



Jannik BeyerMyresilience.org

Small problems can grow up to be huge problems



Jannik BeyerMyresilience.org

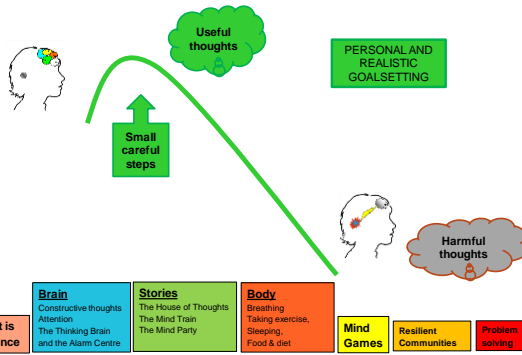
How to ease the Alarm Centre in emergency situations?

Jannik BeyerMyresilience.org



Jannik BeyerMyresilience.org

Resilience: Overview



Jannik BeyerMyresilience.org

Effect and Control studies

The Resilience Program is being tested in trials across a range of different settings in 2013-2018:

- A 3 year follow up project among disadvantaged young people indicates promising long term results in reducing frequency of high risk conflicts, sick leave among staff and program fidelity.
- A cluster randomized controlled trial with 9.000 Danish children and young people in foster care and residential care.
- A randomized controlled trial with 8.000 young people with ADHD.
- A matched controlled whole school approach study with 50 Danish schools
- A matched controlled youth education study for vulnerable students in Denmark.

Research protocols for the four controlled trials are found on the program website: <http://myresilience.org> (on the sub-site "about us") together with an extended review of the scientific background of the program.

Jannik BeyerMyresilience.org

Pilot Studies In the Pipeline

A number of independent researchers and organizations have taken up the program for testing and implementation e.g.:

- The University of Copenhagen
- The Catholic University of Milan
- Schools for Children and Young Students on the Autism Spectrum
- Offenders imprisoned for serious crimes
- Two multinational companies – on health and safety at work
- A number of municipalities in Denmark – for whole community implementation.
- National implementation in Greenland.
- Extensive quantitative and qualitative evaluation is planned for the following 3 years (PhD grant).

Jannik Beyer

Myresilience.org

Summarizing these results:

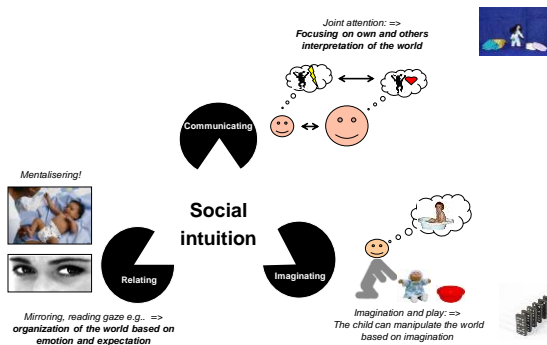
The Resilience Program is showing a clear potential for strengthening the resilience in vulnerable children, adolescents and families ... even in a low cost / no cost setting.

The Program is ready to be downloaded and used from www.myresilience.org

Jannik Beyer

Myresilience.org

Basic steps in mentalization – from an autism perspective



Jannik Beyer

Myresilience.org

A special thank to Dr Poul Lundgaard Bak

Senior researcher on the Danish Child Mental Health Research Program, Aarhus University, Denmark



Thank you for listening

Jannik Beyer

Myresilience.org