

Building Resilience in Individuals Impacted by ADHD

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Definition of Resilience

(Google)

the capacity to recover quickly from difficulties;
toughness

Definition of Psychological Resilience

(de Terte, Ian; Stephens, Christine (2014))

Psychological resilience is the ability to successfully cope with a crisis and to return to pre-crisis status quickly.

The Uses of Resilience

Reivich & Shatte, **The Resilience Factor**, 2002

- **Overcome** the obstacles of childhood
- **Steer through** the everyday adversities that befall us
- **Bounce back** from a major setback
- **Reach out** so that we can achieve what we are capable of

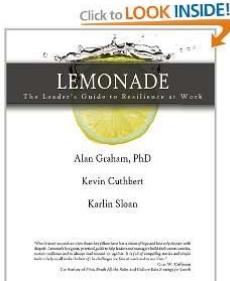
Helping Build Resilience



Why Do We Need to Build Resilience?

- ADHD is a chronic disorder
- It is a rock that is continually being chipped away at as the client with ADHD experiences continued disappointment
- Poor sense of self influences performance and mood.

Lemonade



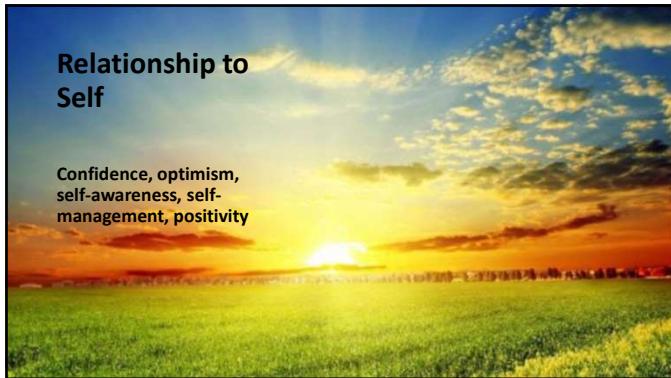
Resilience Research

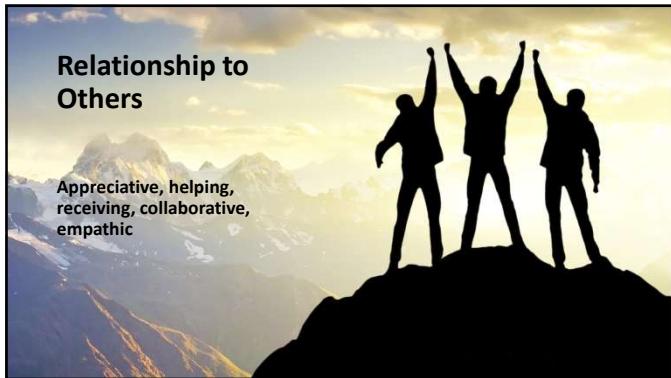
- 1970s – Werner
- 1980s – Block & Block, Masten & Garnezy
- 1990s – Seligman
- 2000s – Reivich & Shatte'



It's All About the Stories We Tell Ourselves

- Relationship to Self
- Relationship to Others
- Relationship to Environment

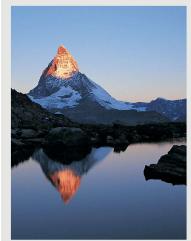






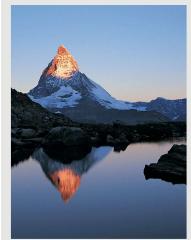
Resilience stories

- Take 2 minutes to reflect upon your own story of resilience.
- It must be one you are willing to share with a small group.
- The goal of the exercise is to determine the strengths that enable your own resilience.



Resilience stories

- Find a group of 3
- Each person will have 3 minutes to tell their story, and then identify how you prevailed. (relationship to self, other, environment)
- Listeners may comment and add input.



Resilience and ADHD



Factors that Promote Resilience in Youth with ADHD (Dvorsky, Langberg, 2016)

- Social acceptance
- Supporting positive parenting
- Self-perceptions of competence

Positive Protective Influences

(Mark Katz)

- Someone believes in them
- Sees risks and adversities in different ways
- Buffers – reduce the number of circumstances that can hurt self-esteem
- Sense of mastery
- Turning point experiences

What is a Resilient Mindset

Goldstein/Brooks, *The Power of Resilience*, 2004

- Feeling in control of one's life
- Knowing how to fortify one's "stress hardiness"
- Being empathic
- Displaying effective communication and interpersonal skills
- Possessing solid problem-solving and decision-making skills

What is a Resilient Mindset

- Establishing realistic goals and expectations
- Learning from both success and failure
- Being a compassionate and contributing member of society
- Living a responsible life based on a set of thoughtful values
- Feeling special (not self-centered) while helping others to feel the same

What is a Resilient Mindset

- Does not mean one is free from stress
- Means that one can successfully cope with problems
- Mindsets can be changed

Which of the Resilience Attributes Accounts for Most of an Individual's Resilience?

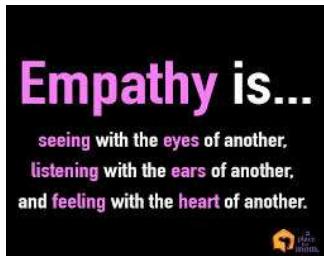
- Strong contribution toward overall resilience
 - Collaborative
 - Future-minded
 - Purposeful
- Moderate contribution toward overall resilience

Self Management	Empathy
Self-Awareness	Reframes
Appreciative	Goal-Oriented
Helpful	

Five Strategies to Build the Resilient Mindset
Goldstein/Brooks

- Teach empathy by practicing empathy
- Teach responsibility by encouraging contributions
- Teach decision-making and problem-solving skills that reinforce self-discipline
- Offer encouragement and feedback
- Help children deal with mistakes

Teach Empathy by Practicing Empathy



Teach Responsibility by Encouraging Contributions



Teach decision-making and problem-solving skills that reinforce self-discipline



Offer encouragement and feedback



*Cheer up...
I'm rooting for you!*

"Broaden and Build" Theory
(Barbara Fredrickson)

Positive Emotion vs. Negative Emotion 3:4:1



Three Good Things Exercise (positive emotion about the present)

- Write down 3 good things that went really well today
- Why did this good thing happen?



Help children deal with mistakes



ABCDE (positive emotion about the future)

- Disputing negative things we say to ourselves
- Adverse event
- Belief
- Consequence
- Disputation
 - Marshall evidence
 - Generate more realistic alternatives
 - Decatastrophize the implications
 - Plan of attack for how you will handle the situation to improve it
- Energy

Exercises to Build Happiness and Resilience

- Three Good Things exercise (positive emotion about the present)
- Strengths Assessments (engagement)
 - VIA Signature Strengths Survey/Children's Strengths Survey
 - Realise2
 - Gallup Strengths Finder 2.0
- Gratitude visit (positive emotion about the past)

Exercises to Build Happiness and Resilience

- ABCDE (positive emotion about the future)
- Acts of Kindness (meaning and relationships)
- Savoring a Beautiful Day (positive emotion about the present)
- Active Constructive Responding (relationships)

More Positive Psychology Interventions

- Goal Setting (Halverson)
- Mission Statement (Biswas-Diener)
- Strengthspotting
- Resilience Stories

The End