Models of Resilience
Module 3: Developing Resilience

If you're interested in learning more about these frameworks, we've included a few references and readings you may want to check out. Ledesma's 2014 article is a great place to start.

Bonanno, George A. "Loss, Trauma, and Human Resilience: Have We Underestimated the Human Capacity to Thrive after Extremely Aversive Events?" *The American Psychologist*, vol. 59, no. 1, Jan. 2004, pp. 20–28.

Ledesma, Janet. "Conceptual Frameworks and Research Models on Resilience in Leadership." *SAGE Open*, vol. 4, no. 3, SAGE Publications, July 2014, p. 2158244014545464.

O'Leary, Virginia E. "Strength in the Face of Adversity: Individual and Social Thriving." *The Journal of Social Issues*, vol. 54, no. 2, Wiley Online Library, 1998, pp. 425–46.

Ungar, Michael. "A Constructionist Discourse on Resilience: Multiple Contexts, Multiple Realities among At-Risk Children and Youth." *Youth & Society*, vol. 35, no. 3, SAGE Publications Inc, Mar. 2004, pp. 341–65.

Werner, Emmy E., and Ruth S. Smith. *Journeys from Childhood to Midlife: Risk, Resilience, and Recovery*. Vol. 236, Cornell University Press Journeys from childhood to midlife, 2001, https://psycnet.apa.org/fulltext/2001-18603-000.pdf.

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