

IDAHO CHILD WELFARE RESOURCE LIBRARY

SELECTED RESOURCES SPECIFIC TO RESILIENCY

SELECTED BOOKS IN THE COLLECTION

(PLEASE VISIT WWW.ICWRTC.ORG FOR MORE RESOURCES)

Fraser, M.W. (Ed.) (2004). *Risk and resilience in childhood: An ecological perspective* (2nd ed.). Washington, D.C.: NASW Press.

This book probes not only into risk but resilience and the protective factors that promote positive developmental outcomes. Firmly research based, it bridges the gap between ecological theory and strengths-based practice and provides a foundation for developing case-specific interventions.

Green, R. (2001). *Resiliency: An integrated approach to practice, policy, and research*. Washington, D.C.: NASW Press.

Presents a comprehensive and practical framework that integrates social work theory, policy, research, and methods to promote resilience-based practice and facilitate its application.

Katz, M. (1997). *On playing a poor hand well: Insights from the lives of those who have overcome childhood risks and adversities*. New York: W.W. Norton.

Presents information about factors that contribute to resilience and describes programs that have been successful in helping individuals overcome adversity. It offers guideposts that caregivers can use to nurture resilience in our youth.

Norman, E. (2000). *Resiliency enhancement: Putting the strengths perspective into social work practice*. New York: Columbia University Press.

In this book, Elaine Norman and her colleagues bridge the gap between theory and implementation to illustrate how resiliency enhancement - strengthening an individual's ability to function competently even in the presence of major life stressors - enables social workers to put the strengths perspective successfully into practice for their clients.

Scaer, R. C. (2005). *The trauma spectrum: Hidden wounds and human resiliency*. New York: W.W. Norton

A neurologist's view of our response to trauma as it relates to individual lifespan events and as a culture. The author re-defines trauma as a continuum of negative life events occurring over a lifespan culminating to shape who we are and how we respond to life events.

Walsh, F. (2006). *Strengthening family resilience* (2nd ed.). New York: Guilford Press.

An informative clinical resource and text presents Froma Walsh's family resilience framework for intervention and prevention with clients dealing with a wide range of challenges. Guidelines and case illustrations address sudden crisis, trauma, and loss; disruptive transitions, such as job loss, divorce, and migration; persistent multi-stress conditions of serious illness or poverty; and barriers to success for at-risk youth.

SELECTED MEDIA IN THE COLLECTION
(PLEASE VISIT WWW.ICWRTC.ORG FOR MORE RESOURCES)

Attainment Productions (1996). *James: Out of the ghetto* [Videocassette]. Verona, WI: Attainment Company, Inc.

A video, from the True Stories Series, features James, a young man who grew up in the mean streets of south Chicago. Dr. Steven Wolin shows James how to understand and cultivate his own hidden strengths.

Attainment Productions (1996). *Tanika: Sixteen and on her own* [Videocassette]. Verona, WI: Attainment Company, Inc.

A video about Tanika, who left a difficult home situation at age 16 to make it on her own. Dr. Steven Wolin shows Tanika how to understand and cultivate her own hidden strengths.

Goldstein, S. & Brooks, B. (2003). *Tough times, resilient kids: The documentary* [DVD]. Salt Lake City, UT: Resilience Partners, LLC.

Hosted by Emmy award winning broadcast journalist Mike Schneider, this dvd program follows the lives of American families in an effort to discover the sources of problems facing today's youth and discovers why some thrive while many others struggle to survive.

Wolin , S. & Wolin, S.(1994). *Survivor's pride: Building resilience in youth at risk* [Videocassette]. Verona, WI: Attainment Co. Inc.

A video featuring authors Dr. Steven and Sybil Wolin speak about resiliency, teaching kids to learn to recognize their own inner strengths and take "survivors pride" in rising above difficult circumstances.



IDAHO DEPARTMENT OF
HEALTH & WELFARE

To request any of these resources please contact:

Idaho Child Welfare Research and Training Center
Dana Broderson, Library Specialist
2005 Ironwood Parkway Suite 130
Coeur d' Alene, ID 83814

Phone: 208-676-1186 ext. 221
Toll Free: 800-745-1186 ext. 221
Fax: 208-676-0435
Email: brodersd@dhw.idaho.gov
Website: www.icwrtec.org