

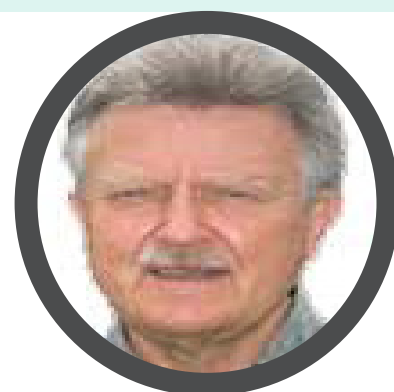
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THE CHALLENGE- RESILIENCE

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The Challenge-Resilience, a resourcefulness model was inspired by the Western philosophical and cultural traditions, and observation how people cope with life adversities. In reference to clinical practice, the thesis is that any successful coping and psychotherapeutic interventions including cognitive and emotional processes that mobilize clients to face courageously life problems (which refer to Challenge-Resilience constructs) and to seek resources that would enable engagement in sustained, value oriented activities on a chosen level of efficacy. Support for such an approach is found in the ego state therapy, Eriksonian concept of utilization, Antonovsky's sense of coherence and in positive psychology, especially Hobfoll's Conservation of Resources Theory and Frederikson's broaden and built theory referring to positive emotions. Data from new assessment measures will be described based on research utilizing Resilience to Trauma Scale (Research Edition) and Resourcefulness for Recovery Inventory (Research Edition) that was conducted by clinics and research facilities in Canada, Poland and in Russian Federation. Psychometric properties of these two measures will be reviewed along with their relationships with pathological manifestations. Specifically, it will be described what resilience to trauma represents clinically, what are people's personal resources and how resources modify the post traumatic pathology, change the clinical course and predict outcome from therapy, both in psychotraumatic and serious physical conditions. The relationships between the subjectively assessed sense of good health of parents and their offspring's based on acknowledged resourcefulness will also be described. The model and the described measures will be presented as the clinical tools for diagnostic and treatment purposes, and as a practical and universal way of successful dealing with life adversities.



Biography

Marek J Celinski has been a Rehabilitation Psychologist (Ph.d) and a provider of neuropsychological services in his private practice focusing on rehabilitation and assessment of head injury since 1977. Previously he was the Senior Psychologist and Consultant to the Head Injury Program at the Downs view Rehabilitation Centre (WCB) until its closure. Presently, he remains as a part-time Consultant with the Workplace Safety and Insurance Board. He also studied under Alexander Luria in Moscow and Prof. Egon Weigl in Berlin. He has presented at national and international conferences, and has published more than 50 papers and book chapters on the subjects of clinical psychology, rehabilitation, neuropsychology and hypnosis. He is the author, co-author of a number of clinical and rehabilitation tests and materials at various stages of publication and development with RREES. These activities include his having co-authored (with Dr. Salmon) "the Rehabilitation Survey of Problems and Coping", "the Rehabilitation", "Neuropsychological and Health Status Inventory", and the "Headache and Dizziness components of the Rehabilitation Education and Coping Series". He is Specialist in Neuropsychology and is a Registered Psychologist in the Province of Ontario. He is affiliated with the Ontario, Canadian and American Psychological Associations, the Canadian Register of Health Services Providers in Psychology and the Canadian Academy of Psychologists in Disability Assessment.

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