



*Explorations in Mental Health*

# **FOSTERING RESILIENCE BEFORE, DURING, AND AFTER EXPERIENCES OF TRAUMA**

**INSIGHTS TO INFORM PRACTICE  
ACROSS THE LIFETIME**

Edited by  
Buuma Maisha, Stephanie Massicotte  
and Melanie Morin



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# Contents

<i>List of Illustrations</i>	vii
<i>List of Contributors</i>	viii

Hélène's Story: What Does Resilience Look Like? A Personal Testimony on My Journey	1
HÉLÈNE CAMPBELL	

1 Introduction: Resilience: When, Where, Why and for Whom Is It Relevant?	7
BUUMA MAISHA, MELANIE MORIN AND STEPHANIE MASSICOTTE	

## PART I

### **Developing Resilience Prior to Facing Mental Health Challenges and Adversity**

2 An Experiential Learning Tool for Teaching About the Promotion of Child Resilience to Mental Health Concerns: Moods Managed	15
LAURA LYNNE ARMSTRONG	
3 Social Media and Resilience	25
STEPHANIE MASSICOTTE AND MELANIE MORIN	
4 Resilience in the Older Adult	38
JUDITH MALETTE AND NICOLAS GALTON	
5 Identity and Resilience in Victims of Trafficking for Sexual Exploitation	55
WILLEM F. SCHOLTE, RINA S. GHAFORKHAN AND LINDA M. VERHAAK	

**PART II**

**Resilience and Identity During Adversities** 69

- 6 Resilience, Spirituality and the Imaginary in the Context of  
Chronic Pain 71

CHRISTIAN R. BELLEHUMEUR AND LAURE-MARIE CARIGNAN

- 7 A Resilient Identity: Myth or Reality? 95

STEPHANIE MASSICOTTE

- 8 Resilience as it Relates to the Young Adults with a Sudden Onset  
of Chronic Illness 111

MELANIE MORIN

- 9 Acculturation Stress and Resilience Among Immigrant Families 127

WINNIE PAK WAN YEUNG AND CHRISTIAN R. BELLEHUMEUR

**PART III**

**Nurturing Resilience Following Traumatic Events** 147

- 10 Grieving and Resilience Factors for the Widow(er):  
Role Transition 149

GHISLAINE BENMOUSSA AND BUUMA MAISHA

- 11 Relationships as Resilience and Posttraumatic Growth Factors for  
War-Time Survivors with Interpretations of Rape as Sexual  
Taboo: Healing Embrace 170

BUUMA MAISHA

- 12 The Narrative of Resilience Through Social Media in the Black  
Community: #Overcome 182

SHANNA OSSÉ AND STEPHANIE MASSICOTTE

- 13 Conclusion: The Lessons We Learned on Resilience  
and Adversity 191

BUUMA MAISHA

- Index* 195

# Illustrations

## Figures

6.1	Durand's classification of structures of the imaginary.	80
9.1	Three basic tenets of resilience (translated and adapted from Lecomte, 2010)	130
9.2	Severity of participants' experience of cultural tension	141
11.1	R-STO illustration	176
11.2	R-STO and posttraumatic growth	177

## Tables

6.1	ABCDE strategy	76
6.2	Durand's ASI as a framework regrouping emotional consequences and attitudes related to chronic pain, and various elements of resilience and spirituality	85
6.3	Durand's ASI as a framework classifying common processes to resilience and spirituality along with various tips to deal with chronic pain	88