

Course Information Sheet for:

Psychology:

Resilience: dealing with adversity

What is this course about?

The concept of resilience has received a lot of attention from psychologists recently. Originally focussed on how children deal with stressful or traumatic environments, it soon became apparent that the concept can equally apply to adults.

While all of us have to face adversity from time to time in life, some of us seem to cope much better than others.

Losses, trauma, accidents, illness, arguments and conflict, living with physical and psychological pain; all of these can get to us and get us down, especially if they are chronic or ongoing. But resilient people seem to be able to weather the storms, bounce back from the blows and get back on our feet more easily and quickly than non-resilient types.

So what exactly is resilience? Where does it come from? Is it inherited, part of our character structure, or is it learned from observing others and through practicing resilient habits? This weekend will explore the nature of this valuable human quality and look at how we may be able to develop and nurture our own capacity to live resiliently.

Tutors: Jonathan Smith and Laura Dain

Date: 20th - 22nd April 2018

What do I need to bring?

Pen and paper; and your curiosity and a willingness to join in. Please also bring along a poem, piece of music, a picture or something similar that relates to the theme of the week as we will share these in the Saturday evening session.

What experience do I need to get onto this course?

No formal experience needed.

What will I have achieved by the end of the course?

Debden House Centre
Debden Green
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An understanding of the nature of resilience, and some possible strategies for helping yourself to become more resilient.

What's included in the weekend residential?

- All tuition.
- All meals from Friday Dinner to Sunday lunch. Vegetarian options are always available. If you have any special dietary needs please inform us on enrolment.
- Morning and afternoon refreshments throughout the course.
- Two nights shared occupancy accommodation. Single rooms may be available at a small surcharge, please enquire when booking.
- Access to wifi.
- Free parking subject to availability.
- Use of the beautiful grounds at Debden House.

Length of the course:

It is a weekend residential course, Friday evening to Sunday after lunch.

Course fee:

Please apply to Debden House for details. You may be entitled to a concession if you are a Newham resident. Proof of resident status must be produced at the time of enrolment.

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