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From fragility to flourishing: A new CBT model of resilience and a tool for developing it

Models of resilience are largely absent in the resilience literature. In this theoretical paper, I will present my model of resilience that takes a Cognitive Behavioural approach, the model takes cognizance of first, second and third wave CBT research findings and theory. It is also founded upon positive psychology concepts such as learned optimism and flourishing. It argues that people are resilient when they have learned to sit still, bounce back and spring forward. The model also incorporates metacognitive CBT in its understanding of how to be resilient. I will review current literature on resilience and positive psychology. In particular, I will look at Neenan's understanding of resilience and Padesky and Mooney's Strengths-based intervention to develop resilience. Both are CBT models. Finally, I will present my own model of resilience and introduce the RATT which is the Resilience Awareness Training Tool which I have developed to facilitate the building of resilience in clients in a therapeutic/coaching setting. I will encourage discussion of and seek feedback on my model as applied to real life situations.

Biography

Nimmi Hutnik is a Chartered Counselling Psychologist and an accredited cognitive behaviour therapist. She is also an academic with a Doctorate from Oxford University. She was Senior Fulbright Research Scholar at the California School of Professional Psychology. She has recently launched a new course in CBT at London South Bank University: Advanced CBT Practice (Resilience and Positive Development). She has worked with Dr.Christine Padesky on resilience research. She has presented at a number of prestigious conferences in UK where she lives and practices.

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