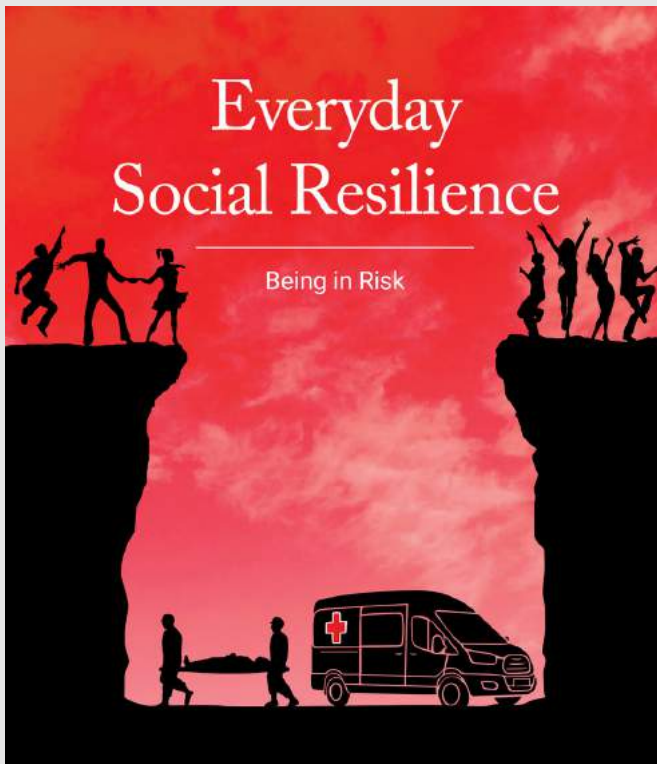


EVERYDAY SOCIAL RESILIENCE



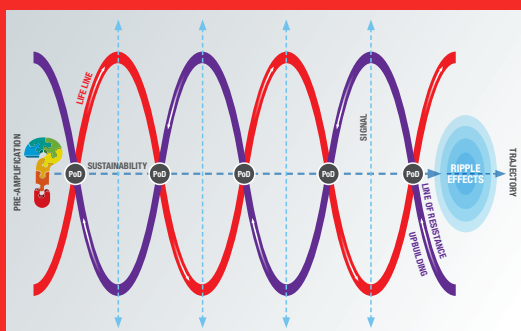
PROGRAM



Dr Robert Long



The foundation for the program is the text by Dr Robert Long - *Everyday Social Resilience, Being in Risk*. Each participant in the Program is expected to download and read this book in preparation for the workshop.



EVERYDAY SOCIAL RESILIENCE WAVE SPoR

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The program presents a research-based approach that demonstrates that popular language and approach to resilience are based on a false strategy that is primarily individualistic, brain-centric, based on 'effort' and disconnected from *Socialitie*.

All the research shows that the most successful approaches to risk are enabled by social connection, community and family support, supporting groups and collectives and, an ecological understanding of risk factors, trauma and stress. All forms of mental health dysfunction surface and present through social disconnectedness and withdrawal.

The focus of this program is based on the extensive and successful work of Gabor Mate, Bessel Van Der Kolk and embodied being research (Antonio Damasio and Mark Johnson).

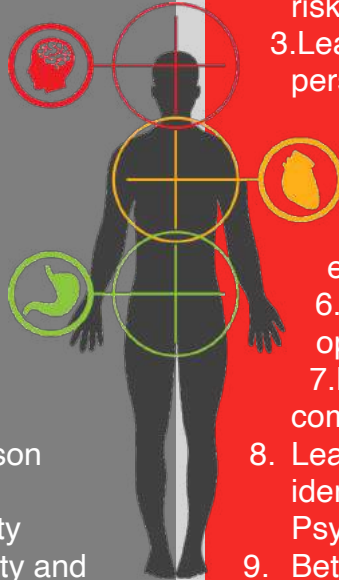
In order to claim back the dynamic of what resilience is really about, our language and discourse has to change. Rather than think of resilience as static, bounce back or pull yourself together, SPoR thinks of *Resiliencing*, the constant and ongoing enactment of Everyday Social Resilience.

Connected to Everyday Social Resiliencing are other critical factors such as: embodied learning, communities-of-practice, Discourse analysis, Transdisciplinarity, Interaffectivity, Holistic Ergonomics, Spirituality, Poetics, Semiotics, Psychology of Goals, Mentalities and the Collective Unconscious.



Course Content

- Language Audit
- 1B3M
- Why Resiliencing?
- *The Resilience Paradigm*
- *Engineering, Behaviourism & Scientism*
- Traditional understanding of resilience
- Individualism, slogans eg. Bounce back etc
- Resilience Myth making
- Ritual Affirmation
- The ongoing, ecological and active need for learning
- The SPoR BoK, i-thou
- Transdisciplinarity, Dialectic and The Rhizome
- Resilience & Wickedity
- Thinking Semiotically, Poetically and Ecologically
- What is embodied learning?
- Fallibility, The Embodied Person
- Resonance, Body Memory
- Interaffectivity/Intercorporeality
- Wellness, Mindfulness, Identity and Belonging
- Resiliencing
- Meaning, Control and Purpose as motivation
- Mandala workshop, *Socialitie*, *Mentalitie*
- The Semiotics and Poetics of *Communitie*
- (What about teams/teaming?)
- Communities of Practice
- Building a Community of Practice
- SPoR and Goal Layers
- The Everyday Social Resilience Wave



Expected Outcomes

By the conclusion of this workshop participants will:

1. Better understand the nature of stress, distress, eustress and trauma.
2. Be equipped with solid research into wellness, Mindfulness and Psychosocial risk.
3. Learn about an ethic of risk and personhood.
4. Be introduced to SPoR methodology and methods to assist Socialitie.
5. Learn tools and semiotic models to empower Resiliencing.
6. Develop skills in effective listening and open questioning.
7. Learn how to identify and create communities-of-practice (Wegner)
8. Learn basic pastoral care skills to help identify and help people who are harmed Psychosocially.
9. Better understand in-group and out-groupness.
10. Better understand the Psychology of Goals
11. Apply the Everyday Social Resilience tool

Skills

WS, HS, GS
iCue Listening
Open Questioning
Relational thinking



SPoR Tools

- Everyday Social Resilience Tool
- The Wave of Life
- Concept Mapping Waves
- Concept mapping relationships using iCue
- Mandala
- Competing Values Framework
- The Living Question
- SARF
- Layers of Goals Tool

