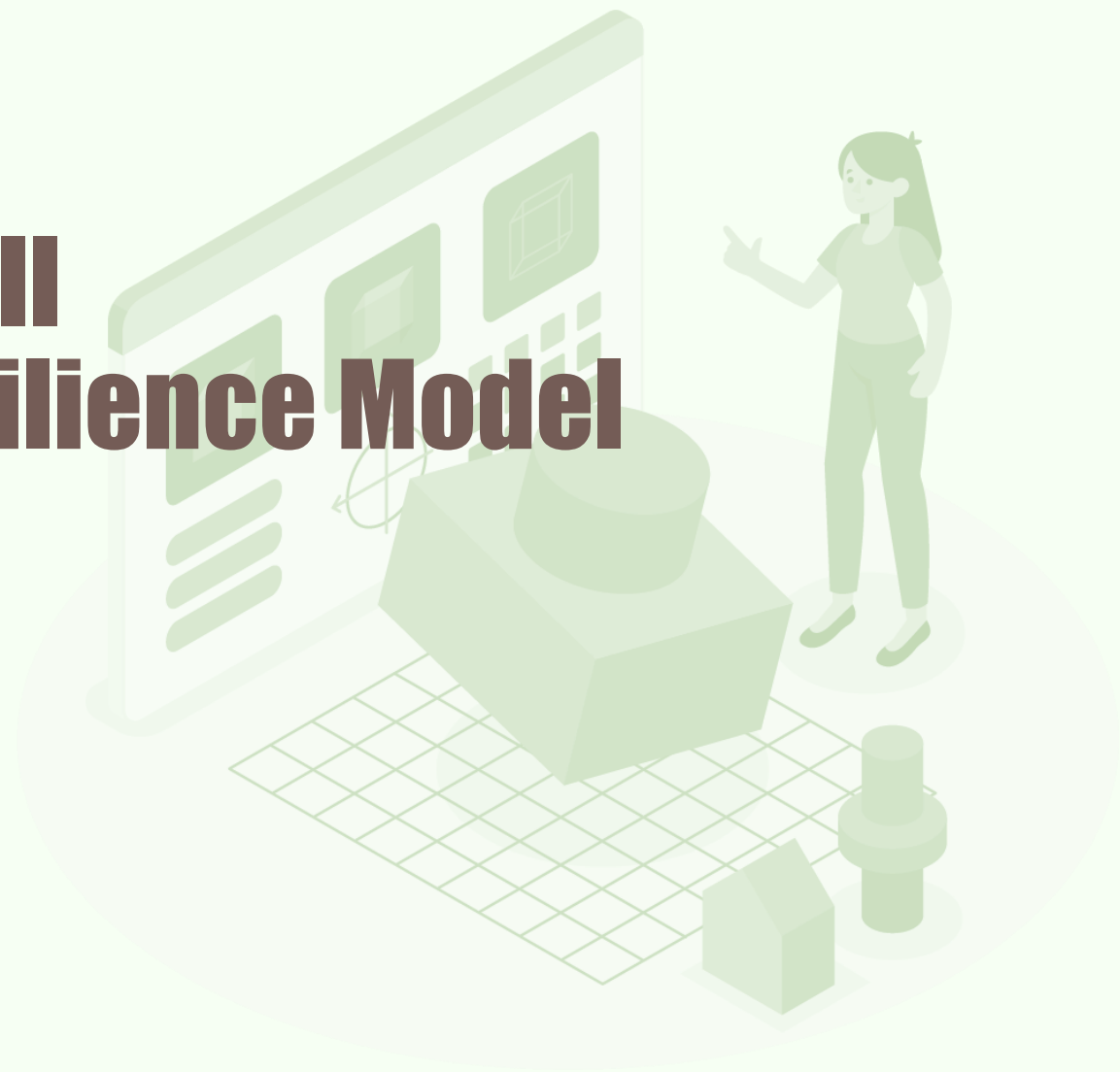


Part III

Richardson's Resilience Model



What is the “process”
of attaining the
identified resilient
qualities?



Glenn Richardson's Resilience Model

(Richardson, 2002)

Stressors/ Adversity/ Life

Events

Protective

Factors

Biopsychospiritual
Homeostasis

Normal
stage

Disruption

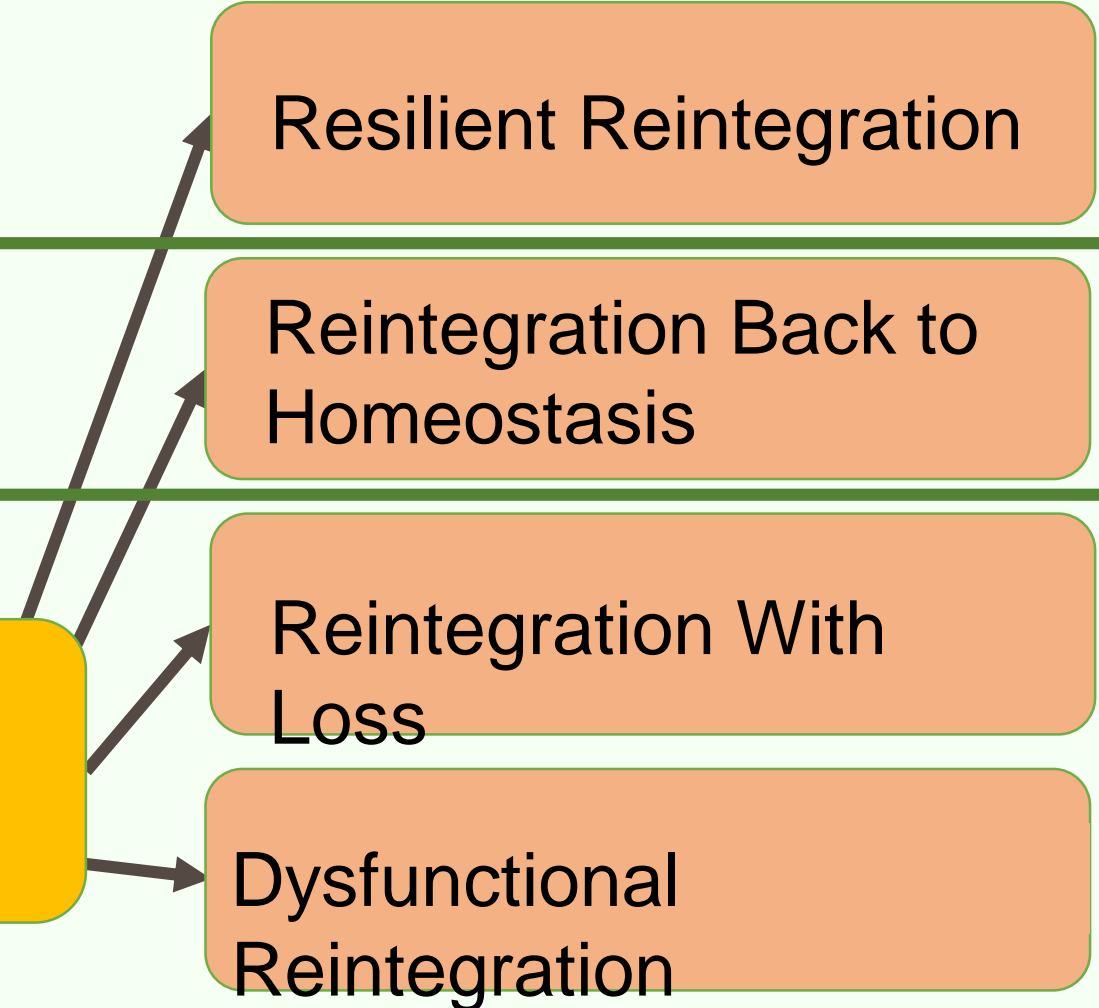
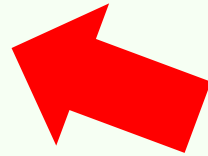
Reintegration

Resilient Reintegration

Reintegration Back to
Homeostasis

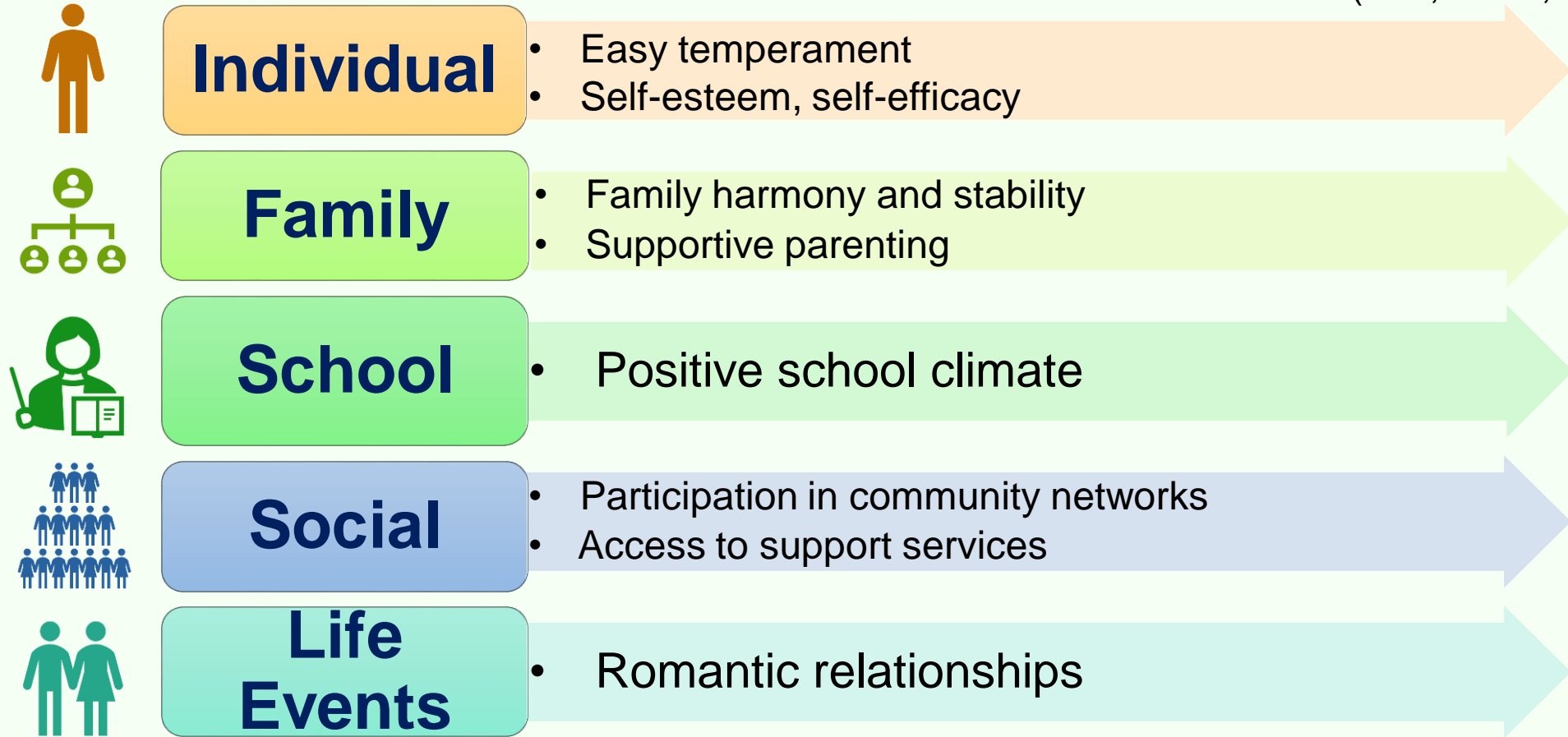
Reintegration With
Loss

Dysfunctional
Reintegration



Protective Factors (Internal and External Resilient Qualities)

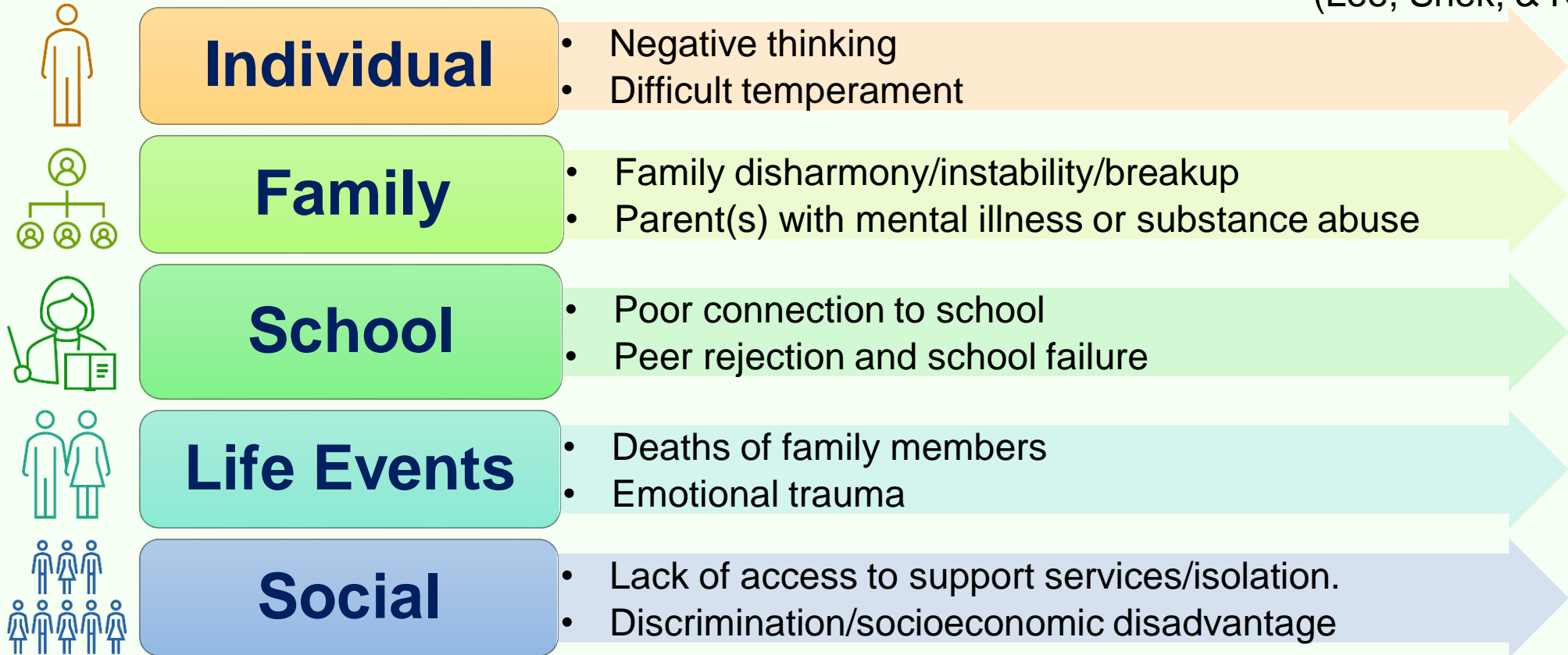
(Lee, Shek, & Kong, 2007)



Risk Factors

- Conditions or attributes that prevent people from dealing effectively with stressful events

(Lee, Shek, & Kong, 2007)



Glenn Richardson's Resilience Model

(Richardson, 2002)

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n

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Glenn Richardson

Stressors/ Adversity/ Life

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Normal
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Disruption

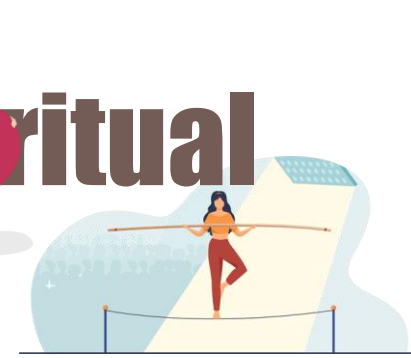
Reintegration

Biopsychospiritual Homeostasis

- In one's own **comfort zone**.

- Body, mind, and spirit are in a **stable state**.

- **Successful adaptation:** physically, mentally, spiritually.



Glenn Richardson

Stressors/ Adversity/ Life

Events

Protective

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Biopsychospiritual
Homeostasis

Normal
stage

Disruption

Reintegration

Disruption



- Knocks the individual out of homeostasis.
- An individual's intact world paradigm is changed, which may result in **positive or negative outcomes**:



- positive outcomes: a new job, new romantic relationship
- negative outcomes: argument, car accident

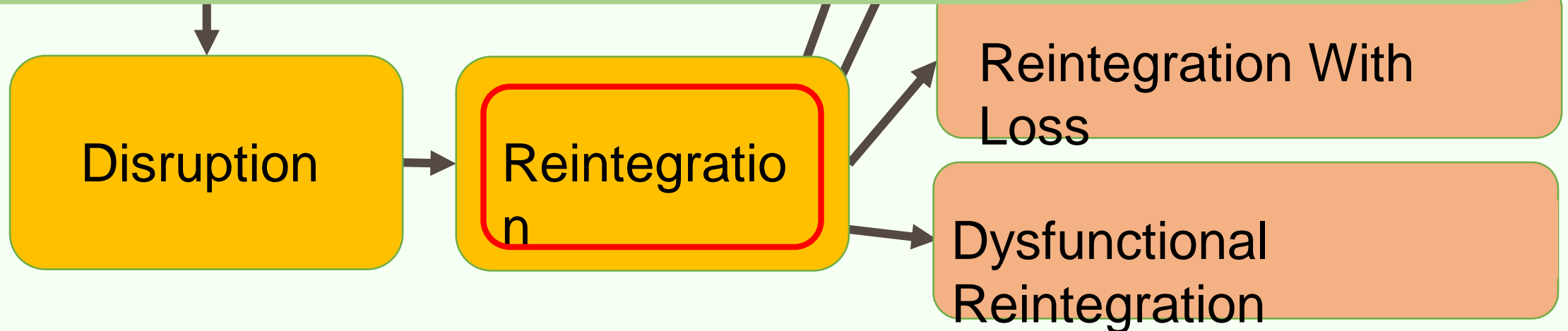
- An intermediate process in which one considers remedies



- Thinking about what to do about the disruption



- 4 possible outcomes



Glenn Richardson's Resilience Model

(Richardson, 2002)

Stressors/ Adversity/ Life

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Disruption

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Resilient Reintegration

Reintegration Back to
Homeostasis

Reintegration With
Loss

Dysfunctional
Reintegration

a. Resilient Reintegration

(Richardson, 2002)

- Experience some **insight** or **growth** through disruption.
- Resilient reintegration results in the **identification or strengthening of resilient qualities**.
- The process identifies and nurtures **resilient qualities**.



b. Reintegration Back to Homeostasis

(Richardson, 2002)

- The individual may turn down opportunities for growth to **avoid disruption**.
- The aim is to heal and “**just get past**” a disruption.
- Return to the **normal state**, biopsychospiritual homeostasis.



c. Reintegration with Loss

(Richardson, 2002)

- People **lose motivation, hope, or drive.**
- Reintegration with loss results in **distrustfulness** and **aimlessness.**



d. Dysfunctional Reintegration

(Richardson, 2002)

- People resort to **disruptive behaviors** (such as substance abuse) or other means to deal with stressful life events.



References

- Lee, T. Y., Shek, T. L., & Kwong, W. M. (2007). Chinese approaches to understanding and building resilience in at-risk children and adolescents. *Child and Adolescent Psychiatric Clinics of North America*, 16(2), 377-392.
- Richardson, G. E. (2002). The metatheory of resilience and resiliency. *Journal of Clinical Psychology*, 58(3), 307-321.