

RESILIENCE SECTION

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The concept of resilience in the field of mental health is multidimensional and interdisciplinary. Potentially every human being has the potential to face adversities but it varies according to the person, the context and the moment of life. It includes genetic, biological, psychosocial, educational and transcultural aspects. Its importance has grown in complexity as well as in potential contributions in prevention in individual, family and community mental health. The idea of thinking as an innate trait has been modified to approach it as a dynamic, complex and feasible process of being promoted. The confrontation of adversities and stress with less impact of anxiety and depression include among others victims of gender violence, politics, forced migration, chronic diseases, natural disasters and catastrophes.

The proposal of this section includes among others the commitment of:

- Promote exchange research and professional training.
- Organization of symposiums workshops and congresses on the subject within the framework of Symposia and Congresses WFMH
- Promote publications and training guides on individual group and community resilience
- Prioritize exchange with other Sections in the perspective of mental health promotion

Goals:

- Updating of theoretical knowledge on resilience.
- Resilience as a process.
- Possibility of learning and growth in the face of adversity.
- Evaluation of resilience factors.
- Dissemination of bibliographic materials and programs to promote resilience in vulnerable groups.
- Exchange of experiences in different countries and communities.
- Integration of biopsychosocial resources in the promotion of resilience.