

Overview of The Transformational Resilience Program

Background on Purpose and Focus

The *Transformational Resilience* (TR) program is designed to help individuals, organizations, and whole communities learn neuroscience-based resilience skills that can enhance their capacity to cope with and turn adversity of many types into catalysts for personal and collective growth. Woven into the program will a focus on building resilience for the chronic traumas and stresses associated with climate change. However, the skills offered during the workshops can help individuals and groups respond effectively to any type of adversity.

The TR program will focus on preventative skills, not post-crisis treatment. That's because global temperatures are set to rise close to 3.6 degrees Fahrenheit (2C) above preindustrial levels in the coming decades, and possibly more. The adversities that result will be added to the stresses of modern life leading to both predictable and surprising types of acute and chronic difficulties. It will be far more effective and less expensive to proactively build the public's capacity to cope with these challenges so they are prepared when they occur, than it will be to try to treat increasingly larger populations of traumatized and stressed individuals and groups after-the-fact.

The TR program will also emphasize using adversity as a catalyst for personal and collective growth. The reason is that the most resilient people use crises as opportunities to learn and alter their lives in positive ways. This is important because it will often not be possible to return to previous conditions after climate change-enhanced ordeals (e.g. see the impacts of Superstorm Sandy and the recent historic floods that forever changed Boulder CO). Individuals and groups will need skills to help them create meaning out of these events, revise their perspectives, and adopt new priorities about what is important in life. Indeed, climate change is likely to be a profound teacher about what's really important and how we want to live our lives.

The TR Program includes 3 interrelated tracks: The *Leaders Self-Care* track helps community leaders of all types learn how to use TR skills to maintain and enhance their personal wellbeing in the midst of many types of adversities. The *Pay-It-Forward* track enhances the capacity of leaders and laypeople alike to learn TR skills, teach them to family, friends, and colleagues, and expand everyone's capacity to cope with adversities of many types while enhancing their wellbeing. The *Safe Haven* track helps organizations and whole communities learn how to use TR principles and practices to transition from trauma-organized to trauma-informed entities that cope with climate and other adversities in ways that enhance individual & collective wellbeing.

2014 Pilot Projects

Four TR pilot projects will be held in 2014 to refine the program and gather pre and post-training data on its effectiveness in preparation for a full-scale national launch in 2015. The pilots will be located in Oakland CA, Eugene OR, Gulfport MS, and in rural communities associated with the Model Forest Policy Project.

Each pilot will begin with the *Leaders Self-Care* track, after which the *Pay-It-Forward* and *Safe Haven* tracks can be offered if desired. The *Leaders Self-Care* track includes a two-day initial training workshop (or two one day workshops separated by a week or so), followed by a half-day refresher workshop a month later, and the establishment of a local “learning hub” where on a regular basis once a month local leaders can share their experiences using the skills, get help with problems, practice different skills, and continue to expand their personal resilience.