

St. Joseph's Syracuse

Curriculum Outline

Building Emotional Resiliency (CRS – WSM)

Duration: 1 X per week for 60 min for 12 wks

Description:

This Class will utilize the Workbook, The Building Resiliency Workbook, by Leutenberg and Liptak, Ed D.

The purpose of this class is to gain an understanding of what is meant by Resilience and explore evidence based factors that build resilience. The workbook focuses on 5 areas: Optimism, Locus of Control, Sense of Self, Ability to Bounce Back and Change Management. Participants will utilize worksheets and discussion to help them explore and build skills in each of these areas.

Expected Outcome: Participants will gain an understanding of the factors that build emotional resiliency and identify ways to build skills in areas of choice that would help them to become more resilient.

Modules:

- Module 1:** What do you hope to learn from this class to support your recovery? Overview of Curriculum; What is meant by Resilience?
- Module 2:** Building Optimism: Hope, Life Outlook, Pessimistic and Optimistic People in my Life
- Module 3:** Building Optimism: Reconstructing my Attitude, Overcoming Obstacles, Creating Goals
- Module 4:** Locus of Control: Development of Locus of Control, Contributing to My Successes, Gaining More Control Over Your Daily Life, Know What I Can and Can't Control
- Module 5:** Sense of Self: My Good Points, My Self Criticisms, Role Models
- Module 6:** Sense of Self: Comparisons, My Successes, Taking Calculated Risks
- Module 7:** Ability to Bounce Back: Overcoming the Victim Mentality and Negative Messages, Invest in Yourself, Take More Responsibility
- Module 8:** Ability to Bounce Back: Learn From Experiences, Staying in the Present Vs. Dwelling on the Past, Prepare for the Future
- Module 9:** Change Management: Exploring Change, When Change Occurs, Changes in Your Life
- Module 10:** Change Management: Feelings and Acknowledging them, Regaining Control, Support
- Module 11:** Review
- Module 12:** My Action Plan