Resilience Following Trauma
Machelle D. Madsen Thompson
Measuring & Implementing Protective Factors in Treatment
Protective Factors as a Treatment Intervention

• Resilience and protective factors are not mentioned in the DSM 5
• Therefore, they are rarely used in treatment planning or interventions
• Despite research showing they offset the negative effects of Trauma and Adverse Childhood Experiences known to cause physical and psychological harm. (eg. Bethell, Gombojav, Solloway, M., & Wissow, 2016).
• Implementing the major protective factors…
Protective Factors

Traumatic Event(s)

Recovery
Protective Factors following Trauma can be measured and implemented seamlessly with adapted CBT

- Self Value
- Self Regulation
- Hopeful Future Goal Setting
- Problem Solving
- Supportive Belief Structure
- Family
- Friends
- Academic Achievement
- Active Diversion
- Supportive Community
- Fewer and less severe additional stressors
Traumatic Event

- Activities
  - Family & Caretakers
  - Self Regulation & Problem Solving

- Protective Factors
- Supporting Resilience

- Spiritual/Existential
  - Family, Partner, Friends
  - Active Diversions
  - Strength & Counseling

Inter-systemic Developmental Shift

Simple Intra-regulation/Dependent Relational → Integrative relational-existential

Early Childhood → Adulthood

Machelle D. Madsen Thompson, 2016
Measuring Resilience: TRSC

- Trauma Resilience Scale for Children.
- Narratives of the Children drove the items.
- Subscales are indicators of strengths in ten protective factor clusters as associated with resilience in over 200 empirical articles and the author’s qualitative work used to formulate the scale.
- Items tested as valid and reliable across gender and ethnicity of North American children.
The measure demonstrates strong psychometric properties across reliability ($\alpha_{\text{stratified}} = .96$), validity, and distinct factor structure modeling with clinical and general population samples. About half the sample self-identified as ethnic minorities. Differential item function showed no biased items for ethnic or gender differences.

**Self-Value**

<table>
<thead>
<tr>
<th>Things about me:</th>
<th>My Answer:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) I like myself.</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>2) I am a good person no matter what happens.</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>3) I can help out.</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>4) I can do good things.</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>5) Mostly, I am pretty cool.</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>6) I love being me.</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>7) I care about myself.</td>
<td>5 4 3 2 1</td>
</tr>
</tbody>
</table>
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