



Role Models of Resilience:
Building hope from despair.



kintsukuroi

(n.) (v. phr.) "to repair with gold"; the art of repairing pottery with gold or silver lacquer and understanding that the piece is more beautiful for having been broken

Resilience as Beauty

“Crisis”

危機

Danger

Opportunity

Destruction and Culture



Olympic Stadium: Sarajevo



*Countless individuals were traumatized
in the Balkan War of the 1990s.*

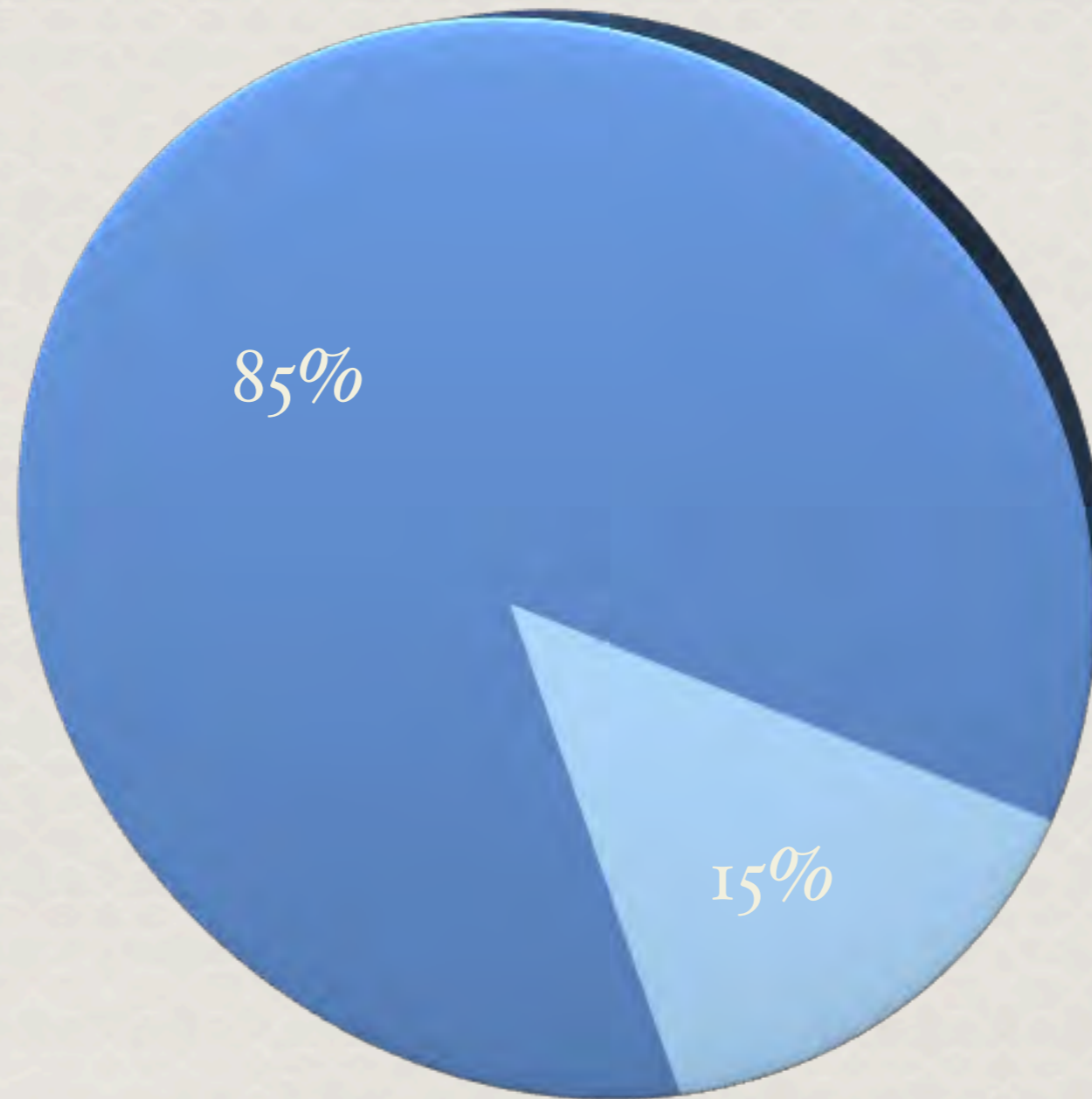


When scale outstrips resources



● Traumatized

● PTSD



The (Mental) Health Model is Inadequate

- ✿ *The “traumatized” aren’t necessarily mentally ill.*
- ✿ *To define them as “ill” (traumatized) is to say they need specialized care. This is inherently disempowering.*
- ✿ *There is a severe limit to specialized care.*
- ✿ *The countries with the best mental health services are understaffed, underfinanced and overwhelmed already.*

Larger Perspective

- ✿ *Must prepare for the needs of the traumatized 15%.*
- ✿ *But, we must NOT ignore the negative effects of large scale loss on the body politic: families, communities, social and political movements, the “social fabric.”*

Suffering and Identity

- ✦ Suffering has predictable affects on personal, community and national identities.
- ✦ If left unattended, these forces have destructive effects on individuals, the social fabric, economies and democracy itself.
- ✦ We must be intentional about the “super-traumatic” effects of large scale events.
- ✦ *We can be pro-active to prevent these negative effects BEFORE a tragic event.*

New York City after 9/11



The Healing Arts Project

Trauma and the Weakened Identity

- ✦ *Flight, not fight (brainstem)*
- ✦ *Purpose*
- ✦ *Competency*
- ✦ *Volition*
- ✦ *Isolation/Alienation*
- ✦ *Social/Ethical Engagement*



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Trauma and the Rigid Identity

- ✦ *Fight, not flight (brainstem)*
- ✦ *Purpose*
- ✦ *Capacities*
- ✦ *Highly Motivated*
- ✦ *Active in Struggle*



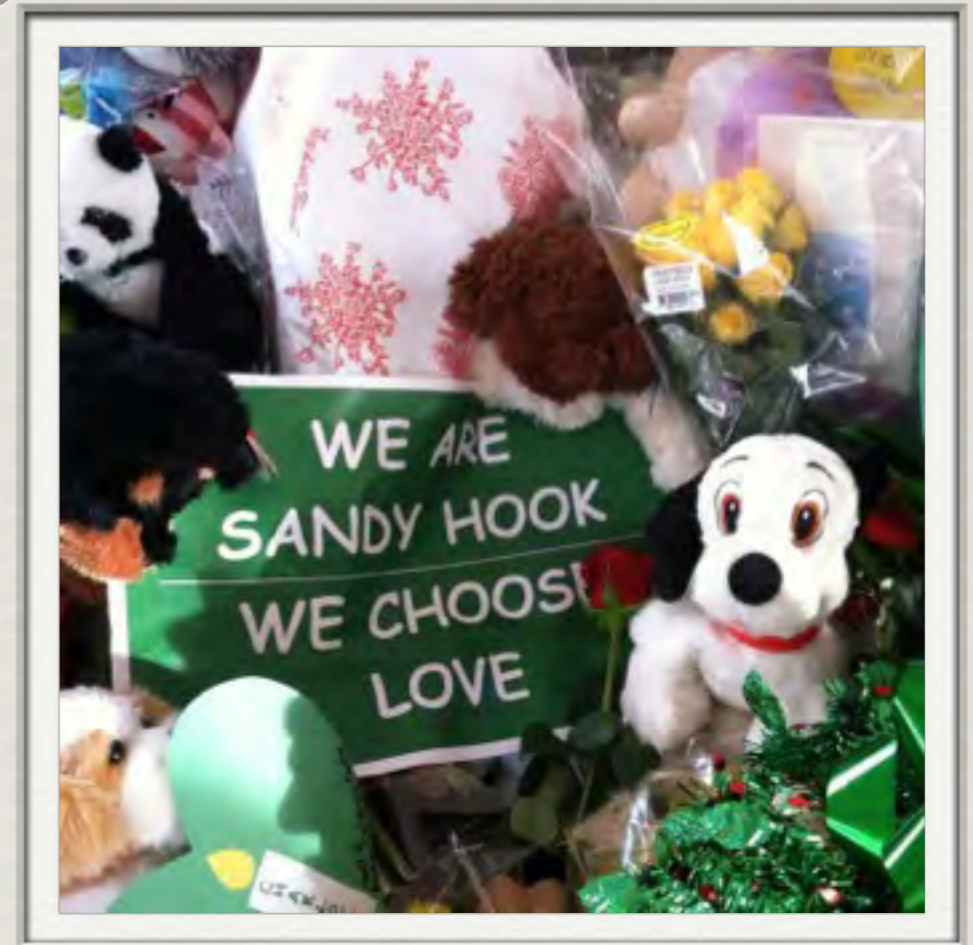
الإعدام بربط السجنين بقوة مدفع و هي طريقة استعملت مع العديد من الد
أما هذه الصورة فالتقطت في شيراز لإعدام سجين مسلم بنفس الطريقة
في بداية القرن العشرين في ساحة أرغ كريم خان بمدينة شيراز

Struggle for Survival



Trauma and the Compassionate Identity

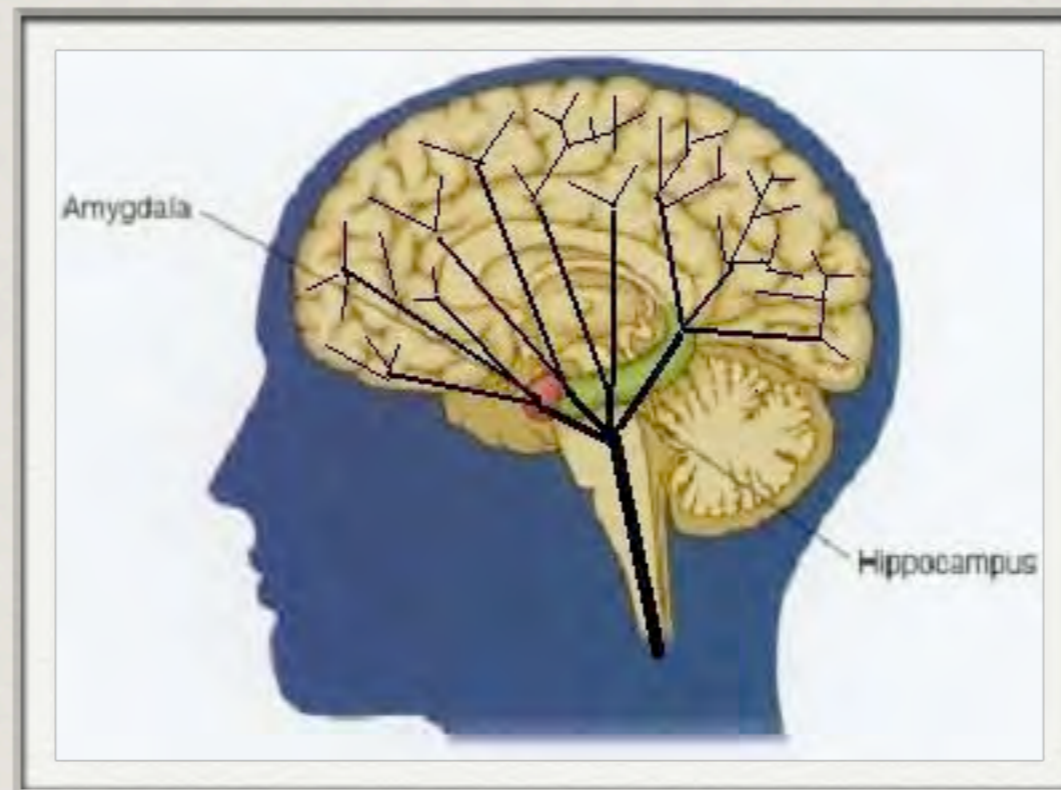
- ✦ *Suffering leads to Common Identity*
- ✦ *Empathy (cortical)*
- ✦ *Unific Exercise of Will*
- ✦ *Reciprocal inter-participation*
- ✦ *Fairmindedness, Equity, Justice*
- ✦ *Transformation in Communication*



Civilization and Its Discontents, revised.

- ✿ *Fight or Flight responses are essential for survival, but disastrous for civil life.*
- ✿ *Default survival brain-stem responses are fully active at birth.*
- ✿ *Our civilizing capacity is potential and pre-emergent.*
- ✿ *Resolving the neuroses that arise between the two is the work of this resilience model.*

The vector of human evolution
is directed toward control of the
brain-stem by the cortex.



Preventive Approach

- ✿ *There are core resilient strengths that can act as an “inoculation” to prevent local tragedies in the first place.*
- ✿ *The absence of these strengths leads to all manner of dysfunctional behavior.*
- ✿ *Instead of treating the symptoms, treat the cause.*
- ✿ *Core resilient strengths can both prevent tragedies and be used as a response to tragedy.*

Dynamic Systems

- ✿ *Synergy/Emergence: The whole is more than the sum of its parts.*
- ✿ *Unity in Diversity: The whole is composed of diverse components and processes that create emergence.*
- ✿ *Complexity: Components and processes are interrelated, interdependent and interparticipatory.*
- ✿ *Communication: Information exchange is open and progressive.*
- ✿ *Self-Organization: Seemingly chaotic events and processes tend toward a vector leading to a dynamic whole.*

The right ingredients ...

under the right conditions...

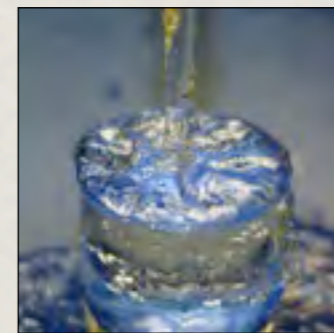


Hydrogen



Oxygen

Emergent Properties: Water



Dignity

*The sum of all of our potential and manifest strengths
= our dignity*

*Resilience: Mobilizing dignity for personal and social
transformation. (Emergence of dignity)*



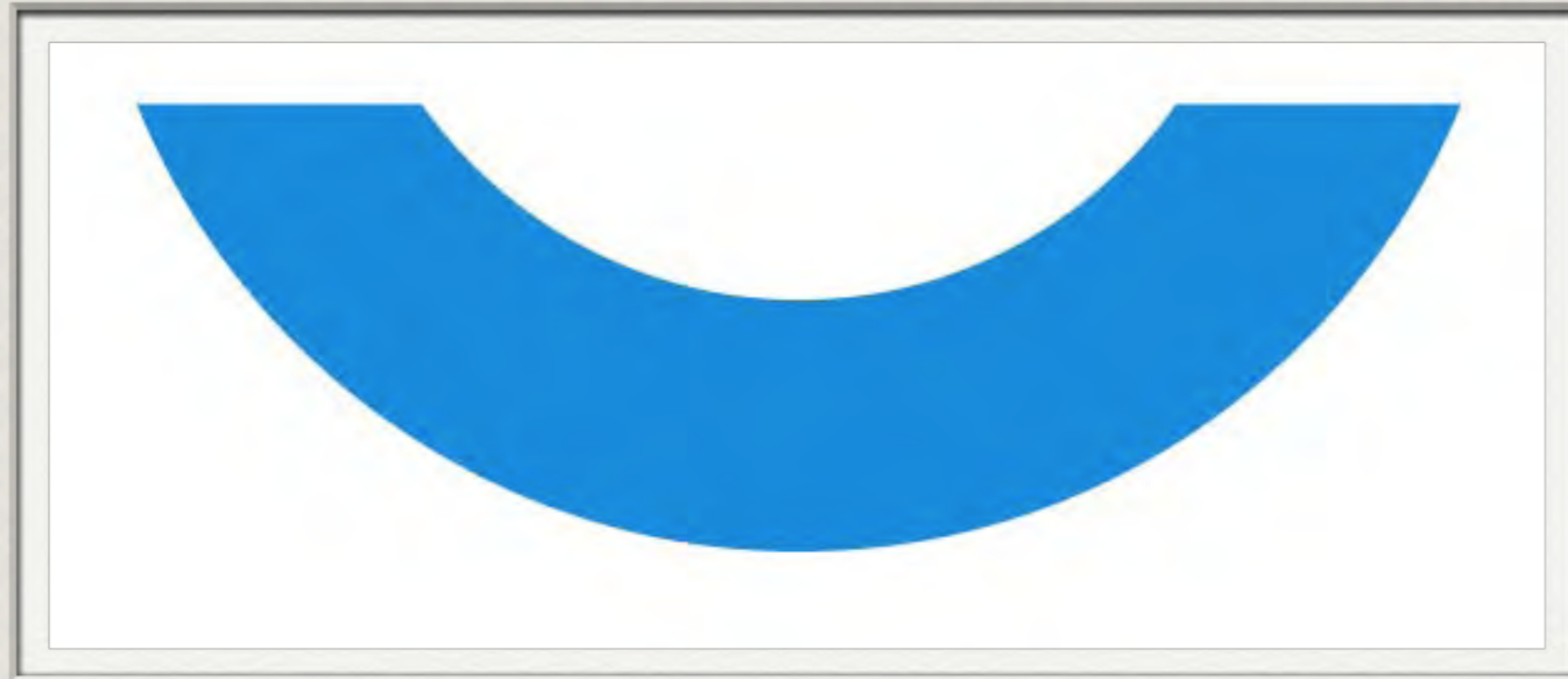


The Unity Project

Creating the Conditions for Emergence

Dynamic unity causes the appearance of emergent properties.





Given the Right Conditions...
(Dynamic Unity)



*Emergence Occurs.
(Dignity unfolds)*

The Unity Project: History



The Healing Arts Project



Post Hurricane Katrina

The Unity Project: History

*“Resilient Responses to Social Crisis
Interfaculty Working Group”*

*Mind Brain Behavior Interfaculty Initiative
Harvard University*



The Unity Project: Uganda



Newtown: 21st Century Conversations



Newtown High School



Newtown PeaceBuilders



“Don’t Be a Lizard!”



Interfaith Association



Resilience as 3 Processes

- ✿ *Unity*
- ✿ *Justice (Fairmindedness)*
- ✿ *Communication*



3 Resilient Processes Moving in 3 Domains

- ✿ *Intrapsychic*
- ✿ *Interpersonal*
- ✿ *Institutional*



Process I: Unity

- ✿ *Conditions for the Emergence of the “Unific Relationship”*
 - ✿ *Safety: physical, dignity*
 - ✿ *Trust*
 - ✿ *Fairmindedness/Equity/Justice*
 - ✿ *Consultation*



Process II: Justice in 3 Domains

Fairmindedness:
Intrapsychic

Equity:
Interpersonal

Justice:
Institutional



Intrapsychic Functions: “Fairmindedness”

- ✿ *Affect/Arousal Regulation*
- ✿ *Reflection/Metacognition on Bias*
- ✿ *Inclusive Reframing*
- ✿ *Impartial Inquiry (utterly lacking in current civic discourse)*

Identity & Justice

- ✿ *Identity defines boundaries of inclusion for standard of justice.*
- ✿ *Suffering influences the allegiances of identity.*
- ✿ *Temperament act as an “attractor” of identity toward Weakened and Rigid styles unless,*
- ✿ *An act of compassionate choice is reinforced.*

Interpersonal Functions: “Equity”

- ✦ *Perspective taking*
- ✦ *Empathy*
- ✦ *“Golden Rule” - inclusive standard of measure*
- ✦ *Realignment/expansion of rewards and incentives*
- ✦ *Consultation communicative style.*

Institutional Justice

- ✿ *Balance of liberty and equality*
- ✿ *Maintenance of station*
- ✿ *Regulation of information, authority, decision making*
- ✿ *Rules, regulations, policy, law*



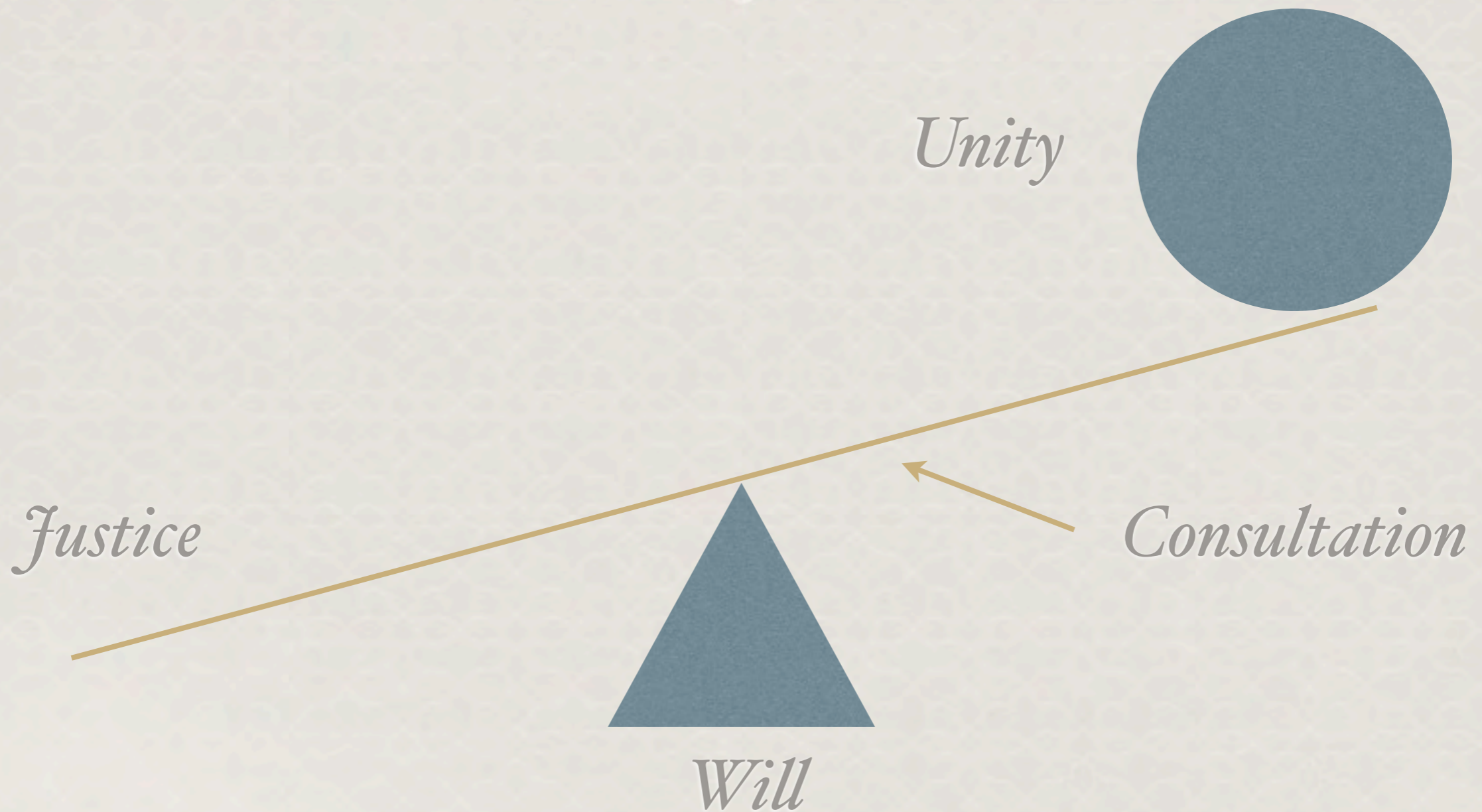
Process 3: Communication

- ✿ *Different styles are used in different identities: Weakened, Rigid and Compassionate*
- ✿ *The exercise of justice to create unity requires a different kind of communication.*

“Consultation”

- ✿ *Conditions of Dynamic Unity exist.*
- ✿ *Presumption that process will lead to emergence.*
- ✿ *No possession of ideas, but with expectation of emergence.*
- ✿ *Welcoming the open clash of opinions, not personalities.*
- ✿ *Unific dynamic, not power dynamic.*

Framework for Transformation





The Unity Project: Model



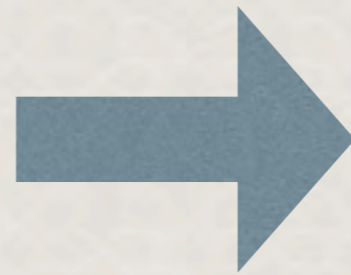
First Method: Service digs out the gems



*Service, art, work, play,
prayer, etc.
(esp. in unity)*

*“gems” of virtue, character,
resilience*

Second method:
“Transformation Exercises” refine the gems.



Begin where they are.

*“What one thing,
if you could change it,
would make your life better?”*



Unity Council

✦ *Action Teams*



✦ *Transformation Exercises*





Transformation Process

1.) *Experience a strength (gem, virtue, asset)*

2.) *Name*

3.) *Value*

4.) *Choose*

5.) *Act*



“Five Stages of the Bowl”

✦ *“Form the Bowl”*



✦ *“Glaze the Bowl”*



✦ *“In the Fire”*



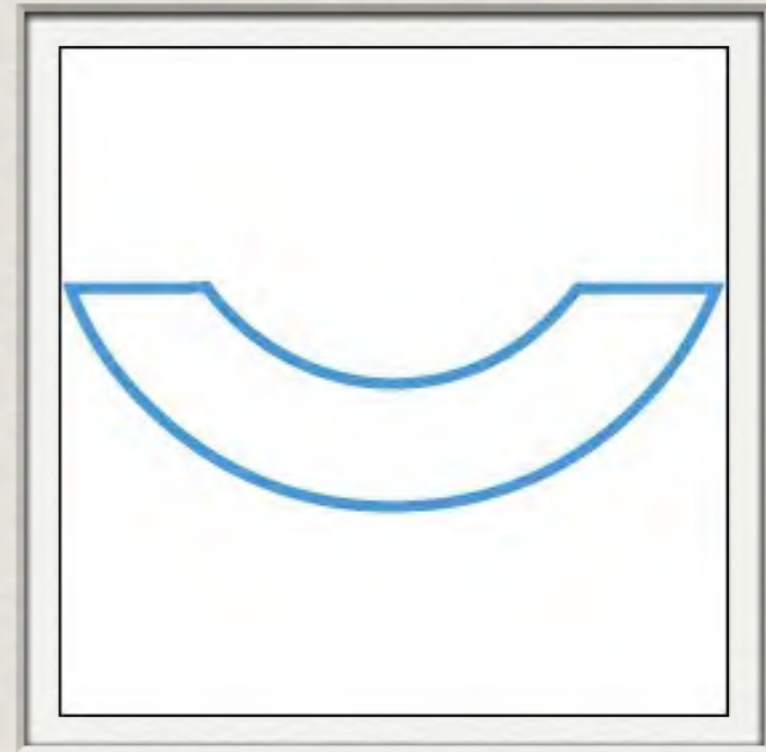
✦ *“Reach for the Bowl”*



✦ *“Use the Bowl”*



I.) "Form the Bowl"



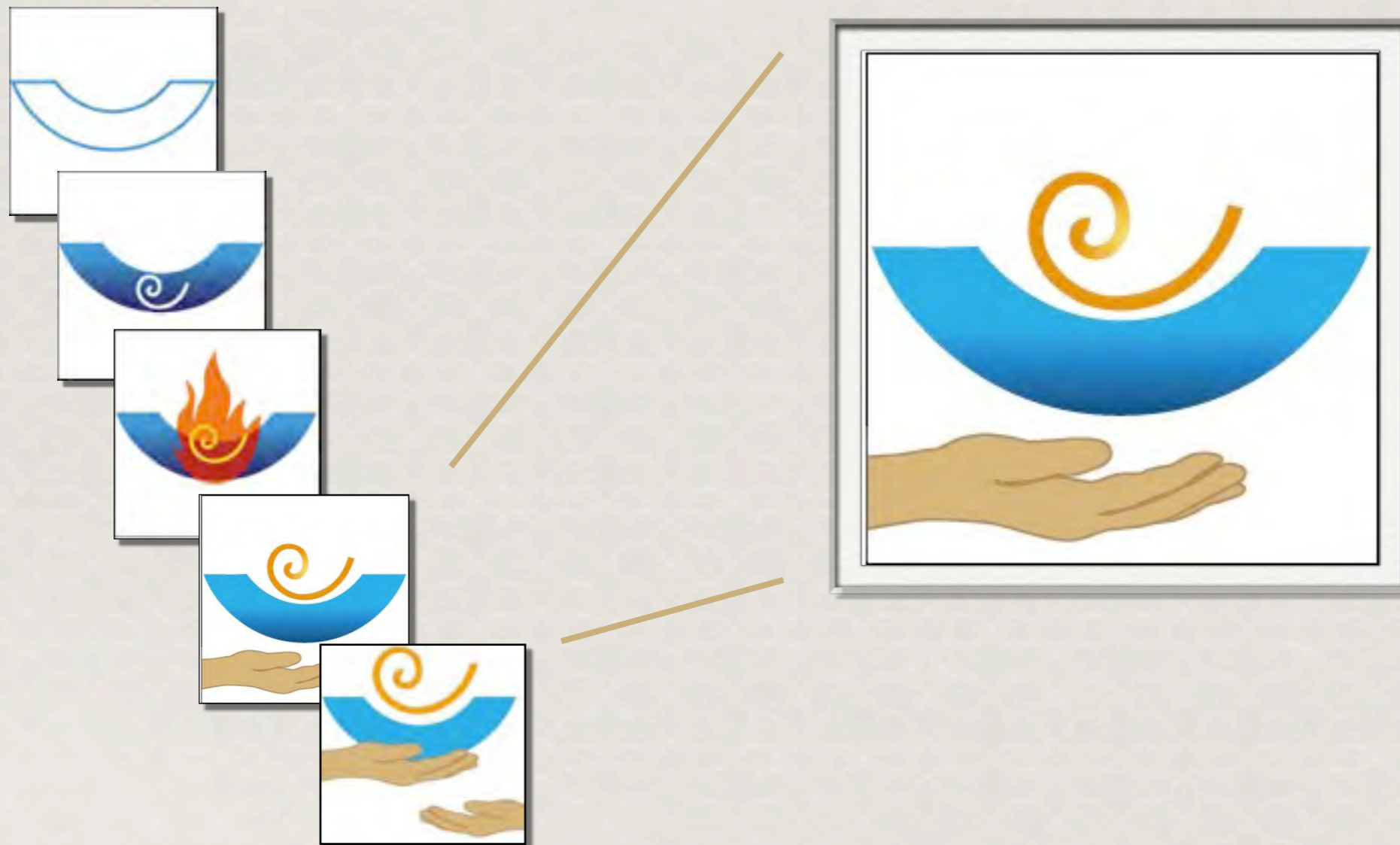
2.) “Glaze the Bowl”



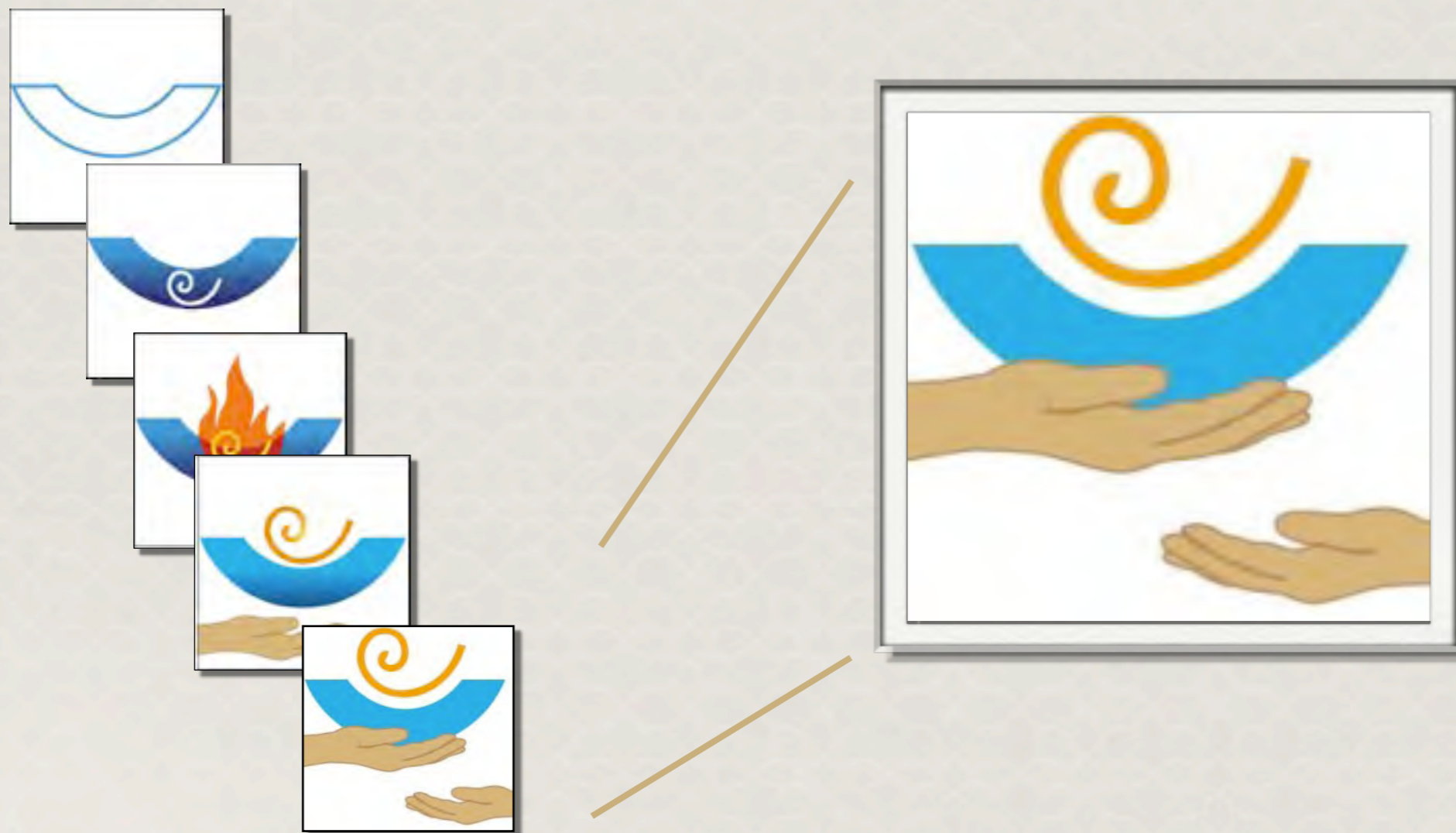
3.) “In the Fire”



“Reach for the Bowl”



“Use the Bowl”







The Unity Project

Creating the Conditions for Emergence