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MFT 603 Individual & Family Development

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Chapter Presentations Myth of Closure Chapter 4

1. Resilience is the ability to remain flexible under pressure without breaking down. People who are resilient are able to even grow from trauma.
2. Focusing too much on resilience may blind us from addressing the problems of our trauma.
3. Family and community can both be sources and barriers to resilience. Depending on the family dynamics and structure, there can be ways in which family helps in overcoming trauma but in the same situation, family can also prevent people from adapting to trauma.