

MCtwo Midwest Conference on Missionary Care
Saturday 22-February-2014: Extended Breakout Session

Developing a Personal Model of Ordinary Resiliency (PMOR™)

An interactive workshop that trains participants in an interdisciplinary approach to identify, build and strengthen a model of personal resilience. The workshop is designed for missionary caregivers of all levels (whether lay or professional), to address their own resilience and also to encourage growth in those they serve, as well. This approach is based upon an integration of the literature and practice from the fields of mental health, spiritual formation and cross-cultural expatriate studies.

A.B.L.E.™ – An Open Construct Depicting Expatriate Resiliency

A dynamic and ordinary learning process of recovering from, and developing resistance to, adversity across the expatriate journey (life-course);

Between a bounded human agency and significant present and/or past adversity that has to be overcome;

Likely influenced by: (1) protective and promotive factors that are present and/or absent on three levels, (2) the degree and number of stressors, and (3) timing;

Evaluated and empowered through a combination of antecedents/attributes, therapy/training, and outcomes.

A.B.L.E.™ – Screening & Strategic Suggestions

- A** 01. Where are you in your missionary journey?
02. Are you adapting or do you feel stuck?
03. Have you ever been able to recover from adversity and feel stronger as a result?
04. Would you describe yourself as an ordinary person who is experiencing normal challenges?
05. Are you currently in one or more transitional experiences?
- B** 06. Are you currently experiencing any limitations with regard to your personal disposition/development?
07. Are you experiencing limitations of available resources?
08. What are the real world constraints of your context/situation?
09. What strengths/limitations currently reside in your heart, soul, mind, body and relationships?
10. What type of adversity do you have to overcome: transitory, persistent or a chronically hard environment?
- L** 11. Can you identify one or more protective influence(s) in your upward, inward and/or outward journey?
12. Can you identify one or more promotive factor(s) in your upward, inward and/or outward journey?
13. What degree of stress are you under: normal, acute, chronic, hidden or overload? (N.A.C.H.O.)
14. What number of stressors are you experiencing? (C.H.O.P.P.S.S.)
15. Timing: past triggered, prevention, pro-active, sequencing, pacing or responding?
- E** 16. Evaluate if building resiliency is possible.
17. Empower your missionary.
18. Uncover one or more antecedents of resiliency.
19. Uncover one or more attributes of resiliency.
20. Plan for outcomes of endurance and effectiveness.

Developing a Personal Model of Ordinary Resiliency (PMOR™)

1. Conduct an Ordinary Resiliency Search
 - (a) Elicit a story, song or symbol, metaphor, image or icon.
Needs to be: (i) inspiring, (ii) contain adversity, (iii) capture our whole being, (iv) be portable, (v) speak to the core of our being, and (vi) resides along one or all three pathways of our journey: upward, inward and outward.
 - (b) Uncover an area of strength. Note: (i) current, (ii) successful, (iii) life-giving, (iv) regular, (v) not problem.
2. Construct a Personal Model of Ordinary Resiliency
 - (c) Introduce adversity (challenges/difficulties/obstacles) related to your area of strength.
 - (d) Identify specific feelings associated with each adversity.
 - (e) Include what keeps you going in terms of behaviours, automatic thoughts, underlying assumptions/beliefs.
 - (f) Write summary statements of your resilient responses to each adversity.
3. Apply your PMOR™ to an adversity – what parts can you use that would help you become more resilient?
4. Practice you PMOR™ through behavioural experiments and debrief your experience to broaden resilience.

Search & Construct the PMOR™ Model of CBT

Padesky, Christine A. (2007). *Uncover Strengths and Build Resilience with CBT: A 4-Step Model*. Ottawa: Cognitive Workshops.

AREA OF STRENGTH:			
Identify Obstacles	1.	2.	3.
When this happens, I feel ...			
What keeps me going?			
Behaviours			
Automatic Thoughts			
Underlying Assumptions / Beliefs			
Images / Symbols / Metaphors, etc			
Construct Your PMOR™	When obstacles happen my PMOR™ is:		
Write a summary that describes at least 3 or 4 of your resilient strategies and responses	1.	2.	3.
	4.	5.	

References

- Black, J. Stewart., and Gregersen, Hal B. (3rd Qtr., 1991). 'The other half of the picture: Antecedents of spouse cross-cultural adjustment', *Journal of International Business Studies*, 22(3): 461-477.
- Grotberg, Edith Henderson. (Ed.). (2003). *Resilience for Today: Gaining Strength from Adversity*. London: Praeger.
- Masten, A. S. (2001). 'Ordinary magic: resilience processes in development', *Development and Psychopathology*, 2: 425-44.
- Mortenson, Greg., and Relin, David Oliver. (2006). *Three Cups of Tea*. New York, NY: Penguin Group.
- Mortenson, Greg., and Roth, Susan. (2009). *Three Cups of Tea*. New York, NY: Dial/Penguin Group.
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- Reich, John W., Zautra, Alex J., and Hall, John Stuart. (Eds.). (2010). *Handbook of Adult Resilience*. New York: The Guilford Press.
- Secretan, Lance. (2004). *Inspire: What Great Leaders Do*. Hoboken, NJ: John Wiley and Sons.

Audio

Fleming, Jeni., and Mortenson, Amira. (2006). *Three Cups of Tea*. Minneapolis, MN: Copycatsmedia.com. CD.

Three Cups of Tea

Words and music by Jake Fleming

Sung by Jeni Fleming and Amira Mortenson

Assalam Alaikum

Assalam Alaikum

Assalam Alaikum (Peace be with you)

Assalam Alaikum

Assalam Alaikum

Assalam Alaikum

A light burns bright across the ocean

A light shines warm before the sun

I've got to find a way to build a bridge

Join us to them and be the change I wish to see

I see a hero, a child of the times

A girl who lives with joy

Who's not afraid to speak her mind

And thinks this world is divine

If I give a penny for a pencil, my hero writes a word

Her words become great tools

His stories make wise the fools

I believe it's just three cups away

I see a young boy etching letters in the sand
In this land of ancient scars a promise still remains
When darkness comes you can see the stars

Three cups of tea – first cup, you're a stranger

Three cups of tea – second cup, a friend

Three cups of tea – by the third you're family

How long to trust a stranger

How long to share

Three cups of tea – first cup, you're a stranger

Three cups of tea – second cup, a friend

Three cups of tea – by the third you're family

How long to trust a stranger

How long to share three cups of tea

I will call you friend, sit with you here

To build the bridge

Share the dream in this circle of friends

Websites

Center for Cognitive Therapy - <http://www.padesky.com> (Christine Padesky's resources and services).

Positive Psychology Center - <http://www.positivepsychology.org/> (Martin Seligman's research alliance).

Resilience Net - <http://www.resilnet.uiuc.edu/> (Edith Grotberg's research on resilience and culture).