***Morris County Psychological Association***



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*4/12/2023*

**What is the Mystery of Resilience?**

Presented by

Lise Deguire, Psy.D

**Meeting Announcements**:

***Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Hayley Hirschmann, Psy.D. if you have any questions or prefer not to register online.

**Meeting Attendees:**

Rhonda Allen
Roderick Bennett
Sarah Dougherty
Komal Dutt
Deborah Fisch
Irene Fisher
Madison Gesualdo
Marc Gironda
Samantha Jones
Melissa Klika Mack
Phyllis Lakin
Christina Liparini
Marilyn Lyga
Susan Neigher
Padma Palvai
Jayne Schachter
Nancy Sidhu
Tamsen Thorpe
Beverly Tignor
Erica Vieira
Kaleigh White
Sara Tedrick Parikh
Michael Zito

**Presenter Bio:**

Dr. Deguire is a clinical psychologist and childhood burn survivor.  At the age of four, she suffered third degree burns on two thirds of her body, setting her on a journey of pain, hospitalizations, and social ostracism.  Yet, she now lives a life of great joy, meaning, and purpose.

**Overview and Objective of Today’s Talk**

In her talk, Dr Deguire uses these personal experiences to discuss psychological resilience, he cognitive tools of resilience (G.O.A.L.S.+M.M), and how we can help our clients and ourselves cope more resiliently with life’s challenges.

***Learning Objectives:  By the end of the session, participants will be able to:***

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**Learning Objectives**:

1.     Understand the mindset of psychological resilience.
2.     Describe 6 elements of psychological resilience (G.O.A.L.S. + M.M.)
3.     Describe ways to strength these 6 elements.

*This program is intended for psychologists, psychiatrists, social workers, nurses, mental health counselors, marriage and family therapists, physicians, and graduate students. It will be presented at an introductory level, meant for those with little prior knowledge of the subject matter. The presenter does not have any commercial support and/ or conflict of interest for this program****.***

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**