***Morris County Psychological Association***



409 Main Street

Chester, NJ 07930

908-879-2233

www.mcpanj.com

***President Treasurer Program Chairperson***

Hayley Hirschmann, Ph.D Sarah Dougherty. Psy.D. Marilyn Lyga, Ph.D.

***President-elect* *Secretary NJPA Representative***

Sarah Dougherty, Psy.D. Melissa Klika, Psy.D. . Sarah Dougherty, Psy.D.

***Past President Webmaster Membership***

Nancy Sidhu, Ph.D. Francine Rosenberg, Psy.D.

***Student Representative***

Erica Viera

*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:***

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

**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.**