

Panel 6: Building resilience in low-income families

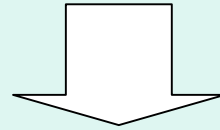
Helping to disempower or empowering to help? Exploring the concept of “family resilience” as a new grounding for actions to help “low income families”

**施助致失能或是充權以施助？
探討“家庭抗逆力”作為對“低收入家庭”施助的理念基礎**

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Workplace experience



Dividing

Conferring a negative identity on “new-arrivals”





Experience in seeking help validates one's
“negative identity”



“Othering”:

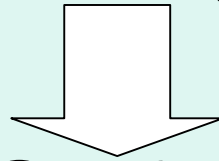
Using words to construct ‘serviceable others’, not only a description but also a position / identity conferred on that person, with great significance when acted upon.

“Selfing”:

In turn, the person who is so identified refers to such descriptions to make sense of her/his own experience.

Strong, T., & Zeman, D. (2005). ‘Othering’ and ‘selfing’ in therapeutic dialogue. *European Journal of Psychotherapy, Counselling and Health*, 7(4), 245-261

Receiving help

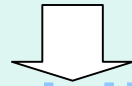


Selfing

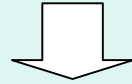
There is a social cost to receiving help



Giving help

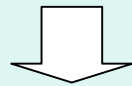


Dividing

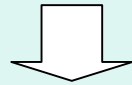


Othering

Receiving help



Othering — Selfing



Disempowering

Paradox!!!

Can we help without specifying
whom to be helped?

Helping without dividing

The concept of Resilience

- Resistance to risk
- Emerging from adversity with positive outcome
- Bouncing back: Ability to withstand and rebound from disruptive life challenges
- Bouncing forward: Changing to meet new challenges

The concept of Family Resilience

A family's ability to cultivate strengths that will allow them to meet the challenges of life (National Network for Family Resilience, 1995).

Key family processes mediating the recovery of all members and the family unit going through crisis (e.g. disruptive life changes) and persistent adversity (Walsh, 2003).

The path a family follows as it adapts and prospers in the face of stress, both in the present and over time. Resilient families respond positively to these conditions in unique ways, depending on the context, developmental level, the interactive combination of risk and protective factors (Haley & DeHaan, 1996).

...a family's sense of cohesion, ability and willingness to communicate, and access to social support are important aspects and processes of family resilience (Orthner, Jones-Sanpei, & Williamson, 2004).

The resilience of the families in our study came most notably from a sense of personal confidence in their problem-solving skills and abilities...exhibited confidence in their ability to pull together and depended on each other when problems arose... family cohesion remained strong despite their adversity. Family members operated under clear rules and highly valued the time that they spent together. (Orthner, Jones-Sanpei, & Williamson, 2004).

The study of how families maintain resilience holds excellent potential for improving efforts in primary prevention and clinical intervention. (Hawley & DeHaan, 1996, p. 67)

Family research and practice must be rebalanced from focus on how families fail to how families, when challenged, can succeed in order to move beyond the rhetoric of valuing strong families to support key processes in intervention and prevention efforts. (Walsh, 2003, p. 16)

Helping without dividing!!!

Helping without pathologizing!!!

Helping by empowering!!!

Family resilience is a concept meaningful to all families

Policy and social interventions grounded on “family resilience” project a “family strength” (as opposed to pathology and dependency) orientation to giving and receiving help.

References

Hawley, D.R., & DeHaan, L. (1996). Toward a definition of family resilience: Integrating life-span and family perspectives. In P. Boss & C. Muligan (Eds.), *Family stress : classic and contemporary readings* (p. 57-70). Thousand Oaks, CA: Sage.

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Walsh, F. (2003). Family resilience: A framework for clinical practice. *Family process*, 42(1), 1-18.