

Chiropractic Resilience

Instructor: Joseph J. Donofrio DC, ACP

1 Hour – Online

Course Description:

A fundamental shift in understanding how people adapt and grow is taking place in biomedical research. A clear understanding of chiropractic's philosophic underpinnings reveal that the world is actually starting to realize what we have known for almost 100 years.

Outline:

I. What is Resilience

- A. Resilience defined and its component parts**
- B. Review of its current applications and cultural usage**

II. Stephenson's Description of Resilience

- A. Momentum & Survival Values**
- B. Resistance and Resources**
- C. Health and Vitality**

III. Resilience and The Chiropractic Message

- A. How to keep the chiropractic message pure and congruent with emerging understanding of resilience.**

References:

1. Antonovsky, A. (1979). Health, stress and coping. San Francisco: Jossey-Bass.
2. Antonovsky, A. (1987b). Unravelling the mystery of health: how people manage stress and stay well. San Francisco: Jossey-Bass
3. Strümpfer, D.J.W. 1995 'The origins of health and strength: From "salutogenesis" to "fortigenisis"' South African Journal of Psychology 25:818
4. Zautra, A. J. (2009), Resilience: One Part Recovery, Two Parts Sustainability. Journal of Personality, 77: 1935-1943. doi:[10.1111/j.1467-6494.2009.00605.x](https://doi.org/10.1111/j.1467-6494.2009.00605.x)
5. Stephenson, Ralph. W., (1927), Chiropractic Textbook, Davenport, Palmer College of Chiropractic.
6. Ingrisch, Johannes & Bahn, Michael. (2018). Towards a Comparable Quantification of Resilience. Trends in Ecology & Evolution. 33. 10.1016/j.tree.2018.01.013.
7. Yu, Deng-hui & Zhang, Liqiang & Yu, C.-S. (2020). Quantifying coherence in terms of the pure-state coherence. Physical Review A. 101. 10.1103/PhysRevA.101.062114.
8. Vare, Paul. (2020). Resilience and Society. 10.1007/978-3-030-49236-6_3.