

Southdown Community Wellness Services

Interactive Webinar Series

Resilience, a Light at the Dawn of Trauma

Description: Most of us have endured or are enduring traumatic events in our lives. These traumatic events often leave deep emotional wounds or psychic scars in us, impacting our wellbeing in many ways. While the facts of an experience cannot change, there are ways to turn even a traumatic event into post-traumatic growth. Research has well documented that resilience has the capacity to help us look at our traumatic events and the resulting scars in a transformative way so that we are able to "read" our stories differently and find new meaning in the narrative.

If you are interested in learning ways to re-write the narrative of a traumatic event by giving it new meaning, this webinar is designed for you. In this fascinating two webinar series, we will explore resilience through the lens of psychology and spirituality and identify the ways that resilient mechanisms can be used in our daily lives.

Date: Saturdays: February 6, 13, 2021
1:00 am – 2:30 pm Eastern Time (ET)

Participant Limit: 100

Fee: \$50.00

Duration: 90 Minutes

Delivery Platform: Zoom

Presenter: Rev. Francois Diouf, OSB, Ph.D.
Clinical Team Member

Participants will learn about:

- resilience theory and its external and internal factors
- resilience mechanisms that are useful in their daily lives
- how to use resilience to find meaning in a traumatic event
- best practices for re-writing their history, and times of trauma, in light of psychology and spirituality.

[Click here to register](#)

About the Presenter:



Fr. Francois Diouf, OSB, Ph.D. is a member of the Southdown clinical team. He has served as a Benedictine monk and priest for the past eleven years. As a doctoral student in psychology, Francois' area of interest is the importance of cultural factors in clinical work. His approach to psychotherapy is based on the recognition and understanding of the cultural uniqueness of each individual. He utilizes an integrative approach of Existential-Humanistic Therapy and Psychodynamic Therapy. Francois offers psychotherapy in his native French, in addition to English.

