
Measuring and Developing Resilience with the Adult Resilience Scale



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Resilience is the process of successfully adapting to difficult or challenging experiences through mental, emotional, and behavioural flexibility adjusting to external and internal demands.” Factors include adaptation to adversity, viewing and engaging with the world, availability and quality of social resources and specific coping strategies.

Adult Resilience Scale

The scale measures Threat Perception, Adjustment, Decision Making, Coping and Recovery providing a framework for developing resilience skills and capabilities.

Military Resilience

Originally in Special Forces, resilience development in the military addresses burnout combat fatigue. The SF selection process covers very arduous physical, emotional and intellectual examinations of fitness, strength, endurance and resolve in harsh terrain and climatic conditions. It aims to achieve realistic and optimistic thinking, build and maintain meaningful and trusting relationships, set and commit to goals and understand and control the level of physiological arousal. Resilience training is now integral to the military in many countries.

Ukraine Russia Conflict

In 2022, Ukrainian psychologists launched “combat resilience”, during the recovery and

decompression phase, conducting psychoeducation, teaching self-regulation techniques and the first psychological aid protocol.

Volunteer Firefighters

Stressful incidents occur when members know the victims. They also leave properties and families vulnerable while fighting bushfires and experiencing personal danger. Resilience is a major contributor to success and longevity.

Building Individual and Corporate Resilience

Resilient organisations adapt to major economic events, organisational crises and losses. They adjust quickly to new situations, recover from negative events, make the best possible judgments and are staffed and managed by resilient people..

Keywords: Resilience, Organisations, Measurement

Biography:

From 1993 Denis (Career Focus Pty Ltd Australia) provided psychological assessment, organisation development, executive coaching and career transition. He established the Institute of Psychological Practice as Principal and Chair of the Board of Governors, 2004 to 2007. Chair of the College of Organisational Psychologists, Denis was Elected Fellow, Australian Psychological Society in 2005, was Adjunct Clinical Associate in the Centre for Neuropsychology, Swinburne University, 2003 2006, and Honorary Fellow, Faculty of Health and Behavioural Sciences, Deakin University, 2005–2010. Teaching Organisational Psychology (University of Malta, from 2015 as a warranted Psychologist he joined the Malta Chamber of Psychologists focussing on resilience research.