



RESILIENCE AND WELLBEING FOR CONFLICT RESOLVERS

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DISPUTE RESOLUTION CONVENER, LIBRARY OF CONGRESS

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WHY RESILIENCE AND WELL-BEING?

Reflective Practice and Mastery of Practitioners' Competence:

- Sustain openness and curiosity to a life long learning journey
- Return to a state of hope and enjoyment (quality of being)
- Have compassion, empathy and connectedness with disputants
- Practitioner's Presence and quality of being - "be the calm"
- Facilitate hope, optimism and self-reliance

SESSION OVERVIEW

- Foundations of Well –Being and Resilience
- Building Conflict Resilience and Reflective Practice
- Facilitating Resilience

The background is a dark blue gradient. In the four corners, there are decorative white line-art elements resembling circuit traces or neural network connections. These elements consist of straight lines of varying lengths and angles, ending in small white circles. The top-left and bottom-left corners have more complex, branching structures, while the top-right and bottom-right corners have simpler, more linear structures.

WHAT INSPIRED YOU TO JOIN THE SESSION?

ABOUT INNER JOURNEY INSTITUTE

The Inner Journey Institute is an educational organization that's been in operation since 1999 throughout the US and Canada. We are devoted to a world liberated from suffering, where all people experience themselves as fully alive, connected, self expressed and acknowledged for who they are.

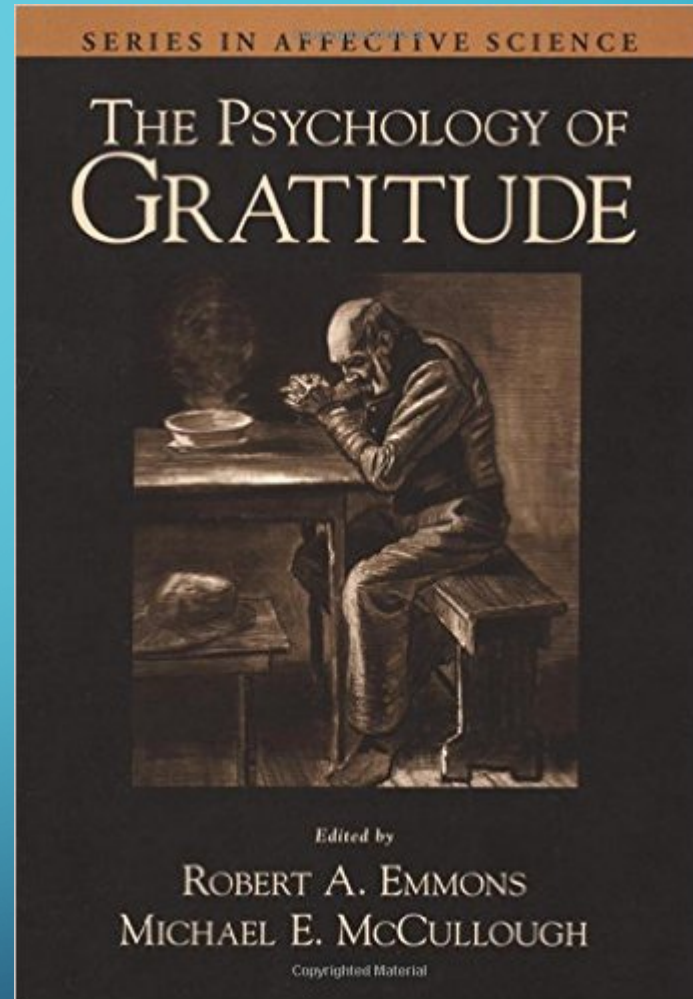
The methodology of the Inner Journey Institute is based on two fundamental principles: Love and Awareness.



Neuroplasticity

10 minutes of mindfulness practice a day can grow and measurably improve specific areas of your brain by as much as 25% in just 8 weeks

In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events (Emmons & McCullough, 2003)



DEFINITION OF RESILIENCE

- The ability to become strong, healthy, or successful again after something bad happens (Merriam-Webster Dictionary)
- “The reactivity and rapidity of recovery following negative events.”
(Davidson)
- "Blessed are those who are flexible, for they shall never be bent out of shape." ~ Unknown.

“WHY HAVE YOU BEEN USING THE TOOLS OF MODERN NEUROSCIENCE JUST TO STUDY ANXIETY, STRESS, FEAR AND DEPRESSION? WHY CAN'T YOU USE THEM TO STUDY KINDNESS AND COMPASSION?” – DALAI LAMA

“Well-being is a skill”

- Resilience
- Positive Outlook
- Mindfulness
- Generosity

<http://centerhealthyminds.org/about/why-well-being>

THE EMOTIONAL BRAIN

- Resilience
- Outlook
- Social Intuition
- Self-Awareness
- Sensitivity to Context
- Attention

How Its Unique Patterns Affect the Way You Think,
Feel, and Live—and How You Can Change Them

THE EMOTIONAL LIFE OF YOUR BRAIN



RICHARD J. DAVIDSON, Ph.D.
and SHARON BEGLEY,

bestselling author of *Train Your Mind, Change Your Brain*

YOU ARE WHAT YOU THINK

If you change yourself you will change your world. If you change how you think then you will change how you feel and what actions you take. And so the world around you will change. Not only because you are now viewing your environment through new lenses of thoughts and emotions but also because the change within can allow you to take action in ways you wouldn't have – or maybe even have thought about – while stuck in your old thought patterns. - Gandhi

PRESENCE KINDNESS AND COMPASSION

Picture someone who is close to you, someone that you feel a great amount of love towards.

Notice how this love feels in your heart... (Pauses between each question) Notice the sensations around your heart... Perhaps you feel a sensation of warmth, openness, and tenderness...

Compassion for Self: Contemplate a time when you have suffered yourself.

Notice how you feel when you think of your suffering... How does your heart feel? ... (Pauses between each question) Do you continue to feel warmth, openness and tenderness?... Are there other sensations, perhaps an aching sensation?

Compassion for Others

MINDFUL PRESENCE

At the same time, silently recite these phrases.

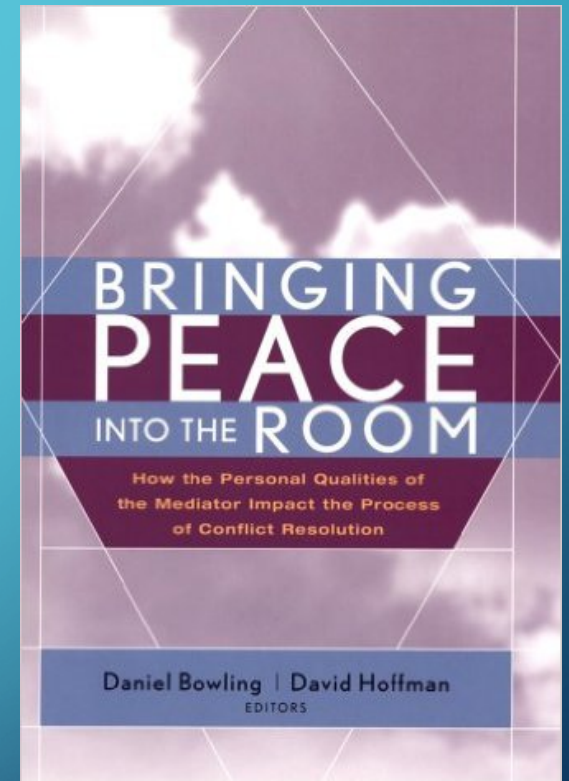
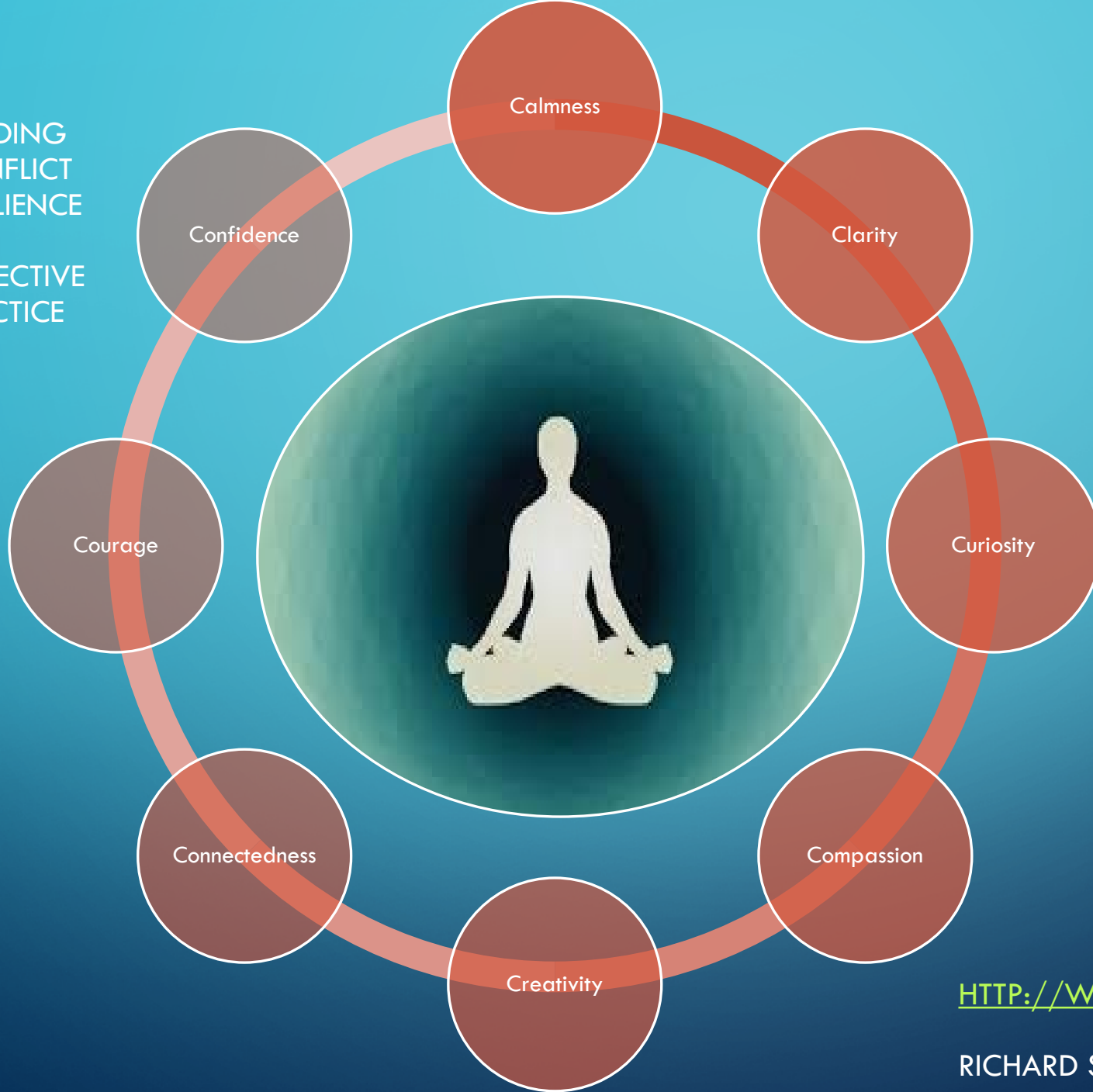
“May you have happiness.

May you be free from suffering.

May you experience joy and ease.”

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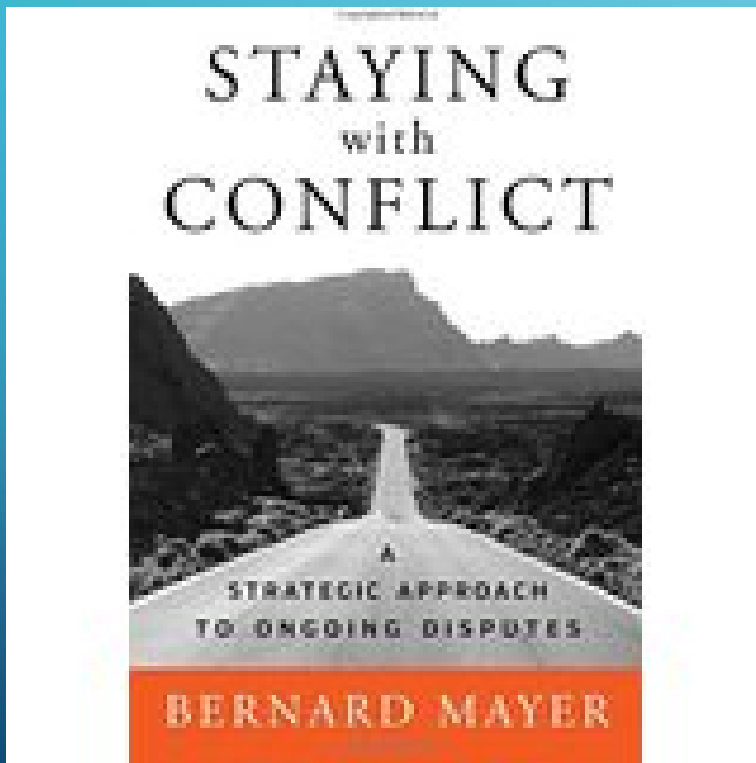
BUILDING
CONFLICT
RESILIENCE
AND
REFLECTIVE
PRACTICE



[HTTP://WWW.SELFLEADERSHIP.ORG](http://www.selfleadership.org)

RICHARD SCHWARTZ'S INTERNAL FAMILY SYSTEM

FACILITATING RESILIENCE IN DISPUTANTS



“How can we help people prepare to engage with this issue over time?”

- “It means learning to engage with both the conflict and the other disputants with respect for each person’s humanity...”
- “...to accept conflict in their lives with courage, optimism, realism, and determination.”

Mayer (2009)

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GEORGIA SCHOOL SHOOTING 911 CALL WITH ANTOINETTE TUFF

<https://www.youtube.com/watch?v=1kVpipSXRKA>

The background is a dark teal gradient. In the corners, there are decorative white line-art elements resembling circuit traces or neural network connections, with small circles at the end of the lines.

WHAT RESONATES WITH YOU FROM THE VIDEO?

HOW DID SHE CULTIVATE RESILIENCE?



BUILDING CONFLICT RESILIENCE AND REFLECTIVE PRACTICE

- Stay engaged with conflict
 - Practice letting go and forgiving
 - Reach out to others
 - Practice generosity and kindness
 - Have a routine mental and physical fitness
 - Keep a gratitude journal
- Disentangling emotions that have disputants reacting from the lower part of their brain (fight or flight response)
 - Facilitate the negotiation of options
 - Contemplative practice - meditation
 - Physical activities - dancing, walking, yoga, running.
 - Reflective practice
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FACILITATING RESILIENCE:

- How does this apply to your ADR practice?
- How could you incorporate the science of well-being and resilience in your day-to-day work? What intention will you set for yourself when working with disputants?

REFLECTIVE PRACTICE – SHINING THE LIGHT ON OURSELVES

Approaches

- Self-reflection – post case handling debrief with a peer (giving and receiving feedback)
- Individual's journaling
- Practitioners coming together
 - Journal Club
 - Case review –

What was going on for me while the interchange was happening?

What effect did my reaction have on the participants/disputants?

What did I set out to achieve?

What happened?

What went well?

What did not go the way it was intended?

What did I learn?

What will I do differently next time?

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QUESTIONS AND COMMENTS

RESOURCES AND BIBLIOGRAPHY

- Bring Peace into the Room: The Personal Qualities of the Mediator and Their Impact on Mediation, D. Bowling and D. Hoffman, 2000
- Staying with Conflict, Mayer, 2009
- Your Brain at Work, David Rock, 2009
- The Psychology of Gratitude, Emmons & McCullough, 2003
- The Making of a Mediator: Developing Artistry in Practice 1st Edition, Lang and Taylor, 2000
- <http://centerhealthyminds.org/about/why-well-being>

The background is a teal-to-blue gradient. In the corners, there are white line-art graphics resembling circuit traces or neural network connections, with small circles at the end of the lines.

THANK YOU!

May you have happiness.

May you be free from suffering.

May you experience joy and ease.