

RESEARCH FOR GLOBAL HEALTH

RESILIENCE FOR THE FUTURE

*An International Research Roundtable about
Resilience in Times of Uncertainty*

6 NOVEMBER 2024
2:30 – 7 PM CET
ONLINE



Round Table

In this second edition, the round table is part of the scientific events of I.C.O.N.S., the international conference on the neurophysiology of silence, which in 2024 brings together three important events on silence, peace and resilience, forming an articulated Summit between psychologists and neuroscientists for research on silence, peace and resilience in global health.

Resilience, understood as the ability to face adversity and emerge improved from it, has assumed a central role in scientific research. In an era marked by global conflicts and environmental crises, in which the psychosocial consequences of the Covid-19 pandemic are still vivid, understanding the mechanisms underlying resilience becomes crucial for developing effective intervention strategies to promote individual and social well-being. Through interdisciplinary approaches that combine neuroscience, psychology and pedagogy, it is possible to explore the complexity of this phenomenon and identify models and practices to foster resilience at both individual and community levels. In this sense, further research on resilience is essential to address contemporary challenges. In particular, exploring resilience-related factors (such as coping, emotional regulation, adjustment) can provide a comprehensive view of the intrapersonal and interpersonal resources needed to overcome adversity and learn from it.

Given the proliferation of resilience definitions in scientific literature, it is also necessary to reflect on procedures for measuring the construct, which enable the identification of strengths and areas for improvement, thus facilitating targeted and customized interventions. Furthermore, the development of techniques and interventions aimed at empowering individuals in unstable post-pandemic, climatic and geopolitical contexts is crucial for promoting post-traumatic growth.

Resilience should also be promoted across different age groups. Exploring resilience throughout the entire life cycle and considering new conceptual perspectives enables intervention strategies to be tailored to the specific needs of different populations and contexts, thus promoting long-term well-being, both at individual and community levels.

In the roundtable “Resilience in Times of Uncertainty” we will discuss with experienced resilience researchers from different parts of the world about:

- Innovation and models in resilience research from a multidisciplinary perspective
- Constructs related to psychological resilience
- Assessment procedures for psychological resilience and related variables
- Techniques and interventions to empower individuals in the face of post-pandemic challenges, climate change, natural risks and diplomatic conflicts
- Resilience across the life cycle and new conceptualizations of resilience



Programme

Chair: Tania Di Giuseppe, Head of the Psycho-pedagogical Research Department of the Patrizio Paoletti Foundation

14:30-15:00 | Room opening and connection

15:00 - 15:30 | Welcome and Introduction

Introduction to the event and presentation of the objectives of the Round Table

Chair of the event, Tania Di Giuseppe, Director of the psycho-pedagogical team of Patrizio Paoletti Foundation, Italy

Opening greeting

Tal Dotan Ben-Soussan, Director of the Research Institute for Neuroscience, Education and Didactics – RINED, Patrizio Paoletti Foundation, Italy

15:30 – 15:45

Patrizio Paoletti, Patrizio Paoletti Foundation, Italy

The Sphere Model of Consciousness and Resilience: I, Us, Other than Us

15:45 - 16:00

Michael Ungar, Dalhousie University, Canada

Multisystemic Approaches to Resilience:

Discovering Culturally and Contextually Sensitive Accounts of Thriving

16:00- 16:15

Giacomo Bono, California State University Dominguez Hills, Carson, CA, USA

How Gratitude Supports Youths' Wellbeing and Resilience in Stressful Settings

16:15-16:30 Coffee break

16:30-16.45

Grazia Serantoni, Patrizio Paoletti Foundation, Italy

Promoting resilience through the practice of silence:

results of selected studies in different fields of intervention

16:45 – 17:00

Argyroula Kalaitzaki, Hellenic Mediterranean University, Greece

Research Findings and Interventions to Increase Older Adults and their Caregivers' Resilience in Greece

17:00 - 17:15

Aras Bozkurt, Anadolu University, Türkiye

Resilience in a time of increasing human-GenAI interaction

17:15-17:45 Coffee break

17:45 – 18.00

Kaltrina Kelmendi, University of Prishtina “Hasan Prishtina”, Kosovo and Sherry Hamby, University of the South & Life Paths Research Center, USA

Navigating Trauma and Resilience: Insights from Post-Conflict Kosovo

18:00 – 18.15

Golnaz Tabibnia, University of California Irvine, USA

Neuroscience Education as a Tool to Reduce Uncertainty and Boost Resilience

18:15 – 18.30

Tal Dotan Ben Soussan, Patrizio Paoletti Foundation, RINED, Italy

QMT-Induced Electrophysiological and Molecular Changes:

A Multidisciplinary Approach to Enhancing Resilience

18.30- 19:00 | Conclusion

Flash comments

Prospects for collaboration

Conclusions and Acknowledgments

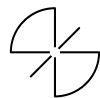
Chair

Tania Di Giuseppe

Tania Di Giuseppe is a psychologist, psychotherapist and Head of the Psycho-Pedagogical Research Department of the Patrizio Paoletti Foundation's RINED Institute. She collaborates with various universities to promote training and research on the constructs of mindfulness, hope, resilience and planning. An expert lecturer in Pedagogy for the Third Millennium, she is involved in the design and supervision of psycho-pedagogical interventions and training courses for professionals, teachers and communities, particularly in the context of emergency and social marginalization. Since 2017, she has been the Director and Co-Creator of the educational, scientific, outreach program Envisioning the Future: Promoting Hope and Planning, which has reached and trained more than 200 thousand people over several years of intervention: schools, communities affected by natural and other disasters, prison communities, families and adolescents.

Scientific Coordination

- **Tania Di Giuseppe**, Psychologist and head of the Department of Research and Didactics at Fondazione Patrizio Paoletti's RINED institute
- **Carmela Lillo**, Educational Project Manager
- **Grazia Serantoni**, Researcher, Developmental and Adult Clinical psychologist and group psychotherapist, trainer and author
- **Tal Dotan Ben-Soussan**, Director of the Research Institute for Neuroscience, Education and Didactics (RINED) – Paoletti Foundation



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