



Faculty of Computing Health and Science

Research Group, Research Centre or Research Institute Report

RESEARCH UNIT NAME: Lifespan Resilience Research Group

RESEARCH UNIT LEVEL (tick):

Level I Research Group:

Level II Research Centre:

Level III Research Institute:

Centre of Excellence:

REPORT TYPE: ANNUAL REPORT

YEAR: 2009

BRIEF OVERVIEW (1 – 2 paragraphs):

The Lifespan Resilience Research Group was formally established in October 2008 and has been instrumental in developing research and programmes in the following 3 areas:

1. Mental health and resilience across the lifespan
2. Development of evidence based practices
3. Enhancement of clinical services to families and individuals affected by mental illness.

This focus links with the ECU Health and Wellness area of research strength as it focuses on preventative health, intervention and psychological rehabilitation. It is also aligned with the new broad health and wellness approaches to all aspects of mental health management that are emerging within the discipline of psychology.

The goals of the group are:

1. Community education
2. Professional community training and education
3. Development of prevention and intervention programs
4. Develop a national profile

5. Develop an international profile

6. Increase group output (journal articles and successful grant applications)

MEMBERSHIP (Full Title of Researchers, including staff, research students, adjuncts):

STAFF

Associate Professor Lynne Cohen - A/Prof Cohen is a community psychologist and brings approximately thirteen years of experience in resiliency research with children and university students. She has successfully developed transition programs which empower students and positively impacts on their experience and outcomes. A/Prof Cohen has led a number of interdisciplinary research teams and is committed to a collaborative model involving community organisations. She teaches in both the undergraduate and postgraduate psychology programs and has been awarded a National Teaching Award by the Australian University Teaching Committee. She also has extensive experience in working with children with learning difficulties.

Dr JulieAnn Pooley - Dr Pooley is a Senior Lecturer in the School of Psychology at Edith Cowan University. She is involved in teaching in both the undergraduate and postgraduate psychology programs and has been a recipient of a National Teaching Award by the Australian University Teaching Committee (2003). Her research focuses on resilience at the individual and community levels. Dr Pooley is a community psychologist who teaches and researches in the area of applied social and community psychology. Her principal area of research is in the area of community resilience. Dr Pooley has been involved in and directed many community based research consultancies, projects and workshops and has been involved in the generation of 15 different community oriented reports for various cities and districts.

Dr Elizabeth Kaczmarek - Dr Kaczmarek is a Psychologist and Lecturer in Psychology at Edith Cowan University. Currently she teaches in the areas of Issues in Professional Practice, Abnormal Psychology and Psychological Assessment. Elizabeth has worked as Psychologist for a number of years, based at the ECU Psychological Services Centre. Currently she is supervising postgraduate students completing projects in the area of clinical and community psychology. Her research interests include achieving a balance between work and family, specifically family resilience and how well families cope with partner/parent employment related absence as experienced by those in the military and mining communities.

Dr Drake qualified as a lawyer before completing a PhD in Psychology at the University of Melbourne. She joined ECU in 2000, and is now a Senior Lecturer teaching across a broad range of undergraduate, fourth year units. In addition, she teaches a number of units in the Clinical Forensic doctoral program at ECU. She is a member of the Australian and New Zealand Association of Psychiatry, Psychology and Law and of the Australian Psychological Society. She is a member of the ethics committee of the Australian Psychological Society and a reviewer for the Psychologists Registration Board of Western Australia. She has published in psychological and psychiatric journals. Finally, she supervises a number of honours, masters, doctoral and PhD-level students.

Mr Craig Harms - Craig is a PhD student in the School of Psychology and Social Science. Craig also works part-time lecturer in the School of Psychology and Social Science, and he has recently started working part-time as a Clinical Psychologist (Registrar). Craig works as a Sport Psychology Consultant with some sporting teams in Perth. His research interests include measurement of psychological health and distress, social-cognitive basis to motivation, predictors and consequences of negative affect (depression and anxiety), elite human performance (academic and sporting), psychological aspects of health and exercise, and developmental aspects of the above interests.

Dr Bronwyn Harman - Dr Harman is an early career researcher who recently completed her DPsych. She joined ECU full time as a lecturer/researcher in January 2008, after many years as a sessional staff member. As a community psychologist, Dr Harman focuses on prevention programs and evaluations, particularly those that will contribute to the resiliency of families with young children. In recent years, she has been the project manager for the Maylands-Bayswater Early Years Development Group program, evaluated the Constable Care anti-bullying program, and contributed to the Healthways Sun Smart project, which investigated the prevention of skin cancer in children. Presently, she is the project manager for the Brain and Emotional Development in the Early Years program, and the Program Manager for the Psychology Peer Mentoring Program at Edith Cowan University.

The Group has also recently admitted two new members who are on the staff at ECU in the School of Psychology and Social Science - Dr Andrew Guilfoyle and post doctoral research fellow Cath Ferguson.

Andrew Guilfoyle - With a PhD in Social Psychology Andrew Guilfoyle is a University based educator in applied social research and ethical issues. Dr Guilfoyle is known internationally for his work with marginalised and vulnerable communities, including Aboriginal communities and CaLD populations. He is a specialist in research methodology, adapting methodologies to suit the sensitivities of these groups and social issues that can afflict them. His work has received an outstanding international review by Prof. Ron Chenail, Editor of *The Qualitative Report* (<http://www.nova.edu/ssss/QR/>): "Participatory Action Research as Empowerment Evaluation: Andrew Guilfoyle, Juli Coffin, and Paul Maginn illustrate the utility and challenges of understanding and encouraging not only community involvement, but also community engagement in policy making and evaluation.":

Dr Guilfoyle has been involved in the "Evaluation of Southwest Suicide Prevention Project: Understanding and Building Resilience: Phase II" a Commonwealth of Australia, Department of Health and Aging funded project.

STUDENTS

Students are working on a variety of projects at different levels.

Sarah Barbas (Honours) "The role of resilience in second year university students"

Gemma Balmer (Masters) Resilience of Police Officers and the role of self esteem and coping strategies.

Jane Carmignani (Masters) Understanding the Experiences Associated with Female Adolescents' Transition into Boarding Secondary School: An Exploratory Study.

Sara Thomas (Masters) An Exploration of Jewish Community, Identity, Religion and Spirituality.

Jenni Byers (Masters) Life after amphetamine addiction: An exploration of motivations for abstinence and resilience to relapse..

Sharadeh Gramdeny (Professional Doctorate) The role of resilience in the succesful transition of university students to second year of study.

Linda Rogerson (Professional Doctorate) Adapting to change: An exploration of students transition experiences in a senior college in Western Australia.

Bailey Bosch (PhD) Women who study: Balancing the Dual Roles of Postgraduate Student and Mother.

Sasha Stumpers (PhD) Exploring the experience and construction of ageing: A wellness perspective.

David Mander (PhD) Transition experiences of male Aboriginal and Torres Strait Islander secondary school students in Western Australia studying at a residential school.

Mandie Sheen (PhD) An exploration of the construction of resilience in a Western Australian Context

NEW GRANTS (Identify Funding Body, Value of grant, Years Funded, Chief Investigator, collaborators, title):

Australian Learning and Teaching Council \$54032 2009-2011, A/P Lynne Cohen, In collaboration with Deakin University "Subject coordinators the missing link to building leadership capacities in the academic supply chain"

Anglicare \$132,000 over 2 years. A/P Lynne Cohen, "Family Relationship Centres"

CLAN WA \$59,000 A/P Lynne Cohen, Dr Julie Ann Pooley "Resilience:What is it and waht are the Skills used by Families affected by mental illeness"

PUBLICATIONS, REFEREED BOOKS, CHAPTERS, JOURNAL ARTICLES, CONFERENCE PAPERS, REPORTS:

Conference Presentations

Cohen, L., Chang, P., & Pooley, J.A. (2008). Responding to student feedback and modifying delivery. Paper presented at the Psychology Learning and Teaching Conference (PLAT 2008) at University of Bath, UK.

Cohen, L., & Harman, B. (2008). Evaluation of the Parent Link Programme. Paper presented at the EDU-COM International Conference, Khon Kaen University, Thailand, 19-23rd November.

Recent Publications

Cohen, L., Chang, P., Pooley, J.A., & Pike, L.T. (2008). A holistic approach to enhancing teaching and learning. *Psychology Learning and Teaching*, 7(1),12-18.

Pike, L., Cohen, L., & Pooley, J.A. (2008). Australian approaches to understanding and building resilience in an at risk population. In N.Carrey & M.Ungar (Eds.), *Resilience in Children and Youth*. Child and Adolescent Psychiatric Clinics of North America.

Pooley, J.A. & Cohen, L. (2008). *Careers In Psychology: Making Informed Choices* . Sydney, Thomson.

Kenny, A. & Pooley, J.A. *Religiosity: An Important Contributor to Post traumatic growth*. Submitted to *Mental Health, Religion and Culture Journal*.

Munro, B. & Pooley, J.A. (In Press). Differences in Resilience and University Adjustment Between School Leaver and Mature Entry University Students. *Australian Community Psychologist*.

Adupa, C., Jean, L., Pooley, J.A., Sala, E., Smith, J., & Smith, R. (2008). *The Way Forward : Retaining Red Cross Emergency Services Volunteers in the Great Southern Region of Western Australia*. Report to Australian Red Cross.

Pooley, J. A., Breen, L., Pike, L. T., Drew, N. M., & Cohen, L. (2008). Critiquing the school community: A qualitative study of children's conceptualizations of their school. *International Journal of Qualitative Studies in Education*, 21(2). 87-98.

Guilfoyle, A. M., Coffin, J. & Maginn, P. (2008). 'Make sure there is a Shady Tree: Participation and Action Research with Australian Aboriginal Communities' Ch 10, 213-240 in P. Maginn, S. Thompson & M. Tonts & (eds), *Qualitative Urban Analysis: An International Perspective*, Elsevier Ltd: London.

Guilfoyle, A. M., (forthcoming, 2009). *A Spider in the Web: Evaluation of Phase 2 of the Understanding & Building Resilience in the South West Project*, Report to Commonwealth of Australia, Department of Health and Aging.

Guilfoyle, A. M. & Sims, M. (2009). Childcare centre quality and changes in the stress biomarker, cortisol, for Australian children aged 3-5 years. *Illinois Child Welfare*, 5(1), 42-57.

Botha, K-J, Guilfoyle, A. M., Botha, D. (2009). Beyond normal grief: A critical reflection on immediate post-death experiences of survivors of suicide Australian e-Journal for the Advancement of Mental Health (AeJAMH), 8(1), 1-10

Ayres, R., & Guilfoyle, A. M., (2009). Experiences of Mature Age Female Students studying Psychology: Implications for the University Learning Environment. Proceedings of the 8th Teaching & Learning Forum. Perth, Australia.

Guilfoyle, A. M., Coffin, J. & Maginn, P. (2008). 'Make sure there is a Shady Tree: Participation and Action Research with Australian Aboriginal Communities' Ch 10, 213-240 in P. Maginn, S. Thompson & M. Tonts & (eds), Qualitative Urban Analysis: An International Perspective, Elsevier Ltd: London. He has recently published

Guilfoyle, A. M., Breen, L., Fisher, C., & O'Connor, M. (2008). Understanding the burden on palliative care home carers: A phenomenological account. The International Journal of Interdisciplinary Social Sciences, 3(8), 39-48.

Sims, M., Saggars, S., Hutchins, T., Guilfoyle, A. M., Targowska, A., & Jackiewicz, S. (2008). Indigenous Child Care: Leading the Way, Australian Journal of Early Education, 33(1), 56-60.

Milne, H. M., Wallman, K., Guilfoyle, A., Gordon, S. & Courneya, K. S., (2008). Self-Determination Theory, exercise motivation and behaviour of breast cancer survivors. Journal of Sport and Exercise Psychology, 30, 23-38.

Guilfoyle, A. M., Sims, M., & Parry, T. (2008). Children's Stress Levels: An Evaluation Tool to Determine Programme Quality, Illinois Child Welfare, 3(1), 17-29.

Guilfoyle, A. M. (2008). Embedding Indigenous Content into Qualitative Research in Psychology in Reflective Case Studies. A Case for Social Change. pp, 201-211, in J. Renner, J. Cross, McCormack, L (Eds.), Sustainability in Higher Education: Directions for Change. Edith Cowan University. Perth, Australia.

Ayres, R., & Guilfoyle, A. M., (2008). Experiences of Mature Age Female Students Studying Psychology: A Phenomenological Account . pp, 46-49, in J. Renner, J. Cross, McCormack, L (Eds.), Sustainability in Higher Education: Directions for Change. Edith Cowan University. Perth, Australia.

Cooper, T., Bahn, S., Hancock, P., Targowska, A., Sims, M., Guilfoyle, A. M., & McMeekin, C. (2008). Research of Participation in Organised Sport and Recreation by People from Culturally and Linguistically Diverse (CaLD) Backgrounds. Report to Department of Sport and Recreation Western Australia.

Sims, M., Guilfoyle, A. M., Targowska, A., Kulisa, J., & Teather, S. (2008). ARACY Evidence Action Topical Paper Series. Achieving outcomes for children and families

from culturally and linguistically diverse backgrounds, Report to Australian Research Alliance for Children and Youth (ARACY).

Fisher, C., Guilfoyle, A. M., O'Connor, M. (2008). Evaluation of the Early Intervention Pilot Outreach Evaluation, SAAP Innovation & Investment Fund, Family and Domestic Violence, Report to Department of Child Protection, Western Australia.

HIGHER DEGREE BY RESEARCH LOAD (List name of candidate and degree type)

Bailey Bosch (PhD) Women who study: Balancing the Dual Roles of Postgraduate Student and Mother.

Sasha Stumpers (PhD) Exploring the experience and construction of ageing: A wellness perspective.

David Mander (PhD) Transition experiences of male Aboriginal and Torres Strait Islander secondary school students in Western Australia studying at a residential school.

Mandie Sheen (PhD) An exploration of the construction of resilience in a Western Australian Context

HIGHER DEGREE BY RESEARCH COMPLETIONS (List name, degree, title of thesis)

Dr Bronwyn Harman, DPsych (ECU), "The 'Good Mother Syndrome' and Playgroup: The Lived Experience of a Group of Mothers".

Dr Catherine Ferguson PhD "An Exploration of the Relationship between Attitudes and Behaviour in Young Drivers"

Dr Kuakul Sathapornvajana PhD "Improving community water conservation behavior in Chachoengsao, Thailand"

VISITORS AND COLLABORATIONS (List the organisation's name and short summary of the nature of the collaboration. Separate into local, national and international)

LOCAL

Dr Bronwyn Harman has been involved in the development of the Clarkson Parenting Place Program since July, 2008. The Clarkson Parenting Place Program is targeted at families with children aged less than eight years with the aim of building resilience in families in the 6030 postcode area. Dr Harman and A/Prof Lynne Cohen have also been engaged in the evaluation of the program.

Local: We have provided workshops for School Drug Education and Road Aware Committee (Department of Education and Training) SDERA. They are partnering with us to host 2 workshops at the end of September with Professor Michael Ungar from Dalhousie University as the guest speaker. One workshop is for the SDERA committee and the other is for allied professionals, teachers and interested people to attend.

NATIONAL

Edith Cowan University is the Australasian site for the International Resilience Project whose head quarters are in Canada. This development places the group at the forefront of international resilience research and will be collecting data nationally for the IRP. This culminated in Professor Unger visiting Perth at the end of October 2008 to conduct workshops and seminars sponsored by the Resilience Lifespan group and ECU.

INTERNATIONAL

The group has secured the internationally well known and regarded Michael Unger as a visitor to the University towards the end of September 2009. The Lifespan Resilience Research Group are collaborating with SDERA staff (School Drug Education and Road Aware) to provide seminars and training for psychologists, teachers and the public interested in understanding and developing resilience while Michael Unger is in Western Australia.

COMMUNITY ENGAGEMENT ACTIVITIES AND LINKAGES (Provide an overview)

Dr Bronwyn Harman is the Project Manager of the Psychology Peer Mentoring Program, an award winning program that focuses on assisting students in the transition to university, while building resilience for all students in the undergraduate psychology program.

Links with the Smith Family and proposal to work with them at Middle Swan Primary School to develop a transition program for current year 7 students going into year 8. This is in collaboration with Centrecare and local High schools.

Clan working to develop a measure of resilience as well as examine the resilience of family members involved in the Indigo Project.

School Drug Education and Road Aware Committee (Department of Education and Training)
We have provided training in resilience workshops for the committee.

Anglicare working to evaluate the Family Relationship Centres in Joondalup and Mandurah. We have been awarded the evaluation of the Kimberley Family Relationship Centre in Broome. We will be working in collaboration with Notre Dame University. The group has recently been engaged to work with The Smith Family and Middle Swan Primary School in developing a program to assist the transition of Year 7 students (last year primary school) to Year 8 (first year high school)

FUTURE PLANS AND DIRECTION (Provide an overview)

The group is the Australian site for the International Resilience Project which is an international collaboration and places the Group in both the National and International spotlight. This was one of the group's goals as the group was established. The nature of resilience and its importance across a variety of domains will continue with the focus in psychology moving towards prevention. The Group will continue to explore opportunities for funding for future projects

including Rotary and Healthways funding and will continue to develop and deliver resilience programs and training for community and other interested groups.

DATE OF NEXT FORMAL REVIEW

30th April 2010.