



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: 2010

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 on a part-time basis as a Clinical Psychologist (Registrar). Craig works as a Sport Psychology Consultant with some sporting teams in Perth. Craig has worked with other members of this group on projects implemented with CLAN WA on the nature of individual and family resilience as well as how resilience may be enhanced for families. His research interests has also begun to focus on role that resilience might play in explaining levels of burnout for competitive athletes; as well as relationship between resilience and high-level athletic performance.

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.

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.

Dr Cath Ferguson has extensive experience across a variety of domains including teaching in a variety of contexts, small business management, and in business. Her current research interests include resilience in Small Business Owners and their businesses; the resilience of offenders (incarcerated) and their families; and the prediction of behaviour across a variety of situations. She has been involved in several research projects over the past year since joining the group and is currently conducting research into the personal resilience of Small Business Owners and their businesses in the South West of Western Australia, collaborating with the Small Business Centre

– Bunbury Wellington. She is also involved in the supervision of Honours, D.Psych, and PhD students, often in collaboration with other members of the LRRG.

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

Harman, B. (2009). Teenage Mothers in Western Australia and the Good Mother Syndrome. FCHS Early Career Research Grant.

Ferguson, C., Cohen, L., Pooley, J.A. & Harms, C. (2010). An investigation of the resilience of business owners and their businesses in the South West of W.A. Faculty Small Grant Scheme Application, Project Number not yet available \$5,700. (current)

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

Branch-Smith, C. & J.A. Pooley. (In press) An Exploration of Women Firefighters' Experiences in the Western Australian Volunteer Bush Fire Service., Australian Journal of Emergency Management

Pooley, J.A., Cohen, L., & O'Connor, M. (2010). Bushfire Communities and Resilience: What can they tell us? Australian Journal of Emergency Management, 25(2), 33-39.

Munro, B. & Pooley, J.A. (2009). Differences in Resilience and University Adjustment between School Leaver and Mature Entry University Students. Australian Community Psychologist, 21(1), 50-61.

Pooley, J.A., Cohen, L. & O'Connor, M. (2010). Community Resilience: A Study of Communities Facing Impending Natural Disasters. Berlin: Lambert Academic Publishing.

Pooley, J.A. & Cohen, L. (2009-10) Joondalup and Mandurah Family Relationships Centre Evaluation Report. Report to Anglicare WA.

Ferguson, C., Cohen, L., Pooley, J.A. & Guileful, A. (2009). Eliciting the beliefs of young drivers about driving risks: An analysis of two methodologies. Paper presented at Road Safety Research, Education and Policing Conference. Sydney, Australia, 10 - 13 November.

Cohen, L., Chang, P., & Pooley, J.A. (2009). Responding to Student Feedback: Adapting the Teaching of Psychology and Curriculum Improvement through Action Research. International Conference on the Teaching of Psychology (ICTP) July 24-26 Vancouver, Canada.

Collard, K., Mander, D., Cohen, L., & Pooley, J.A. (2009). Working Alliances and Transformative Practice in Post-Graduate Research: The Importance of Partnership.

Paper presented at 11th Trans-Tasman Community Psychology conference, Fremantle, Western Australia from 15-17 July

Pooley, J., Harman, B., Munro, B., Cohen, L., Kint, E., O'Bryan, K., & Nowicki, A. (2009). Resilience Symposium. Paper presented at the Trans-Tasman Community Psychology Conference, July, Fremantle.

Harman, B., Cohen, L., Harms, C., Drake, D., Kaczmarek, E., Guilfoyle, A., Ferguson, C., & Pooley, J. (2009). Brain and Emotional Development in the Early Years Workshops. Poster and Discussion Group presented at the ARACY National Conference, September, Melbourne.

Harman, B. (2009). Power of Play or Power Play?: Why Mothers Attend Playgroup. Paper presented at the Playgroup Australia (Inc) National Conference, November, Gold Coast.

Harman, B., Harms, C., Ferguson, C., Drake, D., Kaczmarek, E., Guilfoyle, A., Pooley, J., & Cohen, L. (2009). The stories of CLAN WA clients: Living with and supporting a family member with mental illness. Paper presented at the Family Relationship Services Australia National Conference, November, Sydney.

Harman, B., Cohen, L., Kaczmarek, E., Guilfoyle, A., Pooley, J., Ferguson, C., Harms, C., & Drake, D. (2009). Using the "Brain and Emotional Development in the Early Years Workshops" to promote resilience and reduce risk in families. Paper presented at the Family Relationship Services Australia National Conference, November, Sydney.

Ferguson, C.A., Cohen, L., Pooley, J., Harms, C., Harman, B., Kaczmerak, E., Drake, D., & Guilfoyle, A. (2009). The experience of resilience in at risk Families: Reflections of family members supporting a loved one undertaking risky behaviour and with mental health concerns. Poster Presentation. Fremantle, WA: ANZAPPL Conference, 27th – 29th November.

Carter, T. & Kaczmarek E.A. (2009). An exploration of generation Y's experiences of offshore fly-in/fly-out employment. *The Australian Community Psychologist*, 21, 52 – 66.

Media

Eliabeth Kaczmarek - Interview with JJJ on Generation Y and fly-in/fly-out mining.

Bronwyn Harman - Channel 10 "9am With David and Kim" - interview 19th November 2009

Sunday Times - Body and Soul - 28th March

Sunday Times - 2nd May

Joondalup Weekender - 6th May

ABC Radio November 2009

2UE Sydney November 2009

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

Blythe Goodin (Honours) The effect of motivation, social support, stress, and resilience on the development of burnout symptoms in elite athletes.

Sam Shooter (DPsych) Theory of mind in Parkinson's disease.

Lauren McGillivray (MPsych) Alexithymia in a psychiatric population: stability and relationship with therapeutic outcome.

Rachel Gallagher (PhD) Predictors of Depression and Suicide Ideation in Adolescents with Autism Spectrum Disorders.

Mitch Read (PhD) Title to be arranged.

Jessica Michel (DPsych) Living with an intellectual disability: The experience of adolescent siblings.

LANGRIDGE, Allan Function/effectiveness of corporate boards (Honours)

LANGWORTHY, Gina Parents' Perceptions of Helicopter Parenting (Honours)

MARRIOTT, Jeremy Aspergers Disorder: An Anxiety Intervention (Honours)

ROWE, Bethwyn Motherless Mothers: The Lived Experience of Maternally Bereaved Women in Their Everyday Roles as Mothers (Honours)

SFREDDO, Jacinta Playgroup and FIFO parents (Masters)

BARCLAY, Jaye Peer Mentoring in Higher Education: Mentees' Perceptions and Experiences (Honours)

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

BARBAS, Sarah The Role of Resilience in Second Year University Students (Honours)

BRANCH-SMITH, Cindy The Experience of Women Firefighters in the Western Australian Bushfire Service (Honours)

CLAYTON-SMITH, Ian Experiences of First Time Fathers in Western Australia: A Qualitative Study (Honours)

EDMANDS, Denise Community Attitudes Towards Environmental Issues in Perth, Western Australia (Masters)

MCGURK, Katherine The Perception of Peer Support by Young Stroke Survivors (Honours)

RUSSELL, Michelle Young Women's Perspectives on Tanning in Solariums: A Constructivist Grounded Theory Study (Honours)

Honours - Parker, T.L. (2009). An exploration of the experiences of leading to volunteer facilitation of postnatal depression peer support groups.

PhD - Brooks J. (2010). A comparison of anxiety, stress and depression across the perinatal period in women pregnant with twins and singletons. (Lynne and I supervised this.)

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

International visitor - Prof. Michael Ungar in September 2009. Presentation of seminars for SDERA, and collaboration on resilience project on youth. Two papers being presented in June 2010 at Pathways to Resilience II: Social Ecology of Resilience, Dalhousie University, Halifax, Nova Scotia, Canada, June 7 - 10, 2010. these papers are being presented by A/P Lynne Cohen and Dr Julie Ann Pooley who will attend the conference.

Local collaboration is also being undertaken with seacu in relation to resilience in vetting in security organisations.

COMMUNITY ENGAGEMENT ACTIVITIES AND LINKAGES (Provide an overview)

Dr Elizabeth Kaczmarek has undertaken Consultancy work with the Department for Communities – provided interviews on research on FIFO which helped them prepare family education materials on living with a parent away. LRRG is also working with CLAN WA to develop resilience questionnaires across the lifespan for individuals and also measures for family resilience.

FUTURE PLANS AND DIRECTION (Provide an overview)

The group intends to continue to work with CLAN WA and other groups to promote and develop resilience within the community and to extend resilience knowledge to specialized groups (e.g. business and the security industry).

DATE OF NEXT FORMAL REVIEW

30/4/2011