



building your  
**Bounce** back  
*...fostering resiliency*

friday, april 26, 2013

9am-3:30pm

capitol plaza hotel • montpelier, vermont

morning workshop and refreshments

*Building Your Bounce: An Introduction to the Theory of Resilience*

lunch (provided)

keynote address and awards ceremony

*Caring for Our Clients, Caring for Ourselves: Strategies for  
Promoting Adult Resilience*

morning workshop and keynote presented by

**Nefertiti Bruce Poyner**

Devereux Center for Resilient Children

registration

[CLICK HERE](#) to register

for more information

[outreach@ccvs.state.vt.us](mailto:outreach@ccvs.state.vt.us)

event sponsors

the united state's attorney's office, district of vermont

the vermont center for crime victim services

This project is supported by a National Crime Victims' Rights Week Community Awareness Project subgrant awarded by the National Association of VOCA Assistance Administrators under a Victims of Crime Act grant from the Office for Victims of Crime, Office of Justice Programs, U.S. Dept. of Justice.



## building your **Bounce** back

*...fostering resiliency*

### **Nefertiti Bruce Poyner**

#### ***Bio***

Nefertiti Bruce Poyner, M.Ed., is an author, public speaker and provider of professional learning for the Devereux Center for Resilient Children in Villanova, PA. Nefertiti began her career as a preschool and kindergarten teacher in Philadelphia, Pennsylvania. In her 10 years with Devereux, she has touched thousands of lives at the both the local and national level. With a passion for helping to promote the social-emotional health and resilience of individuals, families and communities, Nefertiti uses humor, personal stories and a spirit of enthusiastic optimism help others “build their bounce.” She is co-author of the Teacher’s Choice Award Winning resource, *Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children* and *Building Your Bounce: Simple Strategies for a Resilient You*, a resource designed to help caregivers build their own resilience.

In 2010, The Devereux Foundation awarded Nefertiti the 21st Annual Weaver E. Falberg Leadership Promise Fellowship Award, recognizing her leadership abilities as well as her accomplishments in developing research-based training programs and resources which support the social-emotional health and resilience of children and adults. Devereux is the nation’s largest nonprofit behavioral health care providers for individuals with intellectual and developmental disabilities, behavioral disorders and mental illness. Nefertiti is currently a Doctoral candidate at Walden University. Nefertiti has an Ed.d. in Curriculum, Instruction and Assessment.

### **Workshop**

#### ***Building Your Bounce: An Introduction to the Theory of Resilience***

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress. It means “bouncing back” from difficult experiences. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone. Join Nefertiti Bruce Poyner as she details specific and useful understanding of resilience and its relationship to adult mental health. She will present an overview of resilience theory and research including core concepts such as risk and protective factors. Additionally, she will discuss vicarious trauma and share strategies for empowering victim advocates and other applied professionals in the work they have been called to do.

### **Keynote**

#### ***Caring for Our Clients, Caring for Ourselves: Strategies for Promoting Adult Resilience***

Each person has the capacity within themselves to become more resilient. Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience. Being resilient does not mean that a person doesn’t experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress, but it doesn’t have to end there. This presentation will introduce victim advocates to skills and strategies that can be used to increase the resilience of those who have experienced trauma.