

Date November 22, 2024

Title: Building Resilience in the Family: Strategies for School Psychologists

Presenter: Anthi Loutsiou (University of Cyprus)

Description:

This webinar will delve into the importance of resilience within the family as a way to strengthen children's outcomes. Participants will gain insights into the role of school psychologists in empowering families to navigate adversity and in facilitating school family alliances that promote stronger and more resilient connections. This session will:

1. Promote a contextual conceptualization of children's outcomes, define and explain the concept of family resilience, and recognize its significance in promoting positive outcomes in children and adolescents.
2. Identify common stressors and challenges that families face, and understand how these can impact children within the school environment.
3. Introduce evidence-based strategies to support families in building resilience.
4. Explore ways to effectively collaborate with parents, teachers, and community resources to create a supportive network that fosters resilience in both students and their families.
5. Provide opportunity for discussion and potential cross-national collaboration among participants around strengthening families, and for further involvement with ISPA's **Parent Education and Family Resilience** Interest Group.

Brief Bio: **Dr. Anthi Loutsiou** is a Licensed Clinical Psychologist in Cyprus, a Contextual Behavioral Psychotherapist, and a EuroPsy Certified Psychologist. She is one of the founders of the Master's Program in School Psychology (ISPA Accredited) at the University of Cyprus where she works as a trainer and serves in the role of Director of Clinical Training. She is an active and involved member of the ISPA community. Anthi was the Convenor of the 42nd ISPA Conference in Nicosia, Cyprus.

She cofounded ISPA's **Parent Education and Family Resilience** Interest Group and served as Co-Chair until 2023. She is also member of the ISPA Accreditation Committee and serves as a reviewer for the International Journal of School & Educational Psychology. Anthi is passionate about promoting a contextual approach to understanding behavior and to supporting children's and youth's needs and is a Fellow of the Association of Contextual Psychology.

