

Week 10 Discussion

Student's Name

Institutional Affiliation

## Week 10 Discussion

Resilience in counseling is pivotal for fostering recovery and growth. This discussion aims to explore its dynamic nature and the counselor's role in systemic change.

### **Resilience as a Dynamic Trait**

Resilience, often viewed as an innate strength, is increasingly recognized as a fluctuating trait heavily influenced by social interactions and relationships. As such, resilience is not static but evolves through relational exchanges and social support systems (Nerlich et al., 2022). This perspective encourages viewing resilience as accessible and potentially cultivable in everyone, challenging the notion that it is a fixed quality only some possess.

### **Counselor Advocacy for Systemic Change**

Counselors are uniquely positioned to advocate for systemic change. By utilizing their understanding of personal and community dynamics, they can push for reforms that address underlying societal causes of distress (Levy & Lemberger-Truelove, 2021). This advocacy extends beyond the individual, promoting a broader societal understanding and implementation of resilience-enhancing policies and practices.

### **Appreciative Inquiry and Dignity**

Appreciative inquiry offers a powerful tool for counselors, focusing on the strengths and potentials of individuals rather than their deficits. This approach, combined with a steadfast commitment to upholding dignity, can transform counseling practices by fostering environments where individuals feel valued and understood, thus enhancing their resilience.

In conclusion, understanding resilience as a dynamic trait shaped by social interactions allows counselors to better support their clients. Advocating for systemic change and employing appreciative inquiry are crucial in this process.

## References

- Levy, I. P., & Lemberger-Truelove, M. E. (2021). Educator–Counselor: A Nondual Identity for School Counselors. *Professional School Counseling, 24*(1\_part\_3), 2156759X2110076. <https://doi.org/10.1177/2156759X211007630>
- Nerlich, A. P., Landon, T. J., & Keegan, J. P. (2022). A vision for rehabilitation counseling: Appreciative inquiry through the eyes of our legacy leaders. *Rehabilitation Counselors and Educators Journal, 11*(1). <https://rcej.scholasticahq.com/article/31744.pdf>

**Response to a Peer's Post**

Your exploration of resilience as both relational and dynamic is insightful. I agree with your perspective that resilience can be developed and is not merely an inherent trait. This understanding is crucial as it shifts how we approach counseling, emphasizing growth and adaptation. Your point about counselors' roles in advocating for systemic changes resonates with me, especially considering the social injustices that often underpin many crises individuals face. By advocating for structural changes, counselors can indeed extend their impact beyond the individual, contributing to a more resilient society. Additionally, your mention of appreciative inquiry aligns with my views on its effectiveness in highlighting and building upon existing strengths in clients. This method not only reinforces the positive aspects of an individual's life but also actively engages them in their healing process, potentially accelerating recovery and promoting lasting change.