

## Editorial

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It is with great pleasure that members of the Lifespan Resilience Research Group at Edith Cowan University – Professor Lynne Cohen, Dr Catherine Ferguson, Dr Julie Ann Pooley, Dr Craig Harms, Dr Deirdre Drake, Dr Bronwyn Harman, and Dr Elizabeth Kaczmarek – present this Special Resilience Issue of *The Australian Community Psychologist*. A range of most interesting and diverse articles are presented here which demonstrates the importance of resilience across a range of domains and in different populations and contexts. The majority of the articles are based on recent research and the editorial team were most pleased to have received and been able to include contributions from different countries including Australia, Canada, the United States of America, and South Africa. A diversity of challenges faced by different individuals has been presented in the papers included in this Special Issue. Several important issues that affect communities throughout the world are also presented with articles demonstrating resilience in families, youth, nurses, illegal immigrants and individuals with addiction issues.

Our lead article by Cohen, Pooley, Ferguson, and Harms provides interesting information about Western Australian psychologists' understandings and definitions of resilience. This paper reveals a diversity of understanding and a range of definitions within the profession. However, it also reveals that considerable work still needs to be undertaken to promote the strength-based resilience approach to psychologists working in a range of contexts. This research has suggested that psychological training should include a strengths based approach to clients' issues as well as the current pathological approach.

One of the few articles not based on research follows as our second article. Abi-Hashem provides an interesting perspective 'On Cultural Resiliency' which presents the author's views on the integration of resilience with community and culture.

Articles three and four represent resilience in families. Cheeseman, Ferguson, and Cohen investigated the situation of single mothers within a resilience framework, finding that many aspects of the communities in which single mothers live affect resilient outcomes for these individuals. Griffiths and Pooley discuss the issue of resilience in families with same-sex parents.

The internationalism in resilience research is represented in Cameron, Theron, Ungar and Liebenberg who use a range of visual methodologies to give us an account of the challenges faced by youth in transitional or relocational situations. This paper reveals advantages of using such methods and processes to bring to life abstract constructs like resilience. The lessons learned by the authors will aid other researchers who wish to develop robust understandings of social phenomena. Continuing the theme of resilience in youth, Shean using an Australian population describes a model to explain how youth who had experienced risk navigated their way to resilience. Using a grounded theory methodology, Shean reports that resilient adolescents go through a process of response to risk, insight, letting go, and then recovery.

Koen, van Eeden, Wissing and du Plessis provide a qualitative analysis of resilience in professional nurses in South Africa. This research highlights the risk, protective factors, and vulnerability factors that affect nurses working in the public health system in South Africa and demonstrates differences between nurses who have positively adapted to the

challenges of their profession from those who have not. These differences are important for the profession which suffers from an acute shortage. This research may provide for the development of programs aimed at generating resilience in all nurses with a resultant increase in patient health care.

Chigeza and Roos' article on the resilience of illegal African migrants enables us to understand the challenge faced by this group of migrants. Using qualitative methodologies including the Mmogo-method<sup>TM</sup>, a visual method for expression that uses a range of culturally appropriate materials, this article provides a detailed insight into the resilience of a 'hidden' population.

Lastly, Stevens, Jason and Ferrari have focused their research on the sense of community in the challenged context of substance abuse recovery communal housing. This paper intimates the importance of a sense of community as part of a resilience profile and how individual's perceptions of their community can affect their sense of wellbeing.

We hope that readers enjoy this diverse edition that reflects a range of resilience research from across the world, indicating the importance of resilience in a range of diverse contexts.

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