## **Keynote Addresses**

Wednesday, November 6, 6:15 - 7:30 p.m.

## **Healing Through Resilience and Forgiveness**

**Primary Keyword:** Global Issues

Population Type: Adult Victims of Violence

Presentation Level: Introductory

Region: Global

#### **Amanda Lindhout**

The Global Enrichment Foundation (GEF)

Kidnapping survivor Amanda Lindhout inspires audiences as she shares her experience as a hostage in Somalia. Lindhout doesn't dwell on the conditions of her 460 days in captivity but relates moments where personal transformation occurred and she had the opportunity to turn suffering into growth. She explains how her journey through regret, anger and pain ultimately led her to discover that as long as she retained her ability to feel compassion, her humanity could never be taken from her. During her weakest moments, she found the ability to experience her greatest power: the power to forgive.

"The process of forgiveness is not easy," Lindhout says, "but the decision to engage in it is the single most liberating experience a person can have." Following her release in 2009, Lindhout has embarked on an incredible journey of healing and she shares her astonishing discoveries about post-traumatic growth. A captivating, unforgettable speaker, Lindhout focuses on the positive and leaves the audience with a fuller understanding of the freedom we can all experience when we choose to embrace compassion and puts into perspective the challenges that we all face. What emerges is a celebration of resilience — a powerful portrait of the strength of the human spirit.



**Amanda Lindhout** is an internationally recognized humanitarian, public speaker, writer and activist, as well as the founder and executive director of The Global Enrichment Foundation (GEF), a non-profit organization

dedicated to igniting leadership through educational and community-based empowerment programs. Earlier this year, former President Bill Clinton invited Amanda to share her message of forgiveness and compassion at the Clinton Global Initiative and the Women's Executive Network nominated her as one of Canada's 100 Most Powerful Women. Her memoir, *A House in the Sky*, will be published across North America by Simon and Schuster in 2013.

Her steadfast commitment to positive and sustainable change has garnered partnerships with Google, the United Nations Association, The Nobel Women's Initiative, Gloria Steinem's Women Under Siege, Somali human rights activist Fartuun Adan and 2012 Nobel Peace Prize nominee Dr. Hawa Abdi.

Amanda has recently been featured in *The Globe and Mail* and has appeared on CNN's Anderson Cooper 360, The Today Show, CBC's The National, Strombo and CTV Morning Live Calgary.

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# **Keynote Address**

Thursday, November 7, 9:00 - 10:15 a.m.

## Panel Discussion: Resilience as Related to Definition, Theory and Challenges

Primary Keyword: Training/Education/

Dissemination

Population Type: N/A

Presentation Level: Intermediate

Region: N/A

Chair: Steven Southwick, MD,

Yale University School of Medicine, New Haven, Connecticut, USA

Panelists: George Bonanno, PhD,

Columbia University, New York, New York, USA

Ann Masten, PhD,

University of Minnesota, Minneapolis, Minnesota, USA

Catherine Panter-Brick, DPhil,

Yale University,

New Haven, Connecticut, USA

Rachel Yehuda, PhD,

Mount Sinai School of Medicine, New York, New York, USA

Resilience is a complex construct that is multidimensional and dynamic in nature. The American Psychological Association defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats and even significant sources of stress..." This panel of experts will approach resilience from a range of vantage points. Steven Southwick will introduce the construct of resilience: Ann Masten will discuss developmental perspectives; George Bonnano will address longitudinal course and methodological approaches to operationalizing resilience; Rachel Yehuda will present potential biological risk and protective factors, and Catherine Panter-Brick will describe social and anthropological perspectives. The session will focus on definitions and theories of resilience; developmental, psychological, biological and social factors that contribute to resilience, and challenges to the field.



Steven Southwick









George Bonanno Ann Masten

Catherine Panter-Brick

Rachel Yehuda

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# **Keynote Address**

Saturday, November 9, 9:00 - 10:15 a.m.

#### Resilience: The Science of Mastering Life's Greatest Challenges

Primary Keyword: Training, Education,

Dissemination

Population Type: N/A

**Presentation Level: Introductory** 

Region: N/A

Dennis Charney, PhD

Mount Sinai School of Medicine, New York, New York, USA

Many of us will be struck by one or more major traumas sometime in our lives. Perhaps you have been a victim of sexual abuse, domestic violence or assault. Perhaps you were involved in a serious car accident. Perhaps you are a combat veteran. Or maybe you are among the millions who have suffered a debilitating disease, lost a loved one or lost a job.

Based upon work discussed in my book, Resilience: The Science of Mastering Life's Greatest Challenges, I will present how new research into the psychological, biological and social impact of trauma can help us manage our own stressors and tragedies.

Drawing on two decades of work with trauma survivors, co-author Dr. Steven Southwick and I, have woven the latest scientific findings together with extraordinary stories of people who have overcome seemingly impossible situations. The question that is frequently asked is: "How did you do it?" I will present the ten "resilience factors" that we found survivors use to cope, and how individuals can learn to become stronger and more resilient. This can provide a vital roadmap for overcoming and potentially growing from the adversities we all face at some point in our lives.



**Dr. Charney** is a world expert in the neurobiology and treatment of mood and anxiety disorders. He has made fundamental contributions to the understanding of the causes of human anxiety, fear and depression and the

discovery of new treatment for mood and anxiety disorders. More recently, his pioneering research has expanded to include the psychobiological mechanisms of human resilience to stress.

His work in depression has led to new hypotheses regarding the mechanisms of antidepressant drugs and discovery of new and novel therapies for treatment-resistant depression including lithium and ketamine. In addition, his studies on human resilience have culminated in the identification of ten key resilience factors for building the strength to weather and bounce back from stress and trauma.

He is currently the dean of the Icahn School of Medicine at Mount Sinai in New York. His career began in 1981 at Yale, where he rose from assistant professor to professor of psychiatry, a position he held from 1990 to 2000. While there he chaired the NIMH Board of Scientific Counselors, and in 2000, NIMH recruited him to lead the Mood and Anxiety Disorder Research Program, and the Experimental Therapeutics and Pathophysiology Branch. That year he was elected to the Institute of Medicine of the National Academy of Sciences. His scientific research has been honored by numerous awards.

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