

CARE: A Community - based Resilience Training Programme

CARE (Community Actions to Resilience and Empowerment) is a community-based approach aimed at the promotion of resilience among individuals, groups and communities. CARE is an original training and intervention programme developed by LabCom (Academic Spin-off for the promotion of psychosocial well-being) with the scientific supervision of University of Florence (Community Psychology). The model, based on the results of the recent studies on resilience, combines the action research approach and the participatory methods in order to promote the development of three fundamental skills:

- Relation capabilities (close and caring relationship)
- Social support systems and perceived social support
- Creative problem solving

According to Norris (2009) we consider Resilience a set of adaptive capabilities related to each other. We suggest that these capabilities can be developed within the communities and group by means of the promotion of new experiences of social support and new/different narratives.

According to the theory of change and the distinction between first and second order change proposed by Paul Watzlawick (1971) we consider Resilience a process that leads individuals, groups and communities forward a second order change. For this reason, we propose to distinguish Resilience from Resistance and Recovery and take in to account the common aspects of Resilience and Empowerment (Brodsky and Cattaneo, 2013)

This approach has been applied during the training and intervention programme CARE to 56 high schools in Italy.