



Trauma Response and the Criminal Justice System: A Virtual Summit on Knowledge, Healing, and Resilience

Resilience After Trauma: Understanding Key Factors That Promote Thriving After Adversity - Dr. Sherry Hamby, Ph.D.

When people dream of the future, they do not dream about avoiding depression or minimizing pain. People dream about seeking and achieving joy, love, and meaning. After many years of focusing on victimization, risks, deficits, and symptoms, health and social services are finally starting to address the ways that individual, family, and community strengths help people overcome family violence and other adversities. Using a new concept called "resilience portfolios," Dr. Hamby will use multiple mixed method datasets involving in-depth interviews, focus groups, and surveys to identify key strengths that promote thriving after adversity. Dr. Hamby will focus on ways that psychologists and other practitioners can assess and promote key strengths for facilitating resilience after trauma

Presenter: Sherry Hamby, Ph.D

Sherry Hamby, Ph.D. is Research Professor of Psychology at the University of the South and Director of the Life Paths Research Center. She is also Founder and Co-chair of ResilienceCon. Dr. Hamby is an internationally recognized authority on victimization and trauma who is best known for her work in violence measurement, poly-victimization, and resilience.

A licensed clinical psychologist, Dr. Hamby has worked for more than 25 years on the problem of violence, including front-line crisis intervention and treatment, involvement in grassroots organizations, and research leading to the publication of more than 200 articles and books.

An influential researcher, she has been ranked in the top 1% among more than 6 million researchers in 22 disciplines based on citations to her work. Her awards include Outstanding Contribution to the Science of Trauma Psychology from the American Psychological Association (APA). Dr. Hamby's work has appeared in the *New York Times*, *Huffington Post*, *CBS News*, *Psychology Today*, and hundreds of other media outlets. Her next book, with Victoria Banyard, is *Strengths-Based Prevention: Reducing Violence & Other Public Health Problems* (forthcoming, APA Books, November 2021)