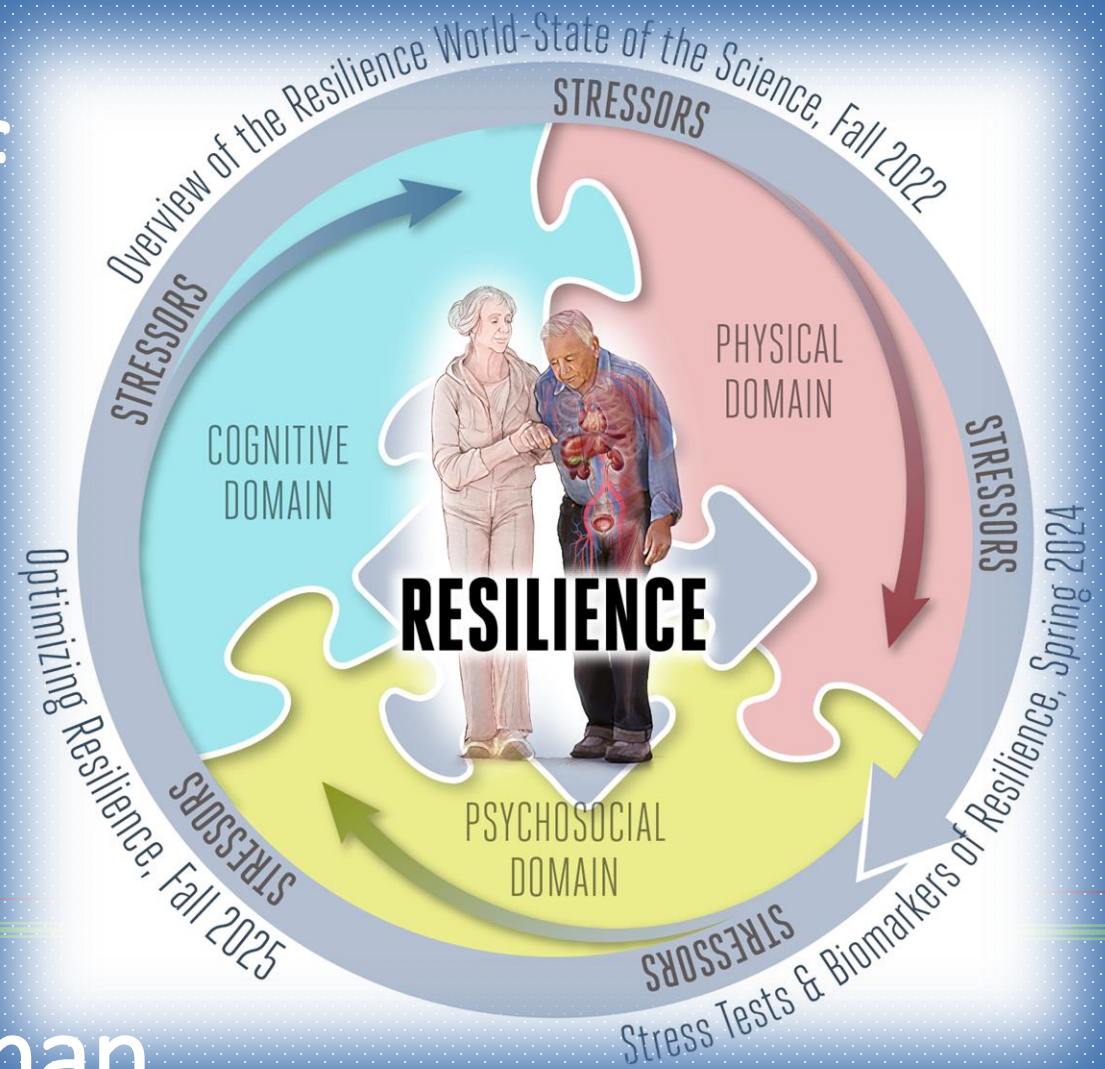


# Dynamics of Resilience across the Lifespan



Cindy Bergeman  
Department of Psychology

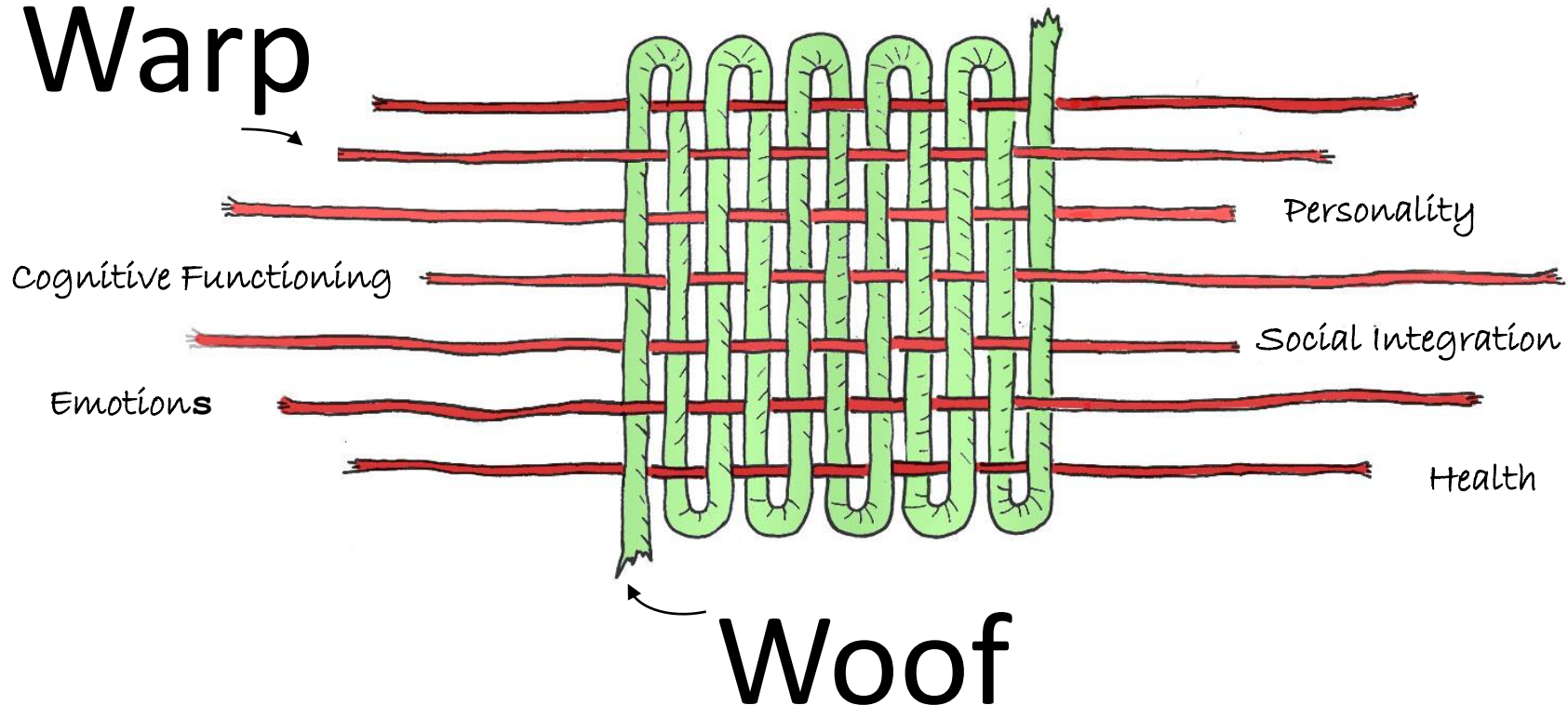


# re•sil•ience:

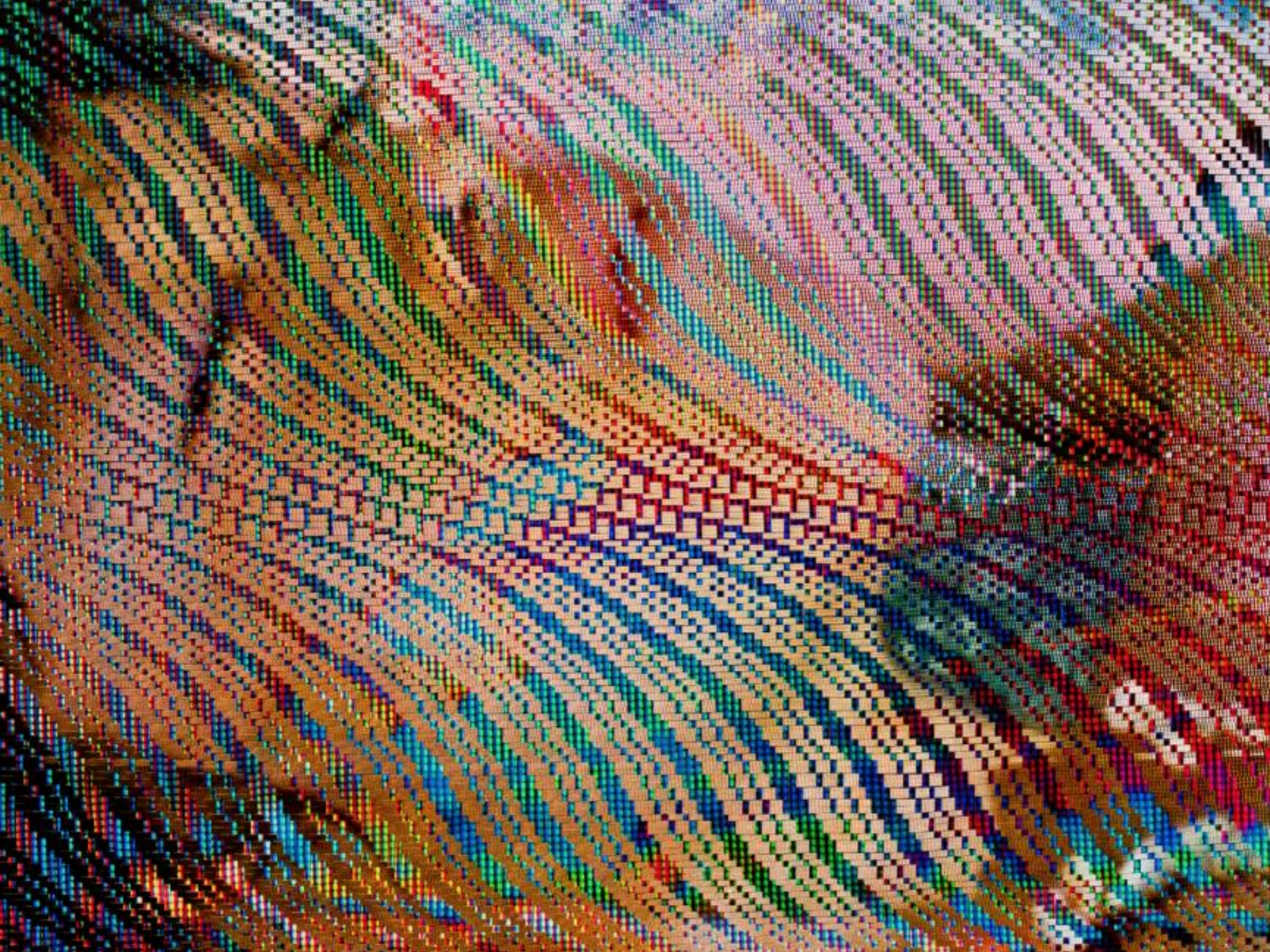
the ability to bounce back when faced  
with stress or pressure

# The “Warp and Woof” of the Developmental Fabric

Warp









What can we do with this?

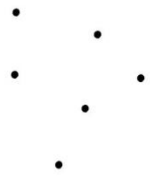




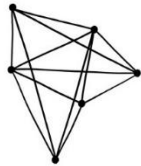


Pattern, speed and covariation in change

# How to change your thinking...



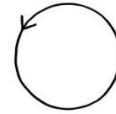
DISCONNECTION



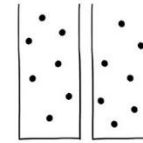
INTERCONNECTEDNESS



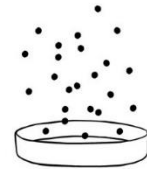
LINEAR



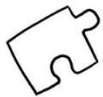
CIRCULAR



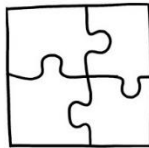
SILOS



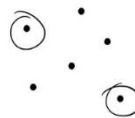
EMERGENCE



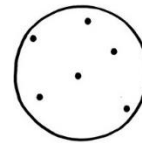
PARTS



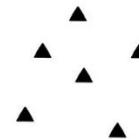
WHOLE



ANALYSIS



SYNTHESIS



ISOLATION



RELATIONSHIPS

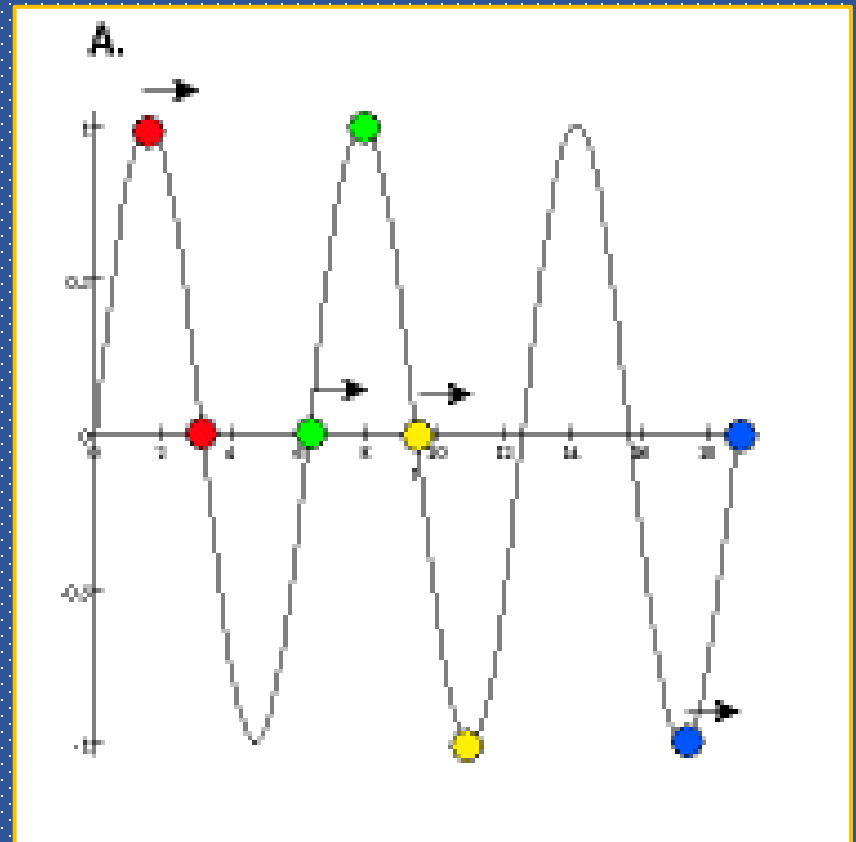


***Dynamic systems*** are made up of dynamic variables that change over time and characterize the relevant properties of the state of the system.

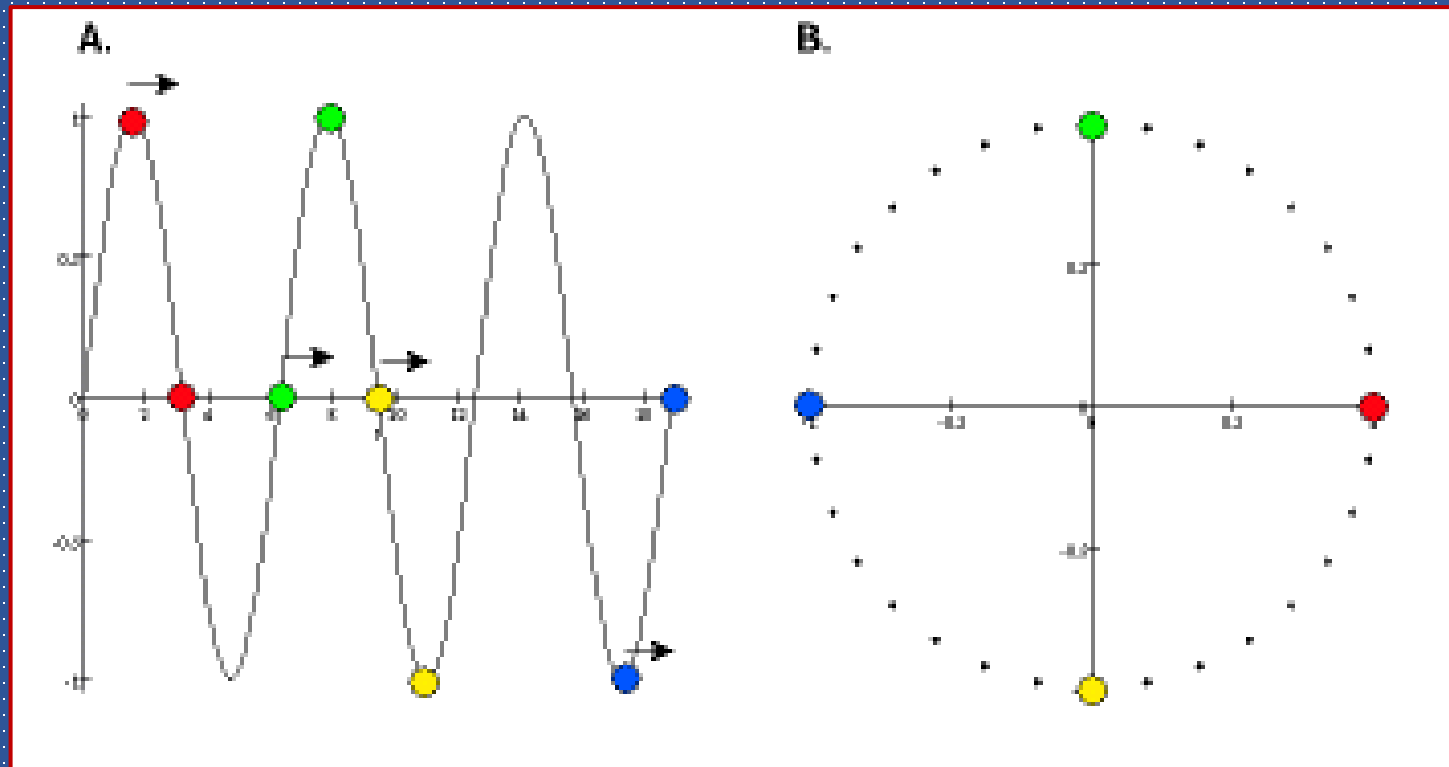


The system's state is represented as a point in dimensional space – referred to as the *phase space*

This motion draws a sequence of points, in the phase space or the *trajectory*



The trajectory settles into a subset of the phase space – which is the *attractor state*



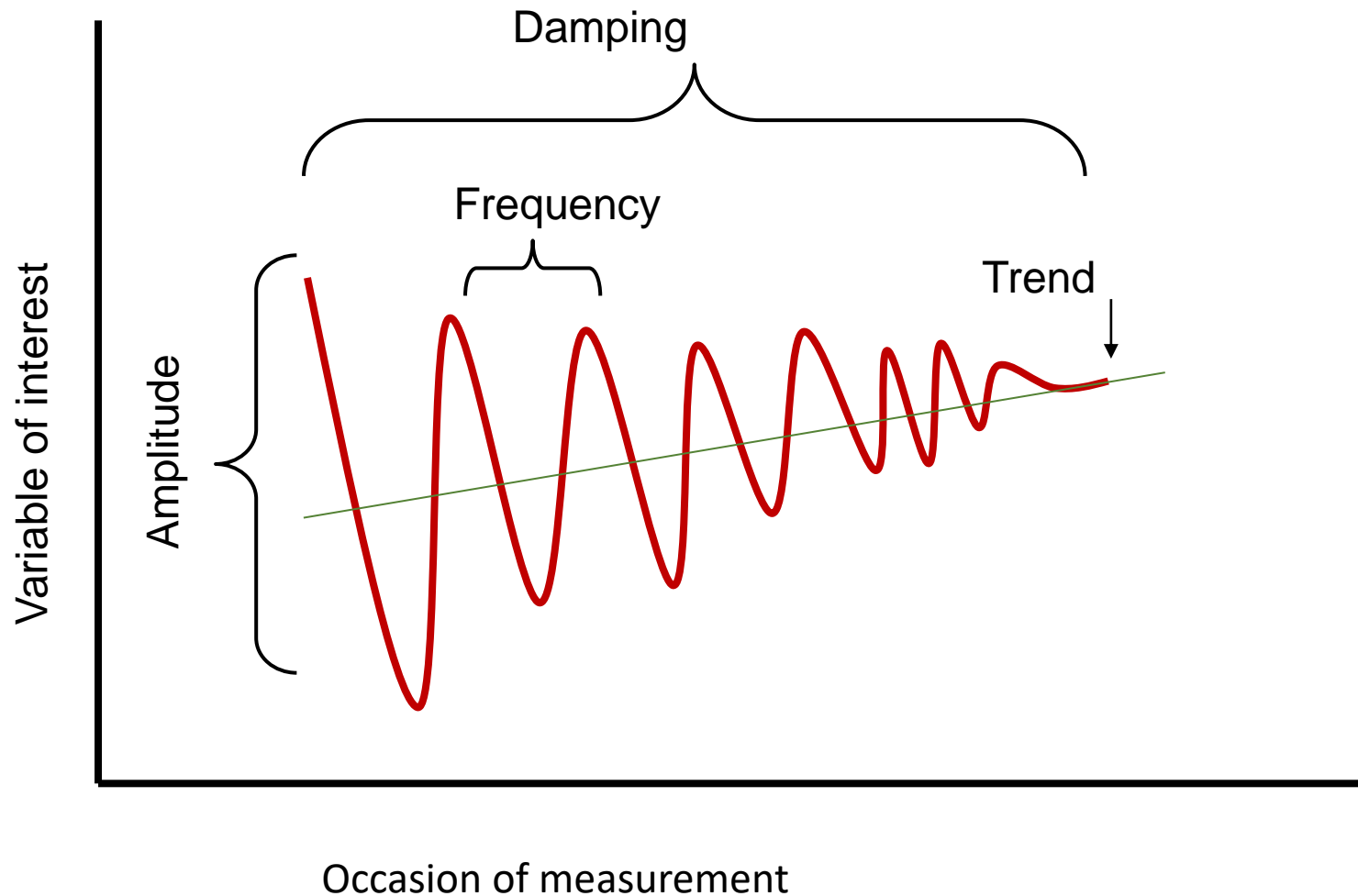


# Order and Control Parameters

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*Order parameters* are internal to the system

# Damped Linear Oscillator Model





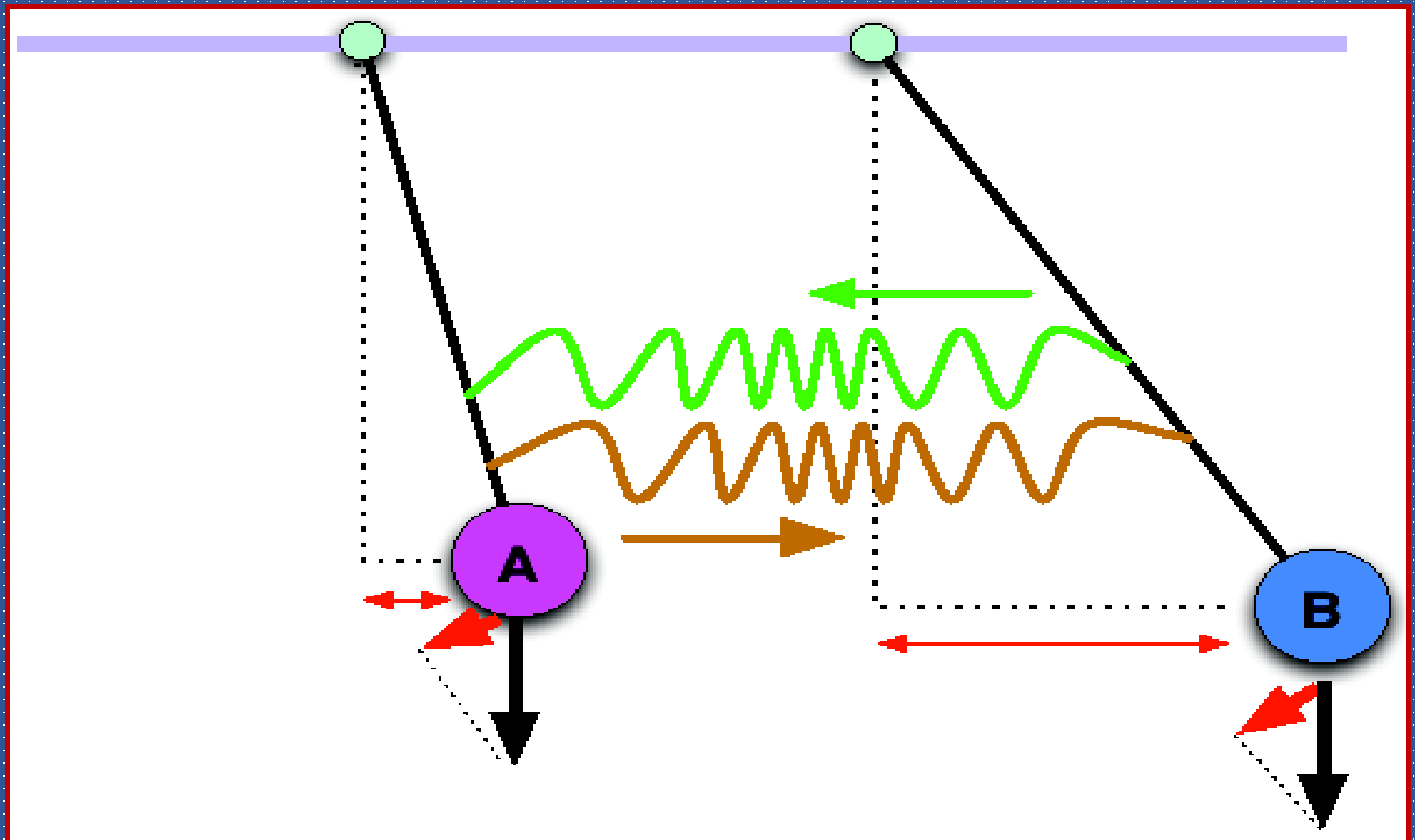
# Order and Control Parameters

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*Order parameters* are internal to the system

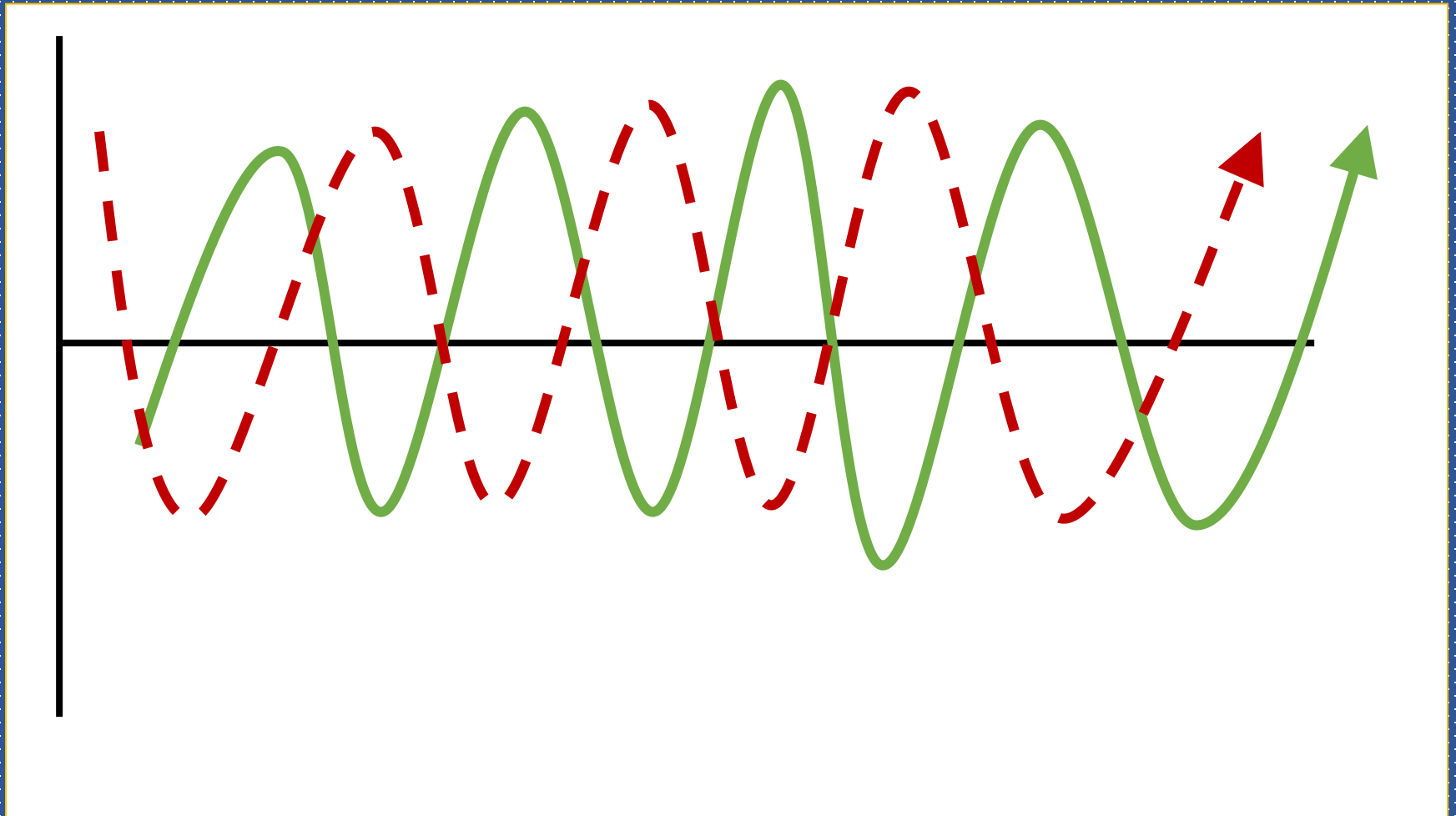
*Control parameters* are external to the system, but they determine the character of the observed dynamics

# Coupled Regulation and Coupled Dynamics

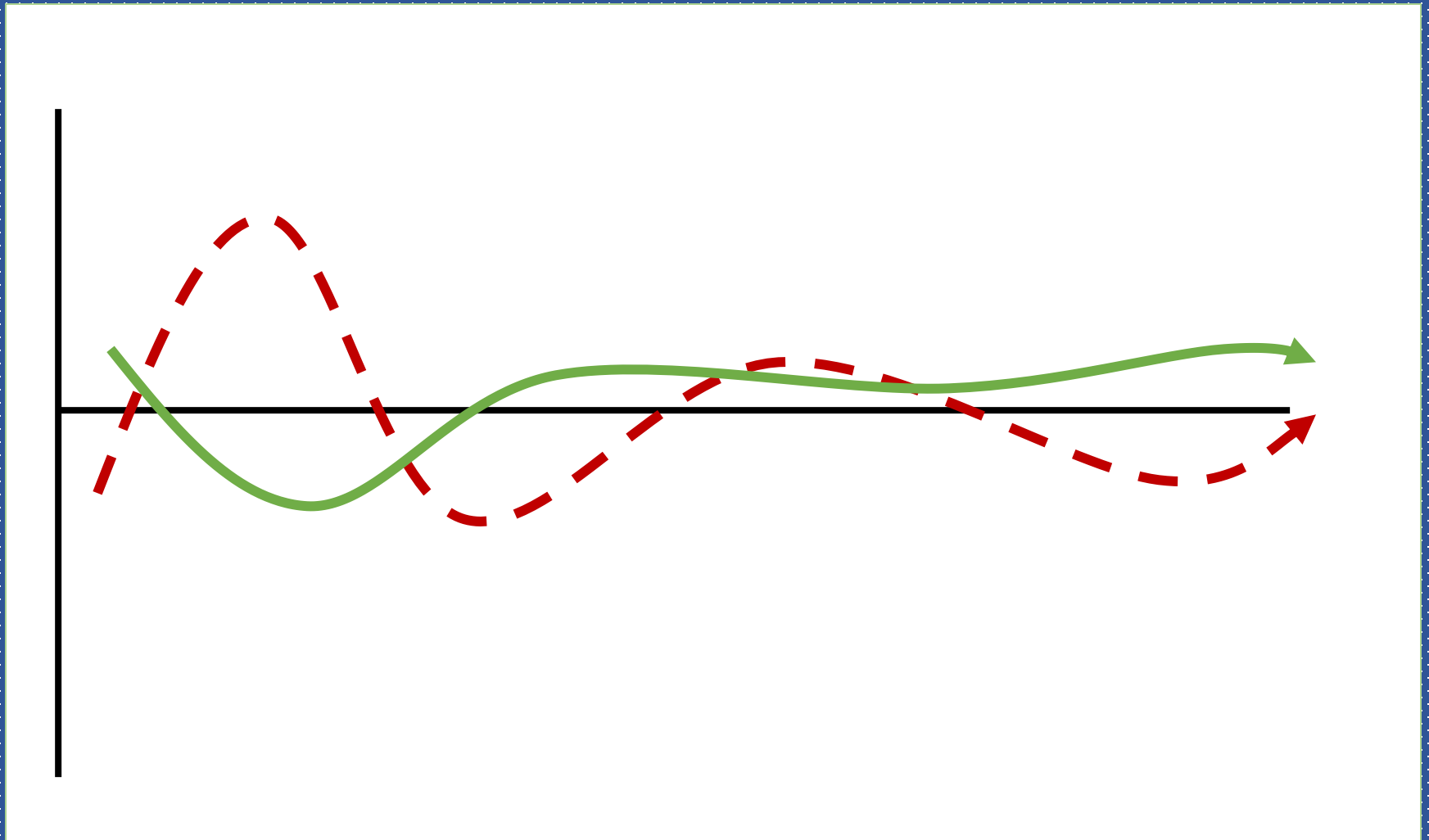




# Coupled Dynamics



# Coupled Dynamics





Weaving of  
the warp  
and woof

# Where to from here ?

