



ACT!

AGAINST
VIOLENCE
AND SEXUAL
EXPLOITATION

WEBSITE



Resilient support :

Resilient counselling is when the professional who accompanies (at the social, administrative, legal, psychological or health level) a survivor of exploitation or human trafficking directs their interventions towards facilitating their resilience process.

In order to do so, it is essential that the professional has a clear understanding of what resilience is and what factors contribute to its activation.

Although there are many factors which can contribute to the development of resilience, the professional will choose those which are available to him/her and those which he/she considers appropriate to the personality and possibilities of the person being helped.

Examples of factors that contribute to building resilience:

the identification of existing internal resources, the development of new internal resources, the identification of existing external resources, the development of new internal resources, physical and sporting activities, artistic activities, meditation, activities involving contact with nature, spirituality, altruism.

An intervention in resilient support would be to help the person being supported to identify the resources used to resolve a situation and to reflect on how these same resources, which belong to him or her, can be useful to resolve other future obstacles.

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