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**European Association of Physician Health
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Internal mental structures and Resilience

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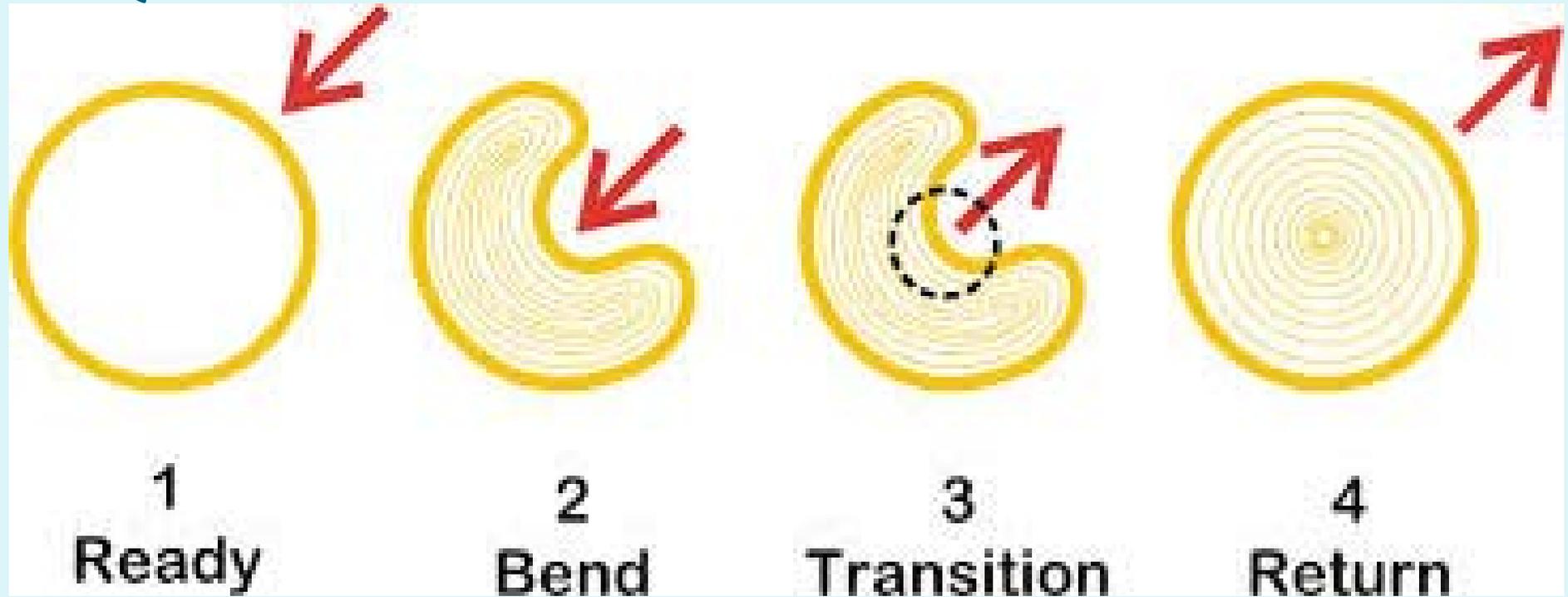
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Resilience - individual

- The ability to recover quickly from illness, change, or misfortune: buoyancy
- The property of a material that enables it to resume its original shape or position after being bent, stretched, or compressed: elasticity

Qualities of a resilient material



Stressors

system dysfunction

bullying

scapegoating

complaints

problem with a colleague

Resilience (1)

- Scientific disciplines tend to break the management issue into parts for analysis, and have historically generated piecemeal sets of policies as solutions (*16.61*)

Resilience (2)

- Learning, trust and engagement are key components of social resilience. Social learning is facilitated by recognition of uncertainties, monitoring and evaluation by stakeholders.

Medical Identity

Adaptive
Medical
Identity

Benign
Supportive
Ego Ideal

Reality
Orientated
Ordinary

Rigid
Medical
Identity

Critical
Super Ego

Perfectionism
Denial
Self Stigma

The Internalized Critical Parents – Harsh super-ego



Turn From External Relationships

