

## Resilience of the individual and the family: clinical and psychological resources for support



Dear readers and colleagues,

The challenge of preserving and restoring the resilience of an individual and their immediate social environment remains one of the most significant issues for research and practical work in the field of healthcare. Above all, it is particularly relevant for families raising children with developmental and health conditions, whose numbers continue to grow worldwide. At present, the experience of clinical (medical) psychologists that broadens the possibilities of psychological support for children and adolescents with developmental differences and for their family members is still insufficiently studied. Such support aims to strengthen a sense of safety, family well-being, and adaptive capacities, and to alleviate negative emotional experiences that are largely shaped by parent–child interaction. As specialists working in clinical psychology and special education, we understand the importance of the links between the resilience

of parents and children, as well as the overall significance of the family for the child.

The articles presented in this issue address different aspects of resilience-related problems.

The concept of resilience is currently experiencing a new wave of development: research and scholarly debates are advancing, definitions are being operationalized, and methods of investigation are being standardized. A broad range of methodological tools has been accumulated, enabling differential diagnostic, preventive, and rehabilitative tasks to be addressed. Assessing the combined clinical-psychological and pathopsychological factors that lead to impaired resilience contributes to improving methods of psychological support and increasing their effectiveness. The application of this approach makes it possible to take into account disintegrative manifestations of personality and helps strengthen the resources of psychological health in individuals and in the family environment.

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