

# Resiliency in Aboriginal Adults with Fetal Alcohol Spectrum Disorder

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# Presenter Disclosure

Melanie Samaroden does not have any conflict of interest to disclose.

Paul Jerry, PhD does not have any conflict of interest to disclose.

As such, no potential bias needs to be managed.

# Resiliency and Dysfunctional Resiliency

- ▶ The ability to endure adversity and have a better chance of successfully overcoming adversity.
- ▶ More research is needed to understand how more Aboriginal adults with FASD can learn or improve their resiliency.
- ▶ Resiliency has both internal and external components; external components are the supports that a person receives to help them persevere, while the internal component is the self.
- ▶ Dysfunctional resiliency occurs when a person adopts a coping mechanism that gives the support they are lacking, but is not a positive change and can lead to more negative behaviours.

# Participatory Action Research

*“If you have come to help me you are wasting your time, but if you have come because your liberation is bound up with mine, then let us work together” (Lila Watson, as cited in Conrad, 2015)*

## Qualitative Research - Participatory Action Research (PAR)

- ▶ PAR balances the power differential between researcher and participants - especially important when try to reduce colonialist effects.
- ▶ PAR involves the participants and their community in the research process.
- ▶ I am not Aboriginal; therefore, PAR allows the community's values and culture to be understood from the perspective of the participants, rather than myself, the researcher.
- ▶ PAR follows the principles of OCAP: Ownership, Control, Access, and Possession

Thank you!

Questions?

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