

Dr. Michael Ungar, PhD



Dr. Michael Ungar is the Canada Research Chair in Child, Family and Community Resilience at Dalhousie University, and the founder and Director of the Resilience Research Centre. He is among the best known writers and researchers on the topic of resilience in the world. As both a family therapist and professor of Social Work, he has helped to identify important factors that influence the resilience of children and adults during periods of transition and stress. He is the author of 14 books that have been translated into five languages, numerous manuals for parents, educators, and employers, as well as more than 150 scientific papers. His blog, *Nurturing Resilience* appears on Psychology Today's website.