

Michael Ungar, Ph.D. is the founder and Director of the [Resilience Research Centre](#) at Dalhousie University. His ground-breaking work as a family therapist and resilience researcher is recognized around the world, with much of that work focused on the resilience of marginalized children and families, and adult populations experiencing mental health challenges at home and in the workplace. Dr. Ungar has provided consultation and training to Fortune 500 companies like Unilever and Cigna, NGOs such as Save The Children and the Red Cross, and educational institutions and government agencies on five continents. He is routinely called upon by thought leaders such as the Boston Consulting Group and Canvas8. His work emphasizes how to use the theory of resilience to increase both individual and institutional agility during crises, with numerous organizations having adopted his concept of resilience as a negotiated process that enhances wellbeing and social responsibility. <https://michaelungar.com/>



Dr. Ungar also has his own Youtube Channel

[What resilience is and isn't - 9 things children need by Dr. Michael Ungar - YouTube](#)

[A Conversation with Dr. Michael Ungar - Author of Change Your World - YouTube](#)

The following is a list of Michael Ungar books either available or soon to be available in our Library if anyone is interested in having a look before he comes or in borrowing them after he speaks.

Working with Children and Youth with Complex Needs, 2nd Edition (2020)

This new edition of *Working with Children and Youth with Complex Needs* provides detailed descriptions of techniques, ample case studies, fascinating and easy to understand explanations of research, and rich stories of how social workers, psychologists, counselors, child and youth care workers, and other mental health professionals can help young people become more resilient.

Change Your World (2019)

Dr. Ungar explores real lives, across age and culture, and discovers that the answers lie in the people and the support systems around us. Supportive spouses, caring families, nurturing employers, and effective governments are very often the difference between individual success and failure. The good news is that it is easier to change your environment than it is to change yourself. Indeed, Dr. Ungar has solid evidence that we can influence the world around us in ways that will make us more resilient both at home and on the job.

Too Safe for Their Own Good (2007)

If we think back to when we were young, didn't risk and responsibilities help prepare us for the challenges we would face later in life? In this book, Dr. Ungar shares what he has learned from families who have found ways to provide their children with the right amount of risk and responsibility

Nurturing Hidden Resilience in Troubled Youth (2004)

This is the first text in its field to examine resilience as a social construct; it offers a comprehensive theory of resilience and a model for the application of this theory to direct practice with high-risk youth in clinical, residential, and community settings.