

Country analysis Austria

0. Introduction

In a country analyses, the field of semantic meaning of both the international English and scientific term resilience and the German direct or non-literal translations should be considered, as the German word of “Resilienz” cannot be seen as being completely identical with its translations such as “Widerstandsfähigkeit”. It must be understood to reflect at discourse in a selected number of professional fields, where the exact use and interpretation for demarcation of the term might differ in practice. Linguistically, it might be best to understand the present use of the term as a slow process of dissemination of an English term, transformed by its connotation, into a very specific professional and not yet everyday use of the term.

The German established standard reference, “Duden” sees the term as still rarely used, and defines the German term as

“psychische Widerstandskraft; Fähigkeit, schwierige Lebenssituationen ohne anhaltende Beeinträchtigung zu überstehen“ (literally “the capacity to survive difficult situations in life without (resulting) impairment).”¹

The German Wikipedia distinguishes between the economical, technical and psychological use of the term and defines that psychological concept as “Resilienz (v. lat. *resilire* ‚zurückspringen‘ ‚abprallen‘, deutsch etwa *Widerstandsfähigkeit*) ist die Fähigkeit, Krisen durch Rückgriff auf persönliche und sozial vermittelte Ressourcen zu meistern und als Anlass für Entwicklungen zu nutzen. Mit dem Konstrukt Resilienz verwandt sind Salutogenese, Hardiness, Coping und Autopoiesis. Diese Konzepte gehen in Krisensituationen von alternativen Sichtweisen aus.” (literally “Resilience is the ability to master crises by taking advantage of personal and social resources. Similar to the construct Resilienz are concepts like Salutogenese, Hardiness, Coping and Autopoiesis. These concepts start from different premises in times of crisis.”

Most commonly, the term is in Austria used in the field of economy, where a number of projects with substantial outreach and funding has been implemented, using either the English term of resilience, or the German literal translation or rather form “Resilienz”.

An example is the project „Resilienz Österreich – Bewertung der Verwundbarkeit österreichischer Regionen 2020/2050“ that explores the vulnerability of Austrian regions in regards to socioeconomic terms. This most common use of the term also underlines, that the use as a professional psychological or sociological term, including for example a link to related terms such as salutogenesis, cannot be seen as normative or yet as a major factor in the public discourse. The federal chancellery of Austria has initiated a major project line on Resilient, www.bka.gv.at/DocView.axd?CobId=46394 again clearly using the term in its socioeconomic connotation. Special new phrases and concepts such as “resilience mapping” in this field demonstrates an increasing and distinct public discourse in the economic field. Austria is seen in the

¹ <http://www.duden.de/rechtschreibung/Resilienz>

political and social economic discourse as a society that needs to become resilient.² taking the database of the Austrian public television system as indicator, the limitation of the use of the term at least in the online database and its limitation to the use of the term in the economic field might confirm the impression that the term is especially strongly used in that field as compared to popular psychology.

On the other side, the specific use of the term in the field of psychology, especially in counseling, is apparently an increasing everyday process in these specific fields.

The increasing use as part of for example the development of science-based nursing sciences in Austria also confirms a transfer of the name and concept from the narrow use in counseling and the use in academic psychology to practical implementations in related professional fields.³

The still apparent similarity of underlying definitions between the socioeconomic and the psychological field indicate that a joined semantic background can still be assumed. It might on the other side also be considered, that in teaching which groups that have no professional psychological background, or no interdisciplinary academic background, an explanation about the use and possible meanings of the term "Resilienz" might be required.

1. A summary of existing figures within national adult education systems concerning the national perception of resilience or other related terms.

1.1. Educational offers and studies about Resilience:

BÖP: professional association of psychology in Austria

<http://www.boep.or.at/Resilienz-das-emotional.1023.0.html>

targetgroup: Psychologists

Institut für angewandte Pädagogik (I.F.A.P.): Institute of applied education

http://www.fachhochschulen.at/FH/Studium/Dipl._Resilienz_Trainer_in_17505.htm

target group: life counsellors

Qualifizierungsverbund Soziales & Gesundheit (Vorarlberg): Network of social and health affairs

² 1.

Österreichische Gesellschaft für Europapolitik: Österreich und Europa müssen zu »resilienten Gesellschaften« werden [Internet]. [cited 2013 Jan 25]. Available from: http://www.oegfe.at/cms/index.php?id=63&tx_ttnews%5Bpointer%5D=3&tx_ttnews%5BbackPid%5D=59&tx_ttnews%5Btt_news%5D=536&cHash=cf94e87326

³ <http://www.connexia.at/bildung/document.pdf?id=CONP0134283338>

<http://www.fhv.at/weiterbildung/gesundheit-soziales/Sozialarbeit-Sozialpaedagogik/resilienz-foerderung>

targetgroup: pedagogues, counsellors, social workers, professionals in social affairs

Österreichische Akademie für Psychologie: Austrian Academy of psychology

<http://www.aap.co.at/akademie/resilienz.htm>

target group: Psychologists

Kinderfreunde Linz

<http://www.kinderfreunde.at/Bundeslaender/Oberoesterreich/Linz/Angebote/Bildung/Zauberwort-Resilienz-Starke-Eltern-starke-Kinder>

target group: Parents

B7 Arbeit und Leben

http://www.arbeit-b7.at/uploads/media/7Info/7Info_Dezember2012.pdf

target group: counsellors, executives

PGA – Verein für prophylaktische Gesundheitsarbeit: association of prophylactic health work

[http://pga.at/nc/kurseausbildungstudium/detailansicht.html?tx_ewuseminare_pi1\[id\]=14212](http://pga.at/nc/kurseausbildungstudium/detailansicht.html?tx_ewuseminare_pi1[id]=14212)

target group: persons working in the field of psychosocial jobs (Counsellors, psychotherapists, caretakers, pedagogues) or in the field of adult education.

1.2.states overlapping educational masterplan

for basic educational institutions in Austria

<http://www.bmukk.gv.at/medienpool/18698/bildungsrahmenplan.pdf>

Resilience is mentioned in connection with perceived self efficacy and transitioning (e.g., enrolment or change of school)

1.3.National education report 2009

http://www.bmukk.gv.at/medienpool/17992/nbb_band2.pdf

The main focus of the educational work in institutional facilities of the FBBE is - after and in supplement to the informal educational processes in the family and with childminders –the specific construction of competences which children need for the coping of their life situation. One is of them is resilience.

1.4.BMUKK – Federal ministry of education

use of mentoring to promote resilience of the pupils.

nationwide mentoring project:

<http://bsrgf.lsr-noe.gv.at/verordnungen/2013/01/6a.pdf>

nationwide seminar „Mentoring and more – Variety supporting projects for schools“ at the educational college of Vienna

1.5. Office of the Federal Chancellor section IV/4

<http://www.bundeskanzleramt.at/DocView.axd?CobId=46394>

Workshop: how one can strengthen resilience of the regions in times of economic crisis (2011)

1.6. Bundesministerium für Wissenschaft und Forschung - Federal ministry of science and research

http://www.bmwf.gv.at/uploads/tx_contentbox/fakt_09.pdf

How regions handle crises? an explorative study about the resilience of regions

This study was ordered in 2009 by the Federal Ministry of science and research. Conveyor sum: 39,900€

1.7. BMASK – Federal ministry of social affairs

http://www.bmask.gv.at/cms/site/attachments/1/6/0/CH2247/CMS1229354807138/sozial_benacht_eiligte_maennliche_jugendliche.pdf

A study of the BMASK (2013) on the subject „Demand analysis of supporting measures of socially underprivileged male youngsters in the interface education and acquisition work“ leads to the following result: Due to research it is still the case that none of the described measures (examined were measures of the AMS and measures within the scope of the JASG) considers explicitly Resilience factors or works with them. See 68

http://www.bmask.gv.at/cms/site/attachments/1/6/0/CH2247/CMS1229354807138/sozial_benacht_eiligte_maennliche_jugendliche.pdf

2. Present national strategies for implementation of emphasizing strengths and capacity that support physical, social, mental and spiritual wellbeing in the educational curricula in adult and lifelong learning education.

The major government-funded public health platform “Fund healthy Austria” (Fond Gesundes Österreich” that can best be seen as representing public health strategies) presentation of the term reflects an increased governmental and public interest in the psychological interpretation of the term and proposes a definition as a capacity that can be learned:

Resilience as ability to resist or adapt to stress us all risks that are detrimental to health. Resilience is therefore the result of repeated success in coping- dealing with stress can therefore be learned".⁴) It is therefore part of the funding scheme of this key institution.

The more recent government public health web platform dedicates a whole page to the concept, underlining its importance.⁵

"Resilience is the magnitude of the resistibility which enables to stand firm to negative influence without developing a psychic disturbance. Therefore Resilience delivers an explanation of it, why somebody masters a heavy crisis without breaking down."

It uses further a „six pillar model“ to define aspects of a strategy to increase resilience:

- acceptance
- optimism
- responsibility
- networking
- planning of the future
- solution orientation

Building resilience trainings programs in the context of governmental obligations is seen here as a special task of school psychologists, and of the counseling services of the federal administration systems for schools ("Schulpsychologische Beratungsstellen").

Even in the Austrian military, the term is apparently an item of discussion.⁶

Diploma subjects can be seen as indicators of the presence of a subject in higher education.

A number of especially master thesis level publications of Austrian Universities and Institutions of secondary learning, especially but not limited in to the social sciences have been completed, especially in Vienna, Graz and Innsbruck. Theses have been focusing on the different areas of interest for the description of processes and interventions in regard to resilience⁷, indicating the acceptance of the subject in higher adult education, while the spread of institutions (including educational sciences, political sciences, social work) indicates a firm embedding in the educational discourse of the country.

3. Present activities of non-governmental sector concerning the introduction of resilience into lifelong education (associations,

⁴ http://www.fgoe.org/der-fonds/glossar/resilienz/view?set_language=en Widerstandsfähigkeit oder Anpassungsfähigkeit gegenüber Belastungen oder Risiken

⁵ <https://www.gesundheit.gv.at/Portal.Node/ghp/public/content/psyche-und-seele-ressourcen-coping.html>

⁶ (https://igbo.at/page/index.php?option=com_content&task=view&id=364&Itemid=2)

foundations, campaigns, projects, etc.)

3.1 Resilience organisations and charities

The European network on resilience is also present in Austria. The German language website⁸ defines and explains the term, while apparently seeing the English and German term as literal translations:

„Resilience is a new, upcoming concept, the Latin word Resilire' means to jump back or also to bounce back. One is resilient, who can react adaptably to change and, besides, is able to avert a damage and use opportunities. Resilient thinking helps to develop a constructive contact with a more tumultuous becoming future. Resilience measures serve to master the present big changes in a better way.“

The term is also discovered in the context of the, sociologically still strong, traditional Catholic religious counseling movement, here the old German word “Seelenkraft” (lit. strength of the soul) is apparently seen as an identical or close term.⁹ This is relevant as church services in Austria are important in educational systems, besides their role in the provision of direct counseling services that indicates a need of training for counselors that in the church system might have different (lay or clerical) backgrounds.

3.2 Resilience at work

In Austria there are some training providers who offer resilience trainings for adults. Mainly these courses are targeting at people who are decisions makers having personnel responsibility. Often these trainings go together with so called resilience coachings. But again these offers are aiming at managers and persons having managerial responsibility. For the broad field of adult education in Austria there still do not exist any resilience offers aiming at unemployed people, at persons coming from disadvantaged target groups or at persons who do not have any managerial responsibility. With our resilience project we are focusing at these people trying to reach them through multipliers who work in the field of adult education.

4 Brief description of existing courses, seminars, workshops for wide public and for expert public with focus on their methodology and target groups (both commercial and non-profit)

In regard to the use in general training in the counseling field, the relevant online database lists only one specific event referring to the term¹⁰, while a popular online database for management training database lists certain to different related course offers.¹¹

[Resilienz Netzwerk Österreich \[Internet\]. \[cited 2013 Jan 25\]. Available from: http://www.resilienznetzwerk.at/](http://www.resilienznetzwerk.at/)

⁹ [Patristik und Resilienz. Frühchristliche Einsichten in die Seelenkraft,](#)

¹⁰

http://www.training.at/go.asp?auto_id=15817&bundesland=ST&land_id=1151&Datum_von=25.12.2010&Datum_bis=25.12.2010

The Austrian Institute for applied pedagogics (Institut für angewandte Pädagogik) offers a 34 day training leading to a title off diploma resilience trainer (literally Dipl. Resilienz Trainer/in) indicating a further acceptance of the term in the field of pedagogy , which must be seen as large and well accepted field in Austria. Similarly, courses leading to this diploma are provided by a number of organisations country wide, including for example the Graz based Institut für angewandte Pädagogik - I.F.A.P, that calculates 14 months with 17 seminars à 16 units for a full diploma training. These courses are usually part of the “counselor” professional title (regulated by legal provisions as a qualified profession) or are seen as independent diplomas. The Wirtschaftskammer (Chamber of Commerce) section of counselors is the professional organization of those working in the field (section “Lebens- und Sozialberater”). The professionals are active as resilience trainers or counselors in business and commerce, but also in more general settings of counseling such as general psychosocial counseling.

Psychotherapy is a separate field with a governmental legal framework regarding title and field of professional activity. Both public and private Universities (such as Sigmund Freud University in Vienna (SFU)), private organisations and the different psychotherapy schools’s umbrella organisations participate in the provision of training at the basic and advanced level, leading to a relatively large group of trained Psychotherapists in the country, especially as neither medicine nor psychology are required as background profession. Resilience, in this case frequently as part of the positive psychology and salutogenesis field, is part of for example the SFU seminar roster. Semi-public funding organisations such as “Promente” conduct relevant seminars both as part of the Psychotherapy and as part of more general curricula. The Austrian board for Psychotherapy is the professional umbrella organization (ÖBVP).

The Medical Association (Ärzttekammer) that also offers diploma in relevant areas such as in Psychosomatic Medicine is responsible for postgraduate training, though resilience training structures are not yet a part of the regular standard post graduate curricula. Resilience in the context though is seen as an issue in burn out prevention for professionals, though the issue is not stressed as much as in Germany¹².

The Nurses organization as umbrella (Krankenpflegeverband) and the special training institutes- are responsible for the training of nurses. The subject of resilience has been acknowledged¹³¹⁴, again both as relevant subject for burn-out protection and for work with vulnerable client groups, though nursing sciences are still a developing field.

[m_bis=01.1.2051&Datum_bis_Monat=1&Datum_bis_Jahr=2051&bereich=training&bereich_id=9303&sprache=de&freieplaetze=0&eigentuemer=0&sektion=veranstaltungen&aktion=view&ds=16](#)

¹¹ http://www.managerseminare.de/Seminar/Resilienz?PAGE=3&sw=Resilienz&_so=

¹² See for example http://www.bundesaerzttekammer.de/downloads/09-08_Visitenkarte_2011.pdf

¹³ See Prof. Dr. Susanne Schäfer-Walkmann: Stress in der Pflegearbeit (http://www.stmas.bayern.de/imperia/md/content/stmas/stmas_internet/pflege/dokumentation/ftdw-schaefer.pdf)

¹⁴ See <http://www.notfallpflege.ch/stress.pdf> for an overview on the field

5 List of possible stakeholders who are responsible for educational content within the educational structures

Institution	Website
AFS-Flüchtlingshilfe-Stiftung	http://www.afs-refugee-aid-foundation.org/
AMS	http://www.ams.at
Ärzttekammer	http://www.aerztekammer.at/web/osterreichische-arztekammer/impressum
Aspis	http://aspis.uni-klu.ac.at/
Berufsverband Österreichischer Psychologinnen und Psychologen	http://www.boep.at/
Best Training	http://www.best.at
BFI	http://www.bfi.at/
Caritas	http://www.caritas.at/
Diakonie	http://www.diakonie.at/
Die Berater	http://www.dieberater.com/
Don Bosco	http://www.donbosco.at/
Flüchtlingshilfe Bock	http://www.fraubock.at/home/
Ges. Für bedrohte Völker	http://www.gfbv.at/
Hemayat	http://www.hemayat.org/
Hope 87	http://www.hope87.at/index.php?uid=5
Ibis Acam	http://www.ibisacam.at/
Integrationshaus	www.integrationshaus.at/
LEFÖ	http://www.lefoe.at/
Murad und Murad	http://www.muradundmurad.at/
Omega	http://www.omega-graz.at/kontakt.shtml
Österreichische Jungarbeiterbewegung	http://www.oejab.at/
Österreichischer Gesundheits- und Krankenpflegeverband	http://www.oegkv.at/
Österreichischer Verband für Psychotherapie	http://wwwpsychotherapie.at/oebvp
Pascalina Frauenakademie	http://www.pascalina.at/
Peregrina	http://peregrina.at/de/contact/
Promente Akademie	http://www.promenteakademie.at/index.php/kontakt
Resilienz Netzwerk Österreich	http://www.resilienznetzwerk.at/
Romano-Centro	http://www.romano-centro.org/
Sigmund Freud Universität	www.sfu.ac.at/
Verein Frauenhäuser	http://www.frauenhaeuser.at/
Verein LOK	http://www.lok.at/
Verein Psychosoziale Dienste	http://www.psd-wien.at/psd/
Verein Volkshochschulen	http://www.vhs.at/
Volkshilfe	http://www.volkshilfe.at/
Weidinger & Partner	www.weidinger.com/
Weisser Ring	http://www.weisser-ring.at/

WIFI	http://www.wifi.at
Wirtschaftskammer	http://www.wko.at/
Zara	http://www.zara.or.at/
Zebra	http://www.zebra.or.at/ueberuns.php?show=kontakt
Zentrum für Psychotherapie	http://www.kolping.at/

6 List of literature in national language concerning resilience (including scientific articles and popular science)

Rosemarie Welter-Enderlin, Bruno Hildenbrand, *Resilienz – Gedeihen trotz widriger Umstände*. Verlag Carl Auer Systeme 2008. ISBN-13: 978-3896705112

Robert Brooks, Sam Goldstein, *Das Resilienz-Buch. Wie Eltern ihre Kinder fürs Leben stärken*. Verlag Klett-Cotta 2007. ISBN-13: 978-3608944211

Corina Wüstmann, *Resilienz: Widerstandsfähigkeit von Kindern in Tageseinrichtungen fördern*. Verlag Cornelsen Scriptor 2004. ISBN-13: 978-3589254040

Monika Gruhl, *Die Strategie der Stehauf-Menschen: Resilienz – so nutzen Sie Ihre inneren Kräfte*. Verlag Herder 2008. ISBN-13: 978-3451297991

Dan Short, Claudia Weinspach, *Hoffnung und Resilienz: Therapeutische Strategien von Milton H. Erickson*. Verlag Carl Auer Systeme 2007. ISBN-13: 978-3896705723

Inso Fookan, Jürgen Zinnecker, *Trauma und Resilienz: Chancen und Risiken lebensgeschichtlicher Bewältigung von belasteten Kindheiten*. Verlag Juventa 2007. ISBN-13: 978-3779917328

Micheline Rampe, *Der R-Faktor: Das Geheimnis unserer inneren Stärke*. Verlag Droemer-Knaur 2005. ISBN-13: 978-3821855844

Aaron Antonovsky, Alexa Franke, *Salutogenese. Zur Entmystifizierung der Gesundheit*. Verlag DGVT 1997. ISBN-13: 978-3871591365

Klaus Jork, Nossrat Peseschkian, *Salutogenese und Positive Psychotherapie: Gesund werden – gesund bleiben*. Verlag Huber 2006. ISBN-13: 978-3456843575

Eckhard Schiffer, *Wie Gesundheit entsteht: Salutogenese. Schatzsuche statt Fehlerfahndung*. Verlag Beltz 2001 ISBN-13: 978-3407220905

Dagmar Schnell, *Stressabbau durch Lebensfreude – Das Modell der Salutogenese von Antonovsky*. Verlag GRIN 2007. ISBN-13: 978-3638597838

Alexa Franke, *Modelle von Gesundheit und Krankheit*. Verlag Huber 2008. ISBN-13: 978-3456843537

Hans Schaefer, *Vom Nutzen des Salutogenese-Konzepts*. Verlag Daedalus 2002. ISBN-13: 978-3891261026

Aphrodite Matsakis, *Wie kann ich es nur überwinden? Ein Handbuch für Trauma-Überlebende*. Verlag Junfermann 2004. ISBN-13: 978-3873875920

Philip A. Saigh, *Posttraumatische Belastungsstörung*. Verlag Huber 1995. ISBN-13: 978-3456825939

Sylvia Kéré Wellensiek, *Handbuch Resilienz-Training: Widerstandskraft und Flexibilität für Unternehmen und Mitarbeiter*. Verlag Beltz Weiterbildung 2011. ISBN 978-3-407-36504-0

Sylvia Kéré Wellensiek, *Resilienz-Training für Führende: So stärken Sie Ihre Widerstandskraft und die Ihrer Mitarbeiter*. Verlag Beltz Weiterbildung 2012. ISBN 978-3-407-36517-0

Sylvia Kéré Wellensiek, *Fels in der Brandung statt Hamster im Rad: Zehn praktische Schritte zu persönlicher Resilienz*. Verlag Beltz Weiterbildung 2012. ISBN 978-3-407-36511-8

Ulrich Siegrist und Martin Luitjens, *30 Minuten Resilienz*. Verlag Gabal 2011. ISBN 978-3-86936-263-2

Denis Murlane von Businessvillage, *Resilienz: Die unentdeckte Fähigkeit der wirklich Erfolgreichen*. Verlag Businessvillage 2012. ISBN 987-3-86980-191-9

Jutta Heller, *Resilienz: 7 Schlüssel für mehr innere Stärke*. Verlag Gräfe und Unzer GmbH 2013. ISBN 3833827351

Katharina Maehrlein, *Die Bambusstrategie: Den täglichen Druck mit Resilienz meistern*. Verlag Gabal 2012. ISBN-10: 3869364416

Monika Gruhl, *Die Strategie der Stehauf-Menschen: Krisen meistern mit Resilienz*. Verlag Kreuz Verlag 2010. ISBN-10: 3783134447

Monika Gruhl, *Mit Resilienz leichter durch den Alltag: Das Trainingsbuch*. Verlag Kreuz Verlag ISBN-10: 3451610779

Ulrike Götze, *Resilienzentwicklung im Personalmanagement: Angebote zur Steigerung psychischer Widerstandsfähigkeit von MitarbeiterInnen...* Verlag Springer 2012. ISBN-13: 978-3531195094

Sabine Horn und Martina Seth, *Stressfrei, gerne und erfolgreich arbeiten: Resilienz im Job* Verlag Kreuz Verlag 2013. ISBN: 978-3-451-61163-6

LINKS

Fond Gesundes Österreich -Informationen zur Salutogenese

www.fgoe.org/gesundheitsfoerderung/begriffe-und-theorien/salutogenese

Wikipedia – Resilienz

[de.wikipedia.org/wiki/Resilienz_\(Psychologie_und_verwandte_Disziplinen\)](http://de.wikipedia.org/wiki/Resilienz_(Psychologie_und_verwandte_Disziplinen))

Resilienz bei Kindern

www.dorner-verlag.at/downloads/resilienzen/resilienzen.pdf

Resilienzfaktoren

www.vazhfh.ch/Unterlagen/Antonovsky.htm

Das Resilienzkonzept bei psychischen Erkrankungen

www.medical-tribune.at/mm/mm010/low-exp-resilienz.pdf

Resilienz und Resilienzfaktoren

www.tsberlin.de/Wissensplattform/TSB_WP_Resilienz.pdf

Salutogenese und Psychotherapie

www.shiatsu-austria.at/einfuehrung/wissen_4.htm

Konzept der Salutogenese

www.logoconsult.at/fachartikel/05%20-%20Salutogenese.pdf

Informationen zum Thema Kohärenzgefühl

www.fgoe.org/gesundheitsfoerderung/begriffe-und-theorien/koharenzgefuehl

Informationen zur posttraumatischen Belastungsstörung

www.panikattacken.at/posttraumatische_belastungsstoerung/ptsd.htm

Behandlung posttraumatischer Belastungsstörungen

www.medizin.at/news/medartikel.asp?id=3576

Studie von Emmy E. Werner zur Resilienz bei Kindern

www.ursula-nuber.de/i/ursula_nuber_leseprobe_resilienz_schicksal.html

Wer war Aaron Antonovsky?

www.altenpflegeschueler.de/psychologie-soziologie/salutogenese.php

7 Appendix