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CECT L!brary

Reader's Digest

Welcome to 2024, cadre!

It's another new year—our third as a program. We are so happy to not only be going strong but to see all the ways in which we have grown over the past few years, and that is in large part thanks to you, our volunteer force. This team wouldn't have gotten anywhere without you all.

As we move into 2024 and prepare for our fourth annual conference, we're thinking a lot about resilience. Resilience is incredibly important not just to us as disaster mental health providers, but as humans. We would be nowhere if we were not an incredibly resilient species and sometimes it's good to be reminded of all the ways we can bounce back.

One way that we retain resilience is through making new resolutions every year. Every January, we look at the areas of life we'd like to improve and make resolutions to do just that, but so often we don't stick with those resolutions. This year, we're dedicated to figuring out a more resilient way to do New Year's resolutions—for example, CECT Operations Coordinator Lindsay Mixer has decided to make a 2024 Bingo Card, filled with things that would be fun or cool to accomplish this year.

Check out the resources below for some of the science on resilience and resolutions, and be sure to bookmark [Vibrant's 2024 Conference](#) for more information and conference updates!

Wishing you all a happy New Year,

Crisis Emotional Care Team

Latest Additions

Engelman, A., Craig, L., & Iles, A. (2022). Global Disability Justice In Climate Disasters: Mobilizing People With Disabilities As Change Agents: Analysis describes disability justice in climate emergencies and disasters, mobilizing people with disabilities as change agents. *Health Affairs*, 41(10), 1496-1504.

<https://doi.org/10.1377/hlthaff.2022.00474>

Engelman, Craig, and Iles lay out the many ways people with disabilities are left out of the conversation in disaster planning and organization—as well as the many ways in which people with disabilities can be invaluable sources of ingenuity, information, and change for these same organizations. The resilience that people with disabilities show in their everyday navigation of an inaccessible world can bring a lot to disaster response, if we just remember to ask.

Greyson, B. (2008). The mystical impact of near-death experiences. *Shift: At the Frontiers of Consciousness*, 17, 8-13. https://med.virginia.edu/perceptual-studies/wp-content/uploads/sites/360/2017/01/NDE51_mystical-Shift.pdf

An older piece, but Greyson is a long-time studier of near-death experiences and this article provides an excellent overview of what NDEs are and the meaning people take from them. The effects of an NDE can last a long time, providing people with clarity of mind, a new sense or level of spirituality, and greater resilience. For more on this, listen to the episode of the podcast Ologies linked below!

Mfoafo-M'Carthy, N., & Wolbring, G. (2019). Resilience governance: A good place for disabled people to shape and resist problematic resilience discourses?. *Canadian Journal of Disability Studies*, 8(4), 99-135. <https://doi.org/10.15353/cjds.v8i4.526>

This article offers a critique of current resilience discourses and definitions, particularly when they are applied to the disability community from those who are non-disabled. The authors conduct several content analyses on discussions of resilience inside and outside of the disabled community, and end with a review of whether the concept of resilience governance could be a key way to reconceptualize resilience to be more equitable for and accountable to people's experiences with disability.

Paywalled Articles

Morris, L. L., & Knafel, K. (2003). The nature and meaning of the near-death experience for patients and critical care nurses. *Journal of Near-Death Studies*, 21, 139-167. <https://doi.org/10.1023/A:1021235922301>

Runswick-Cole, K., & Goodley, D. (2013). Resilience: A disability studies and community psychology approach. *Social and Personality Psychology Compass*, 7(2), 67-78.

Books & Other Media

Fisher, M. (Host). (2024, January 14). The science of achieving (and enjoying) your New Year's resolution (No. 103) [Audio podcast episode]. In *Offline with Jon Favreau*. Crooked Media.

<https://crooked.com/podcast/the-science-of-achieving-and-enjoying-your-new-years-resolution/>

Ward, A. (Host). (2023, December 13). Quasithanatology (near-death experiences) with Dr. Bruce

<https://doi.org/10.1111/spc3.12012>

International Reads

Lushyn, P., & Sukhenko, Y. (2021). Post-Traumatic Stress Disorder and Post-Traumatic Growth in dialectical perspective: Implications for practice. *East European Journal of Psycholinguistics*, 8(1), 57-69.
<https://evnuir.vnu.edu.ua/handle/123456789/20576>

Greyson. In *Ologies*.

<https://www.alieward.com/ologies/quisithanatology>.

Webinars, Trainings, & Resources

Check out this new emergency preparedness game for kids from FEMA: [Prepare with Pedro: An Adventure in Emergency Preparedness Game](#)

Visit our [Digital Library](#) with passcode “vibrant” for more resources.

Have an article you think would fit in our digital library? Submit it through our [CECT Resource Library Submission Form](#) to get it included. We accept links to news articles, opinion pieces, and journal articles.

Don't forget that we are accepting submissions to Vibrant's 2024 Disaster Behavioral Health Conference: *We The Resilient: A conference on disaster behavioral health and building a truly resilient community*. For more information about the conference and what to submit, click here: <https://vibrantdbhcon.org/>



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