

Dr. Michael Ungar

Biography

Michael Ungar is a University Research Professor and Professor of Social Work at Dalhousie University where he directs the Resilience Research Centre that coordinates more than three million dollars in funded research in a dozen countries focused on youth and their families and how they together survive adversity in culturally specific ways. He has published over 75 peer-reviewed articles and book chapters on this topic and is the author of ten books including *The Social Worker*, his first novel. Among his books for professionals are *Counseling in Challenging Contexts: Working with Individuals and Families Across Clinical and Community Settings*, and *Strengths-based Counseling with At-risk Youth*. He also writes for parents and educators. Among his most recent work is *We Generation: Raising Socially Responsible Children and Teens* and *Too Safe For Their Own Good* which was the subject of a cover story in Maclean's. In addition to his research and writing, Michael maintains a family therapy practice in association with Phoenix Youth Programs, a prevention program for street youth and their families, and was the recipient of the Canadian



Association of Social Workers Distinguished Service Award for Nova Scotia in 2010. His work has been featured in numerous magazines (*Reader's Digest*, *Body and Soul*, *Today's Parent*) and newspapers (*Globe and Mail*, *Toronto Star*, *USA Today*) around the world, and he regularly appears on radio and television. Currently, he is Co-Chair of the Nova Scotia Mental Health Strategy Advisory Committee. His blog, Nurturing Resilience, can be read on *Psychology Today's* website.

www.michaelungar.com